



## **World Sleep Day...Healthy Sleep, Healthy Aging**

Mark your calendar for World Sleep Day on March 15th. This annual, global call to action about the importance of healthy sleep. The focus of WSD is to bring cognizance to the many burdens of sleep problems, as well as the importance of healthy sleep. WSD publicly displays efforts being taken toward prevention and management of sleep disorders. Created and hosted by [World Sleep Society](#), World Sleep Day is an internationally recognized awareness event bringing researchers, health professionals and patients together to recognize sleep and its important impact on our health.

***There are sleep breathing problems that can raise your risk factor for stroke!***

**Snoring:** Snoring occurs when air being inhaled and exhaled through a crowded airway creates noise as a result of friction. For some people, snoring is soft and infrequent, but for many, it's very loud and constant. Three problems arise around the continued experience of loud and constant snoring:

- The snorer is deprived of adequate oxygen to the brain, which leads to stubborn, hard-to-control increases in blood pressure.
- Anyone who sleeps next to or near the snorer can suffer from sleep deprivation as well as the snorer.
- Most people who snore loudly all night long are probably also experiencing obstructive sleep apnea.

It may seem harmless enough, but snoring should be treated as a potential symptom so that both the snorer and their loved ones can get the most out of their nightly sleep.

**Sleep apnea:** If you stop breathing for 10 or more seconds during sleep, you may have sleep apnea. An official diagnosis of sleep apnea will be made for anyone who averages at least 5 of these episodes per hour every night. Consult with your physician if you show symptoms of sleep apnea.

To learn more more World Sleep Day visit [worldsleepday.org](http://worldsleepday.org)

To learn more about sleep apnea visit the American Sleep Apnea Association at [sleepapnea.org](http://sleepapnea.org).

## March is Nutrition Month

If you haven't already started your journey to focusing on better nutritional habits now is the time!

Everything you eat and drink matters. The right mix can help you be healthier now and in the future. This means taking four steps toward a healthier lifestyle:

- **Focus on the five food groups, fruits, vegetables, grains, proteins and dairy and their nutritional value.**
- **Choose foods and beverages with less saturated fat, sodium, and added sugars.**
- **Start with small changes to build healthier eating styles.**
- **Support healthy eating for everyone**

Test your nutritional knowledge with these food group quizzes.



**Fruit**



### Dairy



### Vegetables



### Protein



### Grains

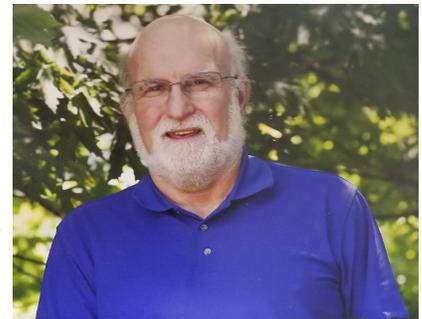


For more information on nutrition visit [ChooseMyPlate.gov](http://ChooseMyPlate.gov).

## Welcome new SSEEO Board Member...

### *Jim Geminer*

Jim has been a stroke survivor since 2011 and had open heart surgery in 2015. He joined SSEEO in 2016 leading the [Stroke Survivor 2 Survivor](#) (SS2S) telephone peer support calls at Advocate Sherman Hospital. Through his work with this program, he advocated and now leads the Sherman stroke support group. In 2018, Jim was named Volunteer of the Year at Advocate Sherman Hospital for his work with stroke patients. He credits his wife and daughter with encouraging him to work hard during rehabilitation and become a volunteer after his stroke.

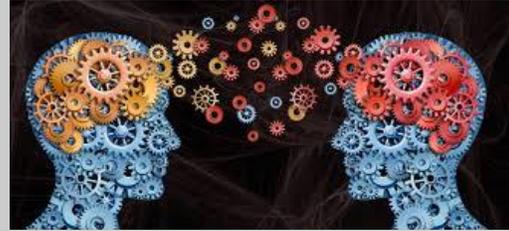


Prior to his stroke, he was very successful in marketing and sales. Jim walks daily for exercise and after 45 years, remains a member of his golf league.

## March Teleconference Series...

### *Psychological Effects of Stroke*

Join presenter Mary F. Schmidt, PhD, Neuropsychologist, as she walks us through the psychological effects of stroke. She will discuss how stroke effects the brain, post stroke conditions, along with resources and strategies for handling these effects.



**Date:** Tuesday, March 12th

Time: 12:00 - 12:45 (cst)

**Where:** Right in your home, office, use as a community outreach activity or stroke support meeting.

**How:** **FREE** call to 1-800-920-7487 Passcode: 66523867#

[Click here for the teleconference flyer](#)

## SSEEO

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Together *WE*  
can make a  
difference.