

November is Caregivers Month

Caring for a loved one after a significant life event is...
an honorable task many people take on each day.

Being a caregiver is...
time-consuming and can take a toll on mental and physical well-being.

Caregiver support is...
*a critical service in healthcare and should be valued by
the caregiver, person receiving care and others.*

Building strong partnerships with caregivers of stroke survivors
improves the stroke survivor's well-being, along with
improving the health and well-being of the *caregivers*.

SSEEO wants to help enhance the well-being of *caregivers*.

North Central College, Master of Occupational Therapy Honor Society students,
proudly created a user-friendly [Caregiver Resource](#) tool.

The students, with faculty support,
researched four systematic reviews
pertaining to the
needs and priorities of
caregivers of stroke survivors.

Current research shows caregivers of
stroke survivors require:

- 1) Education and Resources
regarding stress and coping skills,
- 2) Social Support options in the
community,
- 3) Day-to-Day Organization and
Health Management tools,
- 4) Strategies to maintain physical
and mental health.

The students designed the new



**Master of Occupational Therapy
Pi Theta Epsilon Honor Society**

Front Row: Makenzie Miller, Shianne

[Caregiver Resource](#)
with this research in mind.

Click [here](#) to learn how to
help the Caregiver.

Gilbert, Lexi Kosiek, and Paige Nadherny

Back Row: Bailey Milet, Tyler Gorman,
Morgan Dapkus, Allison Lanzotti,
Professor Kelly Frystak, and Thalia
Lechuga.

Holidays and Stroke

The holidays are packed with family, food, cocktails – and more strokes than any other time of the year. In fact, of the nearly 800,000 strokes in the United States each year, more occur between **November** and February than any other 4-month span.

What are the factors leading to this significant uptick in
first-time and subsequent strokes?

Stress

Stress is not just an emotion.
Stress takes a physical toll on your body prompting
physiological changes causing a rise in blood pressure.

Overeating

'Tis the season for over indulgence!
Inevitably, you will be tempted with sugary, empty-calorie treats wherever you go.
Overeating means increased blood pressure, which will increase your risk of stroke.

Alcohol

Research shows drinking a large amount of alcohol greatly increases your risk of stroke.
Alcohol raises your blood pressure and, if you have diabetes,
it will affect your blood sugar both in the short term and the long term.

Smoking

Smoking not only increases your risk of stroke,
but studies show tobacco products and nicotine cut about 10 years from your lifespan.

Exercise

At the holidays, it can be difficult to maintain a healthy exercise schedule.
However, you can reduce your risk of stroke by over 25% when you engage in moderate
activity – walking briskly, cycling or swimming – for 30 minutes five days a week.

Sleep

Poor sleep and sleep disturbances are reported to play a role
in your risk for stroke by putting stress on your vascular system.

**Listen to SSEEO's podcasts to learn helpful ways to
manage your health throughout the season.**

**Each podcast is 10 minutes, topics include:
yoga, breathing techniques, spirituality, exercise, nutrition and more.**

[Click here to start listening](#)

today!

Article Reference: www.vascspecialists.org

GIVING TUESDAY

November 29, 2022

GivingTuesday is a global generosity movement unleashing the power of radical generosity. GivingTuesday was created in 2012 as a simple idea: a day that encourages people to do good. Since then, it has grown into a year-round global movement that inspires hundreds of millions of people to give, collaborate, and celebrate generosity.

Join the movement and give – each Tuesday and every day – whether it's some of your time, a donation, or the power of your voice in the stroke community.

Please consider a donation to Stroke Survivors Empowering Each Other, Inc. (SSEEO) so we can continue our mission to provide advocacy, support education and resource to stroke survivors and their families.

Click [here](#) to read SSEEO's 2021-2022 Year-In-Review and learn more about how SSEEO has been making a difference in the stroke community for over 18 years.

[Make a Donation](#)

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SSEEO

P.O. Box 855 Lombard, IL 60148
(888) 988-8047

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**TOGETHER
WE CAN MAKE
A DIFFERENCE**

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