

SSEEO NEWS

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



Welcome 2016

"I feel privileged and humbled to serve as President of this great organization. As I reflect on the past year, I am amazed at what the volunteers have accomplished. Stroke survivors never give up and together WE can make a difference in the fight against stroke!" - Phyllis Weiss, SSEEO President

[Read our annual report](#)



The new year is filled with promise and hope.

Make it your best year yet!

Consider setting a new goal for yourself. Choose something you'd like to focus on and make a change. Maybe it is reducing your stress or incorporating a new therapy into your recovery program. Whatever you decide make a plan, write it down and stick to it!



Did You Know....

After surviving a stroke there are a number of needs survivors and caregivers are faced with. Often the biggest hurdle surrounds access to resources. Survivors and caregivers are not sure where to go for help. There are a number of resources and services available for disability programs, home care, prescription services and transportation. SSEEO provides a consolidated listing of these agencies, organizations and community resources. Click here for our current listing of [Survivor Resources](#).



Survivor Story... Never Stop Moving Forward *Michelle Jordan*

The single most important thing I treasure and value more than anything in this world is my family. While our lives are hectic, it is always important to make time to do something together. One evening while at the movie theatre with my children I began to feel ill.

Within minutes I realized something was very wrong. It began with a heavy weight in my arm and gradually turned into loss of speech and a drooping face. While my daughter frantically ran for help, my son stayed and held my hand. I had no idea what was happening. I could only pray that I would not die, slumped on the restroom floor of the movie theatre with my twelve-year-old son clutching my hand. Within minutes first responders were there, including my husband who is part of the emergency services profession.



At the hospital it was determined I had suffered from an ischemic stroke. I was 42 and could not grasp having a stroke at that age. I quickly learned that stroke does not discriminate against age, race or gender. Thankfully the quick response and treatment with tPA (tissue plasminogen activator) saved me.

The stroke dramatically altered not only my life but my family's. It has shown us how quickly things can change. Most importantly it has taught us how to appreciate each day we have together. Coming to terms with the fact that stroke impacts every facet of my life was very challenging for me. It took determination, faith and my family to help me accept my life was different now. Once I accepted this, my perspective on the changes took on new meaning. I was able to count my blessings, not my misfortunes. Sharing in family time is the best stress reliever I know of. It might mean walking together in the SSEEО Celebration of Life Event or baking cookies together, both of which are very therapeutic for me. My motto is "just keep moving forward."

Serving on the SSEEО board in the role of secretary has allowed me to do something to help other survivors. Speaking with other survivors or visiting with them on behalf of SSEEО is so rewarding. Sharing our stories or just listening to theirs is very impactful for both of us. Just knowing you're not alone on the journey can make a huge difference to your recovery.



Calendar of Events for 2016

February 9th

Lunch & Learn Teleconference The topic will be **Post Stroke Depression and Fatigue**
Read more or print the flyer to share. [Lunch & Learn Teleconference Flyer](#)

March 15th

Lunch & Learn Teleconference the topic will be **TPA, Coiling, Clipping and Stents... What Does it All Mean?**

April 12th

Lunch & Learn Teleconference the topic will be **Stroke and Vision Problems**

May 14th

SSEEО Walk/Run for Stroke

For more details please visit www.sseeo.org

Stay Connected



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Together WE Can Make a Difference!