

B E F A S T

BALANCE	EYES	FACE	ARMS	SPEECH	TIME
					
Sudden loss of balance?	Loss of vision in one or both eyes?	Face looks uneven?	Arm or leg weak/hanging down?	Speech slurred? Trouble speaking or seem confused?	Call 911 now!

January is Glaucoma and Eye Health Month

Stroke-Related Vision Loss

Vision is dependent on two factors: having a healthy eye to receive the visual information and having healthy visual processing centers in the brain to interpret and process the information. Visual processing occurs in the occipital lobe as well as the temporal and parietal lobes. The effect of stroke on vision loss is variable and often depends on the location and extent of the brain injury.

After a stroke or brain injury, the changes that a patient experiences can be permanent or there can be improvement over time. Patients can be evaluated immediately after the injury and we will continue to follow the patient closely to monitor for improvement and to continue to develop strategies to allow the patient to return to work, independent living, or to achieve their other goals.

[Click here to read the full story](#)

Caregivers New Year's Resolutions

The New Year is here and it brings with it the opportunity to practice self-care.

This is extremely important for the approximately 43.5 million caregivers that put the needs of others before theirs.

If you are a caregiver the new year is the perfect time to make changes in your life. Make 2019 a happy, healthy year for yourself! Consider making one small change at a time.

1. Delegate
2. Create a family care group
3. Get enough rest
4. Be kind to yourself
5. Learn about your local resources

Meet Lisa Wilkerson

She is a SSEO board member, volunteer and caregiver.

Watch her [caregiving story](#) here.



Women and Stroke

Wendy Barrash's stroke story

I had a stroke in June, 2014 at 51 years old. I was getting ready for work, drying my hair when the blow dryer fell to the floor and I was not able to pick it up. I was thankful my partner hadn't left for work and when I tried to tell him what happened. I couldn't get the words out, my speech was slurred. He immediately called 911 and I was taken to a comprehensive stroke center where I received TPA (Tissue Plasminogen Activator). The journey thereafter was challenging.



For my first two weeks in the hospital, I was unable to walk, talk, eat or swallow. I was transferred to a rehabilitation facility where I had extensive physical, occupational and speech therapy. I later went to a day treatment program where I continued to progress and regain my strength along with getting my driver's license.

[SSEEO](#) and the volunteers have helped me through this journey. I was experiencing sadness and depression when I heard Mark Egelston, SSEEO Board Member and stroke survivor share his stroke story at Amita Health Alexian Brothers Hospital. I reached out to SSEEO and Michelle Jordan, SSEEO Board Member and stroke survivor called me through the [Stroke Survivor 2 Survivor](#) (SS2S) telephone peer support program.

It's been four years since my stroke and I'm thankful for the supportive family, friends, healthcare professionals and SSEEO who have encouraged me. Also included in this are my grandchildren who give me such joy and put a smile on my face. Today, I volunteer with Mark and SSEEO to share my stroke story and encourage others to never give-up. I work as a part-time caregiver and my volunteer work at Friendship Village Retirement Community has been so rewarding.

Wendy was recently a guest speaker for the SSEEO teleconference "*Women and Stroke.*" Listen to the event at sseeo.org.

Have you heard about the Lunch and Learn Series?

The SSEEO Toll-Free Lunch and Learn Series is a mobile resource tool that builds community, provides support and shares information by connecting stroke survivors, caregivers, health professionals and other stroke stakeholders.



Four times a year the teleconference explores topics important to stroke survivors and caregivers. Participants can use the series from anywhere just by calling into the group. Past topics that have been covered include:

- Stroke and Vision Problems
- Women and Stroke
- Caregivers Forum
- Post Stroke Depression and Fatigue

You can listen to these recorded calls and many more at sseeo.org. Our next call will be in March 12th. The topic will be the *Psychological Effects of Stroke*.

SSEEO

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make a difference.

