

## April is National Volunteer Month

SSEEO would like to recognize all those who give their time and energy volunteering and supporting stroke survivors and caregivers through the stroke journey.



Aurora BayCare Medical Center and Aurora West Allis Medical Center have joined SSEEO and the American Stroke Association to implement the Stroke Survivor 2 Survivor (SS2S) telephone peer support program for stroke survivors and their caregivers.

The pilot is an effort to improve access to stroke survivor resources, quality of life and self-management.

The SS2S peer support program is run by stroke survivors or caregiver volunteers with special training and overseen by a local hospital on-site coordinator. The call encourages stroke survivors to self-manage their own care while offering support, guidance and resources.

These volunteers call survivors or their caregivers following discharge from the hospital after a stroke to provide stroke related resources and social support.

*“Volunteering with SS2S is a blessing. It gives me the opportunity to share my experiences with isolation, fear, frustration, so common to us stroke survivors. Our common experience allows for bonding, educating, coaching sprinkled with cheerleading. I have been thanked for taking time, listening, and heard praise for Aurora providing follow-up with SS2S. I remember a cold feeling facing stroke at home. Having someone who understands is good medicine.”*

Kathy – SS2S volunteer,  
Aurora BayCare Medical Center- Green Bay, WI



SS2S BayCare Volunteers



SSEEO Volunteers - Richard (L) and Mark (R)  
Aurora West Allis Medical Center  
West Allis, WI

*"I volunteer because it is good for my mental health. I like the people that I work with and it is fun. Plus, it gets me out of the house and makes me feel like I'm doing something worthwhile."*

-Richard, SSEEO Volunteer

*"After surviving my stroke/brain aneurysm, I wanted to be able to help others who were going through recovery. I like interacting with people and volunteering with the SS2S program is something meaningful that I can do."*

-Mark, SSEEO Volunteer



Bryna, Stroke Coordinator  
Aurora West Allis Medical Center  
West Allis, WI

*"It has been great working with my volunteers and hearing about their individual journeys in their stroke recovery. The SS2S program helps to bring the care our medical center provides full circle; from prevention, acute care, and the realities of life after a stroke. I care about areas we can focus better on to provide the best possible care to our patients and celebrate areas that have resulted in positive patient outcomes."*

-Bryna, Stroke Coordinator

## **John Hunt** **SSEEO SS2S Volunteer, Board Director & Treasurer**

**A huge thank-you to John Hunt.**

**In 2019, John joined the SSEEO Board of Directors after his stroke.**

**He provides leadership and direction on the Board and continues to volunteer at Advocate Condell Medical Center making SS2S follow-up phone calls to stroke survivors.**

**As SSEEO Treasurer, John manages the financial and fundraising strategies and keeps SSEEO accountable and fiscally responsible.**

**SSEEO is grateful to John for his volunteering efforts!**



## Stroke Learning Group

*Do You Have Difficulty Moving your Hands, Arms or Legs after a Stroke?*

Elizabeth Vasquez of Stanford University will share more about a new stroke study and how you can help improve stroke technology.

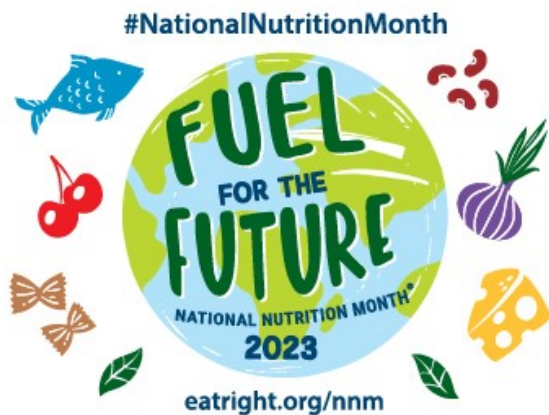


**Wednesday, April 12, 2023 7:00pm CST**

Join Zoom Meeting [here](#).

Meeting ID: 264 671 3098  
Passcode: 080317

## March is National Nutrition Month



Prevent stroke by making healthy food choices!

When planning meals and snacks, The Academy of Nutrition and Dietetics encourages consumers to

***Fuel for the Future***

when planning meals and snacks.

### Podcast

Learn more nutritional tips specific to stroke and stroke survivors by listening to SSEEO's podcast 'Stroke &

### Helpful Tips

Tips to include at home, from [www.eatright.org](http://www.eatright.org):

1. As a family, commit to trying a new fruit or vegetable each week.
2. Give family members a role in meal planning and

Nutrition, Go Further with Food!'

Listen to Podcast

### Recipes

The American Stroke Association has a cookbook indicating how to modify recipes based on the individual's ability to swallow after experiencing a stroke.

Look at Cookbook

- let them pick out different recipes to try.
3. Plan to eat more meals together as a family.
  4. Explore food recovery options in your community.
  5. If you watch TV, take breaks during commercials to be physically active.
  6. Practice mindful eating by limiting screentime at mealttime — including phones, computers, TV and other devices.
  7. Try more meatless meals — choices like beans, peas and lentils are versatile plant-based protein sources that work in a variety of dishes.
  8. Let everyone help with food preparation — a skill for people of all ages. If you have kids, there are age-appropriate tasks they may enjoy learning how to do.
  9. Bring out the flavors of food by trying new herbs, spices, or citrus fruit like lemon or lime.
  10. Stay hydrated, increase water intake and remove drinks with added sugar.

## 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

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

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SSEEO Program Flyer



Notice

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