

## 2022 International Stroke Conference

Northwestern Medicine Lake Forest Hospital (LFH) and SSEEO had a poster presentation at the 2022 International Stroke Conference. See right, Amy Barnard RN NMLF.



The poster shared the background, methods and results of the telephone-based peer support program Stroke Survivor 2 Survivor (SS2S) which aims to encourage, support, network and provide resources to stroke survivors post discharge.

To see the full contents of the poster, click [here](#).



## Women & Stroke

Stroke kills twice as many women as breast cancer does, making stroke the third leading cause of death for women.

Surprised?

You're not alone. Many women do not know their risk of having a stroke. Although these facts are alarming, the good news is stroke can be prevented.

To learn more about Women and Stroke, listen to our recent podcast [here](#).

## SSEEO - Who We Are


Founded in 2004, Stroke Survivors Empowering Each Other, Inc. (SSEEO) is a grassroots 501 (C)(3) non-profit organization dedicated to providing stroke advocacy, support, education and resources.

SSEEO strives to improve the quality of life for stroke survivors and their families through program development, design and outcomes by using a patient-based data driven approach.

To learn more about SSEEO programs, click [here](#).

Contact Christine Winiecki at [christine@sseeo.org](mailto:christine@sseeo.org) for more information.





**WHO WE ARE**  
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**ADVOCACY**  
We believe it is essential for survivors and caregivers to play a key role. As such, we lobby at the local, state and federal level.

**SUPPORT**  
We are committed to providing ongoing support to stroke survivors in ways that are easy to access, understand and apply to their situations.

**EDUCATION**  
We understand that education for stroke survivors, their families and caregivers is vital, but also important to the community at large.

**WHY THIS IS SO IMPORTANT**  
Did you know...  
• Someone in the United States has a stroke every 40 seconds  
• Stroke is a leading cause of serious long-term disability.  
• Globally 1 in 4 adults over the age of 25 will have a stroke in their lifetime.

**RESOURCES:**  
**Podcast Series:**  
**STROKE MATTERS**  
A podcast series providing education to help stroke survivors acclimate to the changes caused by their stroke.  
**STROKE CHATS**  
an online chat with stroke survivors and caregivers sharing their journey.  
\*All calls are recorded and downloaded on the SSEEEO website\*  
**E-NEWSLETTER**  
a bi-monthly publication that covers a range of topics.  
**STROKE TALKS 2 GO (ST2G)**  
are a series of stroke prevention/treatment presentations designed to increase stroke awareness in communities.  
**STROKE SURVIVOR 2 SURVIVOR (SS2S)**  
is a telephone peer support program operated by stroke survivor volunteers with a goal to increase access to healthcare, stroke-related resources, social support, and self-management skills.  
**STROKE LEARNING GROUP**  
a virtual group that meets monthly to create collective wisdom and experience from others with a variety of topics and speakers.  
**SSEEEO.ORG**  
The website is a collection of resources and stroke-related information.

**SIGNS OF STROKE**  
REMEMBER TO "BE FAST"

- B**alance sudden loss
- F**ace loss of vision
- F**ace facial droop
- A**rm weakness
- S**peech difficulty
- T**ime to call 911

STROKE SURVIVORS EMPOWERING EACH OTHER, INC. IS A 501(C)(3) NON-PROFIT ORGANIZATION 888-788-1807 | WWW.SSEEEO.ORG

## March is National Nutrition Month

National Nutrition Month® is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

This year's theme, "Celebrate a World of Flavors," showcases how flavors from cultures around the world is a tasty way to nourish ourselves and appreciate our diversity. We are all unique with different bodies, goals, backgrounds and tastes!

A Registered Dietitian Nutritionist can help you create healthy habits to celebrate your heritage and introduce you to new foods and flavors.

To learn more visit [here](#).

Enjoy this nutritional crossword puzzle, the answer key is at the bottom of the newsletter!



# Crossword Puzzle

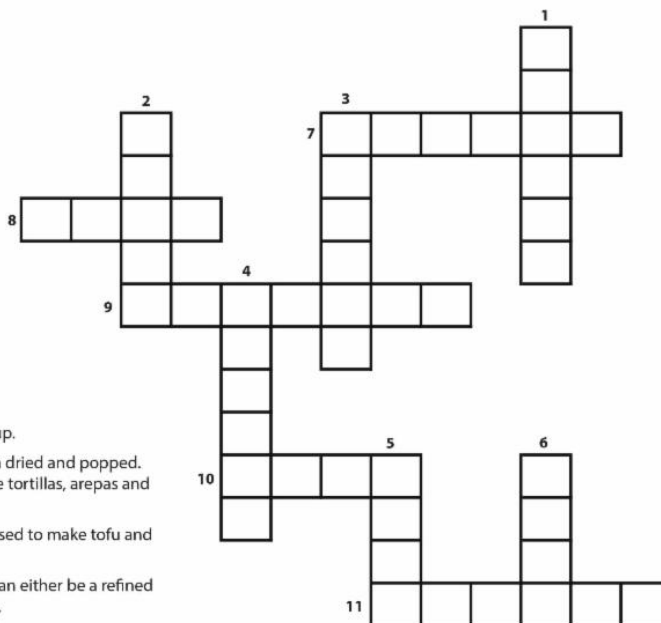


## Down

1. Changing from green to yellow as it ripens, this fruit comes in its own easy to remove, natural wrapper.
2. These are examples of \_\_\_\_\_ which can be used to flavor food: cilantro, parsley, mint, chives.
3. Raisins are the result of dehydrating or drying \_\_\_\_\_.
4. This dairy product comes in a variety of flavors and may contain "good bacteria". It can be eaten plain, with fruits or vegetables, and even made into dips.
5. This breakfast classic often accompanies other dishes like toast, pancakes, sausage, and bacon.
6. This green vegetable is a common ingredient in gumbo and jambalaya. It can be grilled, roasted, fried, sauteed, or added to soups and stews.

## Across

7. When using MyPlate: tortillas, naan, and pita all belong to the \_\_\_\_\_ Group.
8. This vegetable can be eaten off the cobb and makes a popular snack when dried and popped. It can also be dried and ground into flour, which is used to make foods like tortillas, arepas and some breads.
9. Sometimes called edamame, this bean can be eaten steamed and is also used to make tofu and tempeh.
10. This grain is a mealtime staple for many people all over the world, and it can either be a refined grain or a whole grain depending on whether it is white or brown in color.
11. Pumpkin, butternut, acorn, spaghetti, kabocha, and turban are all types of winter \_\_\_\_\_.



## Tell Us How We Can Help!

\*Subscribe to our Newsletter\*

\*Receive an SS2S Telephone Peer Support Call\*

\*Suggest a Podcast Topic\*

Click [here](#) to send requests and suggestions!

SSEEO

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E-mail

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Stay Connected



**Together WE can make a difference.**

