



Walking into the New Year!

Exercise is one of the most effective ways to recover from a stroke. Walking has shown to help improve speed, balance, confidence and cognition after a stroke. A walking program can help improve quality of life and endurance in stroke survivors. Always contact your healthcare provider before starting an exercise program.

Why walk?

It is low cost.

It can be done in many different environments.

It can be modified to fit a range of ability levels.

Read more about [**Walking and Stroke Recovery: What You Need to Know**](#)

Forrest Harris, SSEEO Board Advisor



SSEEO is pleased to announce a new Advisor to the Board of Directors, Forrest Harris, FACHE.

Forrest is the Executive Director, Neurosciences and Orthopedics, for the Advocate Aurora Health South Chicagoland Patient Service Area. In this role, Forrest is responsible for strategic growth, program development, operations, and financial performance of the neuroscience and orthopedic service lines at Advocate Christ Medical Center.

Since 2015, Forrest has served as Director of Operations with AMG, guiding practice operations in Neurosciences, Surgical Services, Infectious Disease, and Women's Health. His leadership has led to strong KRA success and improved efficiencies, and he has overseen key strategic initiatives supporting program growth. Prior to joining Advocate, Harris has held leadership positions with not-for-profit healthcare organizations since 1998.

Forrest earned a Bachelor of Science in Healthcare Management from Florida A&M University, and a Master of Health Administration from Governor's State University. He is a Fellow in the American College of Healthcare Executives.

Forrest was raised and currently resides in the south suburbs. He and his wife have four adult children.

Do You Need Support?

2020 has been an unusual and challenging year, for many these challenges have continued into 2021.

SSEEO's Stroke Survivor 2 Survivor (SS2S) experienced a significant increase in requests for support, with many feeling more isolated than usual. Virtual policies and procedures were created and volunteers continued calls while complying with HIPPA & COVID-19 guidelines.

"Hi there, I'm so happy to have found y'all! My friend (age 32), suffered a stroke about 3 years ago and has been bounced around from (very bad) nursing home to (very bad) nursing home. She's struggling emotionally, and trying to live as independently as possible but has no resources. I was hoping to discuss any resources I could connect her with including the peer run phone support.

Thanks so much for your reply! Attaching the form. It'll mean the world to her to talk to someone else who's been there.

Thanks for the update! She was so excited to fill me in and sounds like it helped a lot. Please pass along a big thank you from me to Mark!" -Sam

Looking for encouragement, support or guidance?

Visit our website, www.sseeo.org, to register for a SS2S telephone peer-support call.



Young Stroke Learning Group

The purpose of the Young Stroke Learning Group is to bring together stroke survivors and learn from the collective wisdom and experience of the group. Also allowing each person to learn about new opportunities for themselves to advance their goals and abilities. This is a virtual group with monthly meetings.

The objectives for this learning group include creating engagement among survivors and celebrating the discoveries each person has had during their recovery process and share the natural wisdom of their body to heal and support one another in discovering new abilities through experimenting with new ideas.

The meeting for January discussed aphasia and had a great turn out of participants, Angie Keister and Jenny Kray co-facilitated the meeting.

For more information or to join the February meeting, contact: angiekeister@gmail.com or christine@sseeo.org

Coming Soon...

During the month of February, two new podcasts will be added to our website.

The first podcast is part of the Stroke Matters - Self Care Series and will highlight Stroke and Exercise.

The second podcast will be a Stroke Chat with Mark Egelston (Stroke Survivor and Board Member) and David Bowman (Stroke Caregiver).

Join the SSEEEO Facebook group to be notified when the podcasts are published!



SSEEEO

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