

# SSEEO NEWS

***Our mission is to provide advocacy, support, education & resources for stroke survivors and their families.***

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## ***Regional Event***

On August 9th, Stroke Survivors Empowering Each Other, Inc. (SSEEO) hosted a regional event at Northwestern Medicine Lake Forest Hospital.

***Are You Prepared?*** was asked many times by Marty Makowski of the American Red Cross. He stressed the importance of having a plan for an emergency and community resources that are available.

Dr. Charu Nagar asked ***Are You Prepared?*** to recognize and act FAST if you have one of the symptoms of a stroke. She educated the audience on stroke, the risk factors and warning signs of a stroke. Special thanks to Northwestern Medicine Lake Forest Hospital for hosting the event.



Marty Makowski

*"We thoroughly enjoyed meeting the great people at the Tuesday night event. We were very involved in stroke recovery and active participants in many activities in Arizona. The speaker for Emergency Preparedness was very articulate and helpful. We started our packet at home the next day." -Teri*



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## ***Survivor's Corner...***

**Rosa Flores**

**Stroke Survivor and SSEEO Volunteer**

My name is Rosa Flores and I had a hemorrhagic stroke in February of 1999 while driving to pick up my son from a basketball game. I live in Northern Illinois and crossed the border of Wisconsin when I had an aneurysm, veered off the road and into a ditch on the other side of the road. I had a second stroke while being transported from one hospital to another. I had surgery, six weeks of rehabilitation and then my stroke journey began.

I was told I would need a wheelchair at home but I was determined that I would only use a quad cane. And a quad cane was all that I used. I am a fighter and was not going to let this stroke beat me. I loved to cook so I helped my mother in the kitchen even if it was only stirring a pot of food. It kept me standing and busy. Later, I got a cutting board with stainless steel nails to hold the food for cutting. I now have many adaptive kitchen devices that help me with my cooking.



My family and friends helped me through some of the toughest days. They believed in "tough love". They wanted me to keep trying and doing for myself so they encouraged me to get things on my own or if I was sitting on the floor to get up on my own. "Where there is a will there is a way". Eighteen months after my stroke I went to driving therapy school and then the Department of Motor Vehicles to get my driver's license. I needed to get back on the road since my mother didn't drive and my father was having cancer treatments and needed my help.

Today, I'm stronger than ever and "yes" I still have deficits but it hasn't stopped me. I walk daily, love to cook, sew and am passionate about helping others through their stroke journey. I've been volunteering with SSEE0 for the past three years. I've presented to stroke support groups on how to use adaptive kitchen devices, encourage stroke survivors through the SSEE0 **Stroke Survivor2Survivor** telephone support program and volunteer at the SSEE0 walk/run for stroke event. Since I speak Spanish, I'm able to help SSEE0 with stroke survivors who have limited English get their questioned answered, offer resources and provide guidance.

I have never lost my faith. I believe God doesn't give us any more then we can handle. We can handle more than we think we can.

## **World Stroke Day**

Every year stroke strikes millions around the world. The actual numbers are 17 million, with 6.5 million deaths and 26 million survivors. In an effort to continue to raise awareness of stroke, and the prevention and treatment of stroke, the World Stroke Organization established October 29th as World Stroke Day in 2006.



To learn more about WSO and their global mission, visit [\*\*World Stroke Organization\*\*](#)

SSEE0 will be joining the World Stroke Organization and others on October 29th by hosting a regional event **Music and the Brain**. This event will explore how to appreciate the healing power of music and recognize stroke as a complex medical issue and help find ways to significantly reduce its impact. Details and more information are available at [\*\*Music and the Brain\*\*](#)



**Face the Facts: Stroke is Treatable**  
**Lives can improve with better awareness, access, and action.**



## **Upcoming Events**

### **Tuesday, September 13th**

Lunch & Learn Teleconference:

***"Exercising, Thinking, Sleeping and Eating Your Way to Long Term Brain Health"***

For more information, please see the [Lunch & Learn Flyer](#)

### **Saturday, October 29th**

Regional Event: ***"Music and the Brain"***

Advocate Sherman Hospital

Medical Office Building, 4th floor conference room

For more information, please see the event flyer

[Regional Event](#)

### **Saturday, May 6th, 2017**

***SSEEO's 5th Annual Walk/Run for Stroke***



Stay Connected



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***Together WE Can Make a Difference!***