



GIVING TUESDAY

What is **Giving Tuesday** and Why It Matters?

Thanks to SSEEO's sponsors, donors and countless volunteers who have supported our mission, SSEEO will be celebrating **20 years in 2024!**

Since 2004, SSEEO has been making a difference by encouraging stroke survivors and offering support, guidance and resources which are beneficial to stroke recovery.

SSEEO has made, and continues to make, a significant impact in the stroke community with our ***Stroke Survivor 2 Survivor (SS2S)*** post-stroke telephone peer support program.

The expanded program pilot includes hospital participation from WI, CO, NH and OH with an extensive evaluation and we are now ready for nationwide accessibility!

SSEEO is currently piloting ***Students 4 Stroke Therapy (S4ST)***.

S4ST is a unique virtual tele-health stroke survivor volunteer opportunity with occupational therapy students.

The program bridges the gap in therapy services for survivors while providing valuable fieldwork for occupational therapy students.

For SSEEO to continue to create meaningful programming for stroke survivors and their families, we need your support.

As a result of COVID-19, the financial stability of many non-profits -including SSEEO- has been threatened. Ongoing economic volatility and inflation-driven increases in operating costs are among key issues continuing to threaten SSEEO's operational and financial wellbeing.

Please join the Giving Tuesday movement and donate – whether it is some of your time, financial support or the power of your voice in the stroke community.

More than ever, it's important for you to consider a one time or reoccurring donation to Stroke Survivors Empowering Each Other, Inc. (SSEEO) so we can continue our mission to provide advocacy, support, education and resources to stroke survivors and their families.

Visit our website at www.sseeo.org to learn more about our programs and services.

[Make a Donation](#)



Post-Stroke Depression

Presented by Dr. Alan Georges

Dr. Georges did his residency training in general and adult psychiatry from Louisiana State University-LSU and his fellowship in Geriatric Neuropsychiatry at Northwestern Memorial Hospital - downtown Chicago campus. He started working at Northwestern Lake Forest Hospital in 2019.

The podcast discussion includes:

How common is depression after a stroke?

What causes depression after a stroke?

What are some of the signs and symptoms of post-stroke depression?

What happens if depression is left untreated?

What treatments and resources are available to help stroke survivors through depression?

[Listen to Podcast](#)

NATIONAL FAMILY CAREGIVERS MONTH

Celebrating the
44 million Americans
who care for a
family member, friend or neighbor

November is National Family Caregivers Month

National Family Caregivers Month (NFCM) is a time to recognize and honor family caregivers across the country; offering an opportunity to raise awareness of caregiving issues, educate communities and increase support for caregivers.

A recent study found 37% of caregivers experienced considerable strain after a family members stroke. The strain is comprised of the amount of time a caregiver spends helping a stroke patient, the amount of time the caregiver spends with the patient and the caregiver's health.

Signs of caregiver stress include:

- Feeling burdened or worrying all the time
- Feeling tired
- Sleeping too much or not enough
- Gaining or losing weight
- Becoming easily angered
- Losing interest in activities
- Feeling sad
- Having headaches, pains or health problems

Ways to show appreciation to a family caregiver:

- Provide respite care
- Check in regularly
- Be specific with your offers
- Help with chores
- Offer encouragement
- Keep inviting them

For more information, podcasts and resources on caregiving, visit www.sseeo.org.

Reference: www.caregiverdoc.com/national-family-caregivers-month/

Vivistim Survey

Vivistim was named one of 2023 Best Inventions by TIME Magazine!

This prestigious title is given to groundbreaking inventions for originality, efficacy, ambition and impact. If you're an ischemic stroke survivor, caregiver or healthcare professional and want to learn more about, FDA-approved, Vivistim Therapy to improve upper limb function, please visit www.vivistim.com.

MicroTransponder is focused on improving the quality of life for stroke survivors and has built Vivistim Therapy to help recover more upper limb function after stroke.

We are conducting a survey to understand the needs of stroke survivors in their recovery journey.

Please complete this short 5-minute survey by scanning the QR code or going to

<https://www.surveymonkey.com/r/WVCP98H>



Idea Sharing with Nancy

Calling all stroke survivors who are specifically
"balance-challenged"!

I am hoping to share ideas and for us to learn from each other. We will meet virtually and try to find a mutually beneficial time.

Please respond to SSEEEO member Nancy Glazer at nancy@legallaunch.net to learn more details.



Nancy practiced law and then found and ran two legal corporations. She retired after her stroke. She now has severe balance, swallowing, and vision disabilities. She is also deaf.

Nancy wants to thank SSEEEO for all its helpful programs and services.

Nancy Mackevich Glazer, Esq.
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SSEEEO

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