



Know the
Warning Signs of Stroke

**STROKE is an emergency,
every minute counts.**

ACT F. A. S. T. !

- Face** **Ask the person to smile.**
Does one side of the face droop?
- Arms** **Ask the person to raise both arms.**
Does one arm drift downward?
- Speech** **Ask the person to speak.**
Are the words slurred or difficult to understand?
- Time** **Call 911 immediately if any of these symptoms are present.**

Contact Us:

SSEEO

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Lombard, IL 60148-0855

www.sseeo.org - info@sseeo.org

(888) 988-8047

Follow us on Facebook!

www.facebook.com/sseeo



Making a Difference

for over 10 years by
providing advocacy,
support, education
and resources to
stroke survivors
and their families.

*You can make a difference, too!
Details inside...*

www.sseeo.org

**Stroke Survivors
Empowering Each Other, Inc.**

A 501(c)(3) nonprofit organization

After **stroke**, begins the
first day of the rest of your life!

- ◆ Do you need support and don't know where to turn?
- ◆ Would you like to achieve a new level of purpose?
- ◆ Do you need guidance and help through your stroke journey?

Join SSEEO

Becoming a member of **SSEEO** will make a difference in your life as well as provide opportunities to help others. It's as easy as 1-2-3.

Step 1: Contact **SSEEO** (information back of brochure) or visit our website at www.sseeo.org.

Step 2: You will receive:
*electronic newsletter
*access to educational toll-free calls for the lunch and learn series
*information about community events
*invitation to **SSEEO's** regional events

Step 3: **You** decide what is most helpful and when you would like to become more involved.

Who We Are

Founded in 2004 by stroke survivors, **SSEEO** strives to improve the quality of life for stroke survivors and their families. **SSEEO** and its volunteers do this by:

- ◆ connecting survivors and families to support communities that understand survivor challenges,
- ◆ providing education on available resources to help with transitioning to being a stroke survivor,
- ◆ promoting public policy to raise the awareness on prevention and the impact of stroke, and
- ◆ providing a voice in state government to promote stroke and stroke survivor friendly legislation.

The Impact of Stroke...

- ◆ On average, someone dies from a stroke every 4 minutes, making it the 5th leading cause of death in the U.S.
- ◆ The incident of stroke death is higher in African Americans than other ethnicities.
- ◆ Stroke is a leading cause of long-term disability.
- ◆ Every year nearly 800,000 people have a stroke in the U.S.

** American Stroke Association*

How We Help

Led by volunteers, **SSEEO** provides stroke survivors and their families with access to resources, information and knowledge necessary for living after a stroke.

- ◆ **Educational toll-free lunch and learn series:** Telephone calls are 60 minutes with the last 30 minutes reserved for questions. These calls cover a broad range of topics. You can call right from your home or use the calls as a community outreach or stroke support group meeting. Participation is free.
- ◆ **Electronic Newsletters**
- ◆ **Stroke Survivor2Survivor (S2S):** A telephone based support program operated by **SSEEO** volunteers with special training and over-seen by a hospital advisory team. S2S provides support, resources and education to stroke survivors and their caregivers.
- ◆ **Stroke Can Happen at ANY Age:** This presentation is comprised of a panel of young stroke survivors, a neurologist, a stroke coordinator, a **SSEEO** representative and a moderator. The panel is equipped to present to corporate America, businesses, hospitals and other organizations to help raise awareness and prevention of stroke.
- ◆ **Community and area regional events**
- ◆ **Advocacy:** Legislative visits and active presence on policy issues related to stroke.



Get Connected

There are many ways to support **SSEEO** and help survivors along this journey.

Volunteer: Become a trained **SSEEO** volunteer. Once trained, you can represent **SSEEO** by:

- ◆ Presenting at health fairs
- ◆ Delivering presentations on the impact of stroke and importance of advocacy
- ◆ Becoming a peer mentor to a stroke survivor
- ◆ Joining our Board of Directors to help manage our mission

Fund Raising: Host a third-party fundraising event or make a donation to **SSEEO**.

Advocacy • Support • Education • Resources