



June is Aphasia Awareness Month!

Two million people in the United States have aphasia, but 84.5% of Americans state they've never heard the term aphasia. Aphasia is an acquired communication disorder impairing a person's ability to process language but does not affect intelligence. Aphasia impairs the ability to speak and understand others.

To learn more, listen to the SSEEO podcast [here](#).



Young Stroke Learning Group Thursday, June 10th at 7pm CST

The Young Stroke Learning Group invites you to the June meeting!

Steffani Szana, guest speaker, is a Neurokinetic therapist (NKT) who will be teaching the group about Neurokinetic Therapy. Attendees will be able to ask Steffani how this therapy can be applied to their unique situation with stroke rehabilitation.

For more information or to receive the invite for the June meeting,
contact: angiekeister@gmail.com or christine@sseeo.org

*"Whoever said it is as easy as riding a
bicycle never had a stroke!"*

Maureen Pekosh, stroke survivor and SSEEO reporter

A skill once learned may be easily forgotten following a brain injury. After my stroke, I envisioned enjoying riding my bike again. Challenges with my balance and having a weak left-side proved otherwise. Falling twice,



doctors suggested I enjoy stationary biking instead.

Harvard Health highlights five benefits of biking. Low-impact, riding is easier on the joints since your pelvis supports your weight rather than your legs. Biking provides aerobic exercise which improves cardiovascular conditioning and can help lower blood pressure. Pedaling helps build muscle; stronger muscles contribute to stability, flexibility, and balance, decreasing fall risk. Biking can improve “balance, walking, standing, endurance, and stair climbing.” The

resistance of pedal pushing causes muscles to contract pulling on bone increasing bone density.

A study published by the National Institutes of Health illustrated that stationary cycling “is an effective intervention for increasing the balance and gait abilities of chronic stroke patients” but upright stationary cycling might be challenging for some stroke survivors.

A recumbent trike allows a balance challenged, paretic stroke survivor to have fun, get exercise, and move simultaneously. Three wheels provide a stable ride. With the fall risk removed, bike clips safely can keep feet in place. A larger, reclined seat offers comfortable back support. Pedaling is still pedaling, delivering a cardiovascular and leg muscle workout.

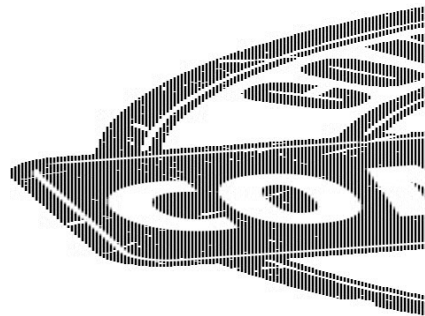
I am now enjoying riding a bike again.

Nicole Sullivan
SSEEO Social Media/Communications Coordinator

Nicole joined SSEEO in early 2020 when she redesigned the website, since then she has also been responsible for the newsletter, assisting in social media posts/tweets, e-mailings and maintaining the website.



Nicole graduated from Northern Illinois University with a degree in Computer Science and spent 15 years in corporate IT as an IT Project Manager. She now stays home to care for her youngest son while also enjoying time with her other two kids and husband.



Stroke Matters Podcast - Healthy Living Series

Topics to include Adaptive Sailing, Therapeutic Golf and Cooking with a Disability.
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