



Advocacy

Returning to Work After a Stroke

After a stroke, the road back to work can be challenging. Nearly one third of all strokes occur in people under the age of 65. Many people who have had a stroke intend to return to a full or part-time job. Depending on the severity of the stroke, it might take weeks or months before returning to work is an option.



The Job Accommodation Network (JAN), a service of the Office of Disability Employment Policy, U.S. Department of Labor, can assist both stroke survivors and employers with:

- Free assistance over the phone and online
- Reports about effective ways to accommodate stroke-related deficits in the workplace
- Access to the Searchable Online Accommodation Resource (SOAR), which lets users search accommodation options for specific deficits
- Information about your legal rights if you're returning to a job after a stroke
- The ability to talk to someone about your specific return-to-work issues
- Links to other helpful websites, such as www.gettinghired.com, which connects people to employers committed to hiring people with disabilities, including stroke survivors.

(Shared from the National Stroke Association)

[To learn more click here to visit the National Stroke Association](#)

Survivor Story

Mark Egelston, Stroke Survivor and SSEEO Board Member

I don't know why bad things happen to people, but that great philosopher Forrest Gump helped me make sense of it. He uses the analogy, "Life is like a box of chocolates. You never know what you're gonna get." Well said!

As a survivor of trauma, I discovered this truth the hard way when I experienced a life changing event - a massive stroke at the age of 23 after a car accident. Through God's grace, I've been able to overcome many physical and mental challenges.



Mark Egelston and his family

For the past 30 years, I've had a career in banking. I'm grateful and empowered to be able to have a career but also find it challenging and stressful. I had to learn to type with one hand and have had stroke moments where I lose my train of thought or struggle to remember bank policy, procedures and computer systems. I stress out when I don't remember and I'm then prone to making mistakes. I default into stroke survival mode when stressed and cope by using cheat sheets to get my work done correctly and efficiently.

Although stroke may not be a resume enhancer, it has forced me to become a better communicator and use my people skills to overcome issues. I never want to use my disability as an excuse and although it may make some employers uncomfortable, I've tried to maintain a positive attitude and persevere.

After my children were grown, I decided I needed to give-back and help others through their stroke journey. I was one of the lucky ones and was able to have a career, family and a strong faith. I've been actively involved with SSEEO as a Board Member and co-leader of the *Stroke Survivor2Survivor* telephone support program. I spend my day off on Mondays traveling around the Chicago land area supporting the five area hospitals that utilize this program.

I may have lost the use of my arm but like the Tin Man I gained a new heart of compassion for those in the midst of stroke recovery.

Resources

Health & Disability Advocates



Health & Disability Advocates breaks down social, economic and structural barriers to health and well-being. Core to our mission is empowering people with complex medical and social needs to navigate the health delivery system and advocate effectively for the services and supports critical to good health. HDA has a national presence and has for years been a leader in developing and supporting policies and practices to ensure access to healthcare and support for disadvantaged populations - the low income and the disabled.

The needs of older adults and people with chronic conditions are complex and overlapping - and so are the government programs devoted to them. Our research, policy analysis, education, and advocacy efforts over the years have helped break down economic, systemic, and social barriers to health and well-being for hundreds of thousands Americans facing disadvantages, and have helped build the capacity of communities and existing programs to work more effectively.

Our Values

- Respect - to acknowledge and value local and population-specific perspectives, initiatives, and goal.
- Collaboration - to leverage capacity within and across multiple sectors, building strength through partnerships
- Innovation - to reach for policies and opportunities that bring new value to the challenge of health status improvement
- Excellence - to be uncompromising in pursuit of improved health outcomes
- Expertise - to bring knowledge, wisdom, experience, and clarity of purpose to public policy development and build capacity of the health and social services delivery system implementing policy.
- Collective action - to respect and give voice to grassroots and population-specific policy perspectives.

Our Vision

HDA aims for a healthier country supported by prudent public policies that help people preserve and attain good health and well-being.

[For more information visit HDA](#)

Book Recommendation

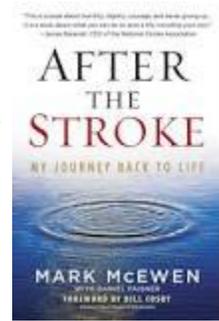
After the Stroke: My Journey Back to Life

by Mark McEwen and Daniel Paisner

This is the intimate, life-affirming journey of recovery and rehabilitation from a major stroke, written by one of morning television's most beloved personalities

Mark McEwen was at the top of his game and enjoying life when he suffered a stroke. After fifteen years on The Early Show, he had moved to Orlando to anchor the local news and spend more time with his family. While traveling, he experienced symptoms that led him to a hospital, where he was misdiagnosed with the flu. Two days later, on an airplane flight just hours before he finally collapsed, flight attendants and airport staff dismissed his slurred speech and heavy sweating. Misinformation not only delayed his treatment, but it also nearly cost him his life.

Now, in a candid and moving memoir, America's beloved morning-show weatherman recalls his harrowing journey of rehabilitation from a massive stroke. *After the Stroke* traces his recovery in the aftermath of temporarily losing some of his greatest gifts- his talent as a public speaker, and his warm, witty exuberance-while his wife worked valiantly to care for their children as well as her seriously ill husband. Sharing an ultimately triumphant story, McEwen emerges as one of our most dynamic new crusaders for stroke survivors and their families.



Upcoming Events - Toll-free Lunch and Learn Series

TOPIC: Levels of Stroke Care and Why It's So Important

WHEN: Tuesday, November 14th 12:00 - 1:00pm (CST)

WHERE: Right in your home, office, use as a community outreach activity or stroke support meeting.

REGISTER FREE: No advance registration is required Toll Free Number: 1-800-920-7487
Passcode: 66523867#



[Expert Stroke Care...Why It's So Important Flyer](#)

World Stroke Day 2017 - October 29th

What's your reason for preventing stroke?

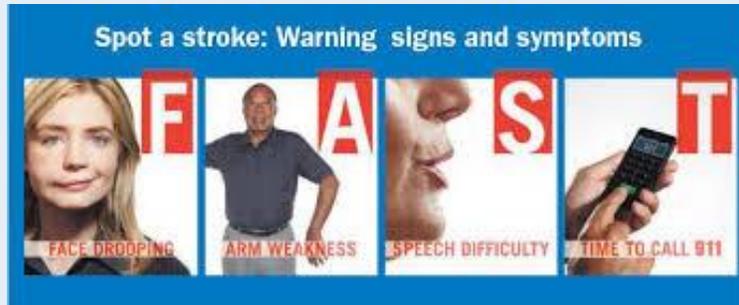
Stroke happens when the blood supply to part of the brain is cut off. Without blood, brain cells can be damaged or die. Depending on which part of the brain is affected and how quickly the person is treated, the effects of stroke on survivors can be devastating to a person's body, mobility and speech, as well as how they think and feel.



Stroke is a leading cause of death and disability globally. It can happen to anyone at any age, and impacts everyone: survivors, family and friends, workplaces and communities. From making individual changes, to advocating globally and locally for policies that will deliver healthier communities, we can all do something to prevent stroke.

Learn about your risks and how to reduce them at Worldstrokecampaign.org.

In honor of World Stroke Day, Shantal Taylor, host of the Shining Stars Program, the heart behind community service will be interviewing Phyllis Weiss, SSEEO President. Phyllis will share her stroke story and why it's so important to educate the public about stroke. Learn more about Shantal Taylor at the [Shining Stars Program](#).



SSEEO

P.O. BOX 855 LOMBARD IL 60148

1(888) 988-8047

E-mail

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make a difference.

