



Survivor and family crossing the finish line.

SSEEO 5th Annual Walk/Run

The day was perfect for walkers and runners, a little cooler temperatures but the sun was shining and more important no rain. Many volunteers started very early to provide an event for stroke survivors, families and friends to celebrate their stroke journey.

The DJ played music during registration and time was spent greeting old friends and making new friends. This year had an expanded health fair and many took advantage of free health screenings and educational booths.

Volunteers were also stationed along the routes cheering walkers and runners and as they crossed the finish line. After getting snacks and water, everyone enjoyed the K-9 dog demonstration provided by the Winthrop Harbor Police Department and the day ended with an award ceremony and raffles.



Brian

It is our hope this day was filled with fun, achievements and many great memories!



Check in Volunteers

To see more great photos provided by Gibbie Buchholtz visit sseeo.org

Stroke Awareness Month Regional Event

To kick off Stroke Awareness Month SSEE hosted "**Feeling Good from Your Head to Your Feet.**" Guest speakers included Keri Serota and Jeff Rizner of Dare2Tri, a non-profit organization helping the physically disabled or visually impaired by developing their skills with adaptive equipment, training and coaches to conquer their athletic goals.



Mary Kay Jennrich

In addition, Mary Kay Jennrich, RN with Good Samaritan Hospital presented on stroke and a healthy brain begins with healthy habits.



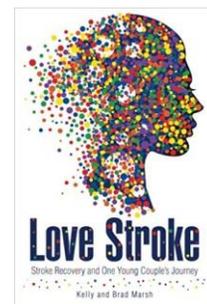
Keri Serota

Pick Up a Good Book Love Stroke

Kelly and Brad Marsh

At thirty-six years old, Kelly Marsh was a successful businesswoman with roles at the Cincinnati Museum Center and, most recently, chief marketing officer at Thomas More College. Her husband, thirty-nine-year-old Brad Marsh, was a successful entrepreneur and businessman.

In Love Stroke, they tell their story after Kelly suffered a stroke August 30, 2009. This memoir narrates the firsthand, chronological views from both the survivor and the primary caregiver, including their life before, the day everything changed, and the first two years of recovery. Kelly and Brad share personal trial-and-error insights from their journey, and they challenge some conventional medical wisdom about



what is possible.

To join this on-line book club discussion [visit the National Aphasia Association.](#)

Survivor Story **Paramedic Becomes Stroke Patient**

Chad Boeder is a young active paramedic and Emergency Medical Services (EMS) personnel that puts others first before his own needs. However, roles reversed when Boeder went from helping others in medical emergencies to becoming the patient in a medical emergency in a blink of an eye.



Boeder was at work finishing up dinner when he felt an excruciating headache that started from his neck and traveled up to his left temple. Headaches happen often for Boeder who deals with stress, high pressure and long hours as a paramedic at Great Lakes Naval Fire Department and therefore didn't think anything of it. He decided to take a moment to relax by laying down in his room. Then he started to feel a tingling feeling in his left index finger and thumb as well as a tight feeling in his jaw and that's when he knew something wasn't right.

His fellow coworkers quickly hooked him up to monitors in the ambulance and rushed him to Northwestern Medicine Lake Forest Hospital. Boeder and other paramedics help stroke patients all the time during the most vital time of a stroke and knew that "time was brain." They knew that it was essential to get him to the hospital as quickly as possible to save his life. According to the American Stroke Association, a typical patient loses 1.9 million neurons each minute a stroke is untreated which essentially means human nervous tissue rapidly and irretrievably are lost as a stroke progresses. There is usually only a limited window of time for physicians to be able to administer therapeutic interventions for instance the clot-busting drug, tPA (tissue plasminogen activator).

Boeder went back to work full-time on January 9 and is hoping to start a class lead by him sharing his experience as a stroke survivor as well as helping paramedics better identify and treat patients who are having a stroke.

Northwestern Lake Forest Hospital has been a SSEEEO sponsor since 2012. A special thank-you to the hospital and the Wood-Prince Family Stroke Foundation for their continued support of SSEEEO's stroke programs and initiatives.

For more information about Northwestern Lake Forest Hospital's Wood-Prince Family Stroke Center, visit lfh.org/stroke.

(This post written and submitted by Northwestern Memorial Hospital)



Lunch and Learn Teleconference - Tuesday, June 13, 2017

"Group Transit and Options for Travel Independence"

Time: 12:00 - 1:00 pm CST

FREE - No advance registration is required

Toll Free Number: 1-800-920-7487 Passcode: 66523867#

Event Flyer: [Group Transit and Options for Travel Independence](#)

Resources

Open Doors Organization

At Open Doors Organization (ODO) we believe everyone has a right to travel and that age and disability should not impact someone's ability to take a vacation, visit friends and family or travel for work.

Executive Director, Eric Lipp founded the organization in 2000 when he became partially paralyzed following surgery on his spinal cord and had trouble accessing businesses in downtown Chicago. Now 17 years later, there are few parts of the travel, tourism and transportation industries on which we have not had a significant impact through our research, educational events, awareness training and consulting.



While much of our efforts are directed toward helping corporations improve their customer service and accessibility, we also directly serve the disability community through several important initiatives. **Open Taxis**, our centralized dispatch service for Chicago's 300+ wheelchair accessible vehicles, provides on-demand taxi service 24-7 with no more than a 15-20 minute wait time. Riders can either call to book (855-928-1010) or use our app, available through Apple and Google Play app stores. We also offer two online **Easy Access** guides for Chicago, easyaccesschicago.org and Springfield, IL, easyaccessspringfield.org. In addition to detailed accessibility information for hotels, restaurants and attractions of all types, the guides include lists of useful resources.

For details and other consumer travel tips and resources, visit the consumer section of our website (opendoorsnfp.org).

SSEEO

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make a difference.

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