

May is Stroke Awareness Month



Bette Lawrence-Water, Making a Difference!

At the recent SSEEO Learning Group meeting, Bette Lawrence-Water shared many resources and services of Achieving Independence and Mobility Center, Inc. (AIM-CIL). Many on the call were interested in AIM-CIL and had questions, SSEEO decided to share more information about their services and Bette's recent scare with stroke after her husband suffered multiple TIA's.

Since 2013, Bette has served as President of the Achieving Independence and Mobility Center, Inc. located in Downers Grove IL; servicing DuPage, Kane, and Kendall counties. AIM-CIL's mission is to empower persons with disabilities to effectively control and direct their lives. There are 26 Centers for Independent Living (CILs) in Illinois.

AIM-CIL provides leadership through training, community development and advocacy to enable persons with disabilities to fully participate in family, social and community life. All citizens, regardless of disability, have the right to a job, an education, a place to live, to go into public places and to enjoy life to the fullest. Citizens have the responsibility to be informed, to make their own decisions and to help others.

Consumers living in Illinois but outside AIM-CIL's catchment area can visit the Illinois Network of Centers for Independent Living (INCIL) [website](#) for all other counties in Illinois. Consumers outside of Illinois can view the National directory [website](#) which contains over 400 CIL's throughout the United States.

As Bette shared the above information, she also mentioned her personal experience with stroke and wanted everyone to know the importance of stroke awareness. One evening after dinner, Bette noticed her husband's face looked droopy. His left eye was slightly crossed and turned towards his nose, his speech slurred and he complained of dim vision in one eye.

Bette knew the B.E.F.A.S.T. acronym and stroke recognition but unfortunately, her husband (a baby boomer and businessman), stubbornly refused to go to the Emergency Department and did not want her to call 911. Very early the next morning, she checked on him and the eye was crossed even more. He also complained of vision loss in the eye. Alarmed, she continued to plead, and finally, he

agreed to seek medical attention - but was adamant it could only be an ophthalmologist!

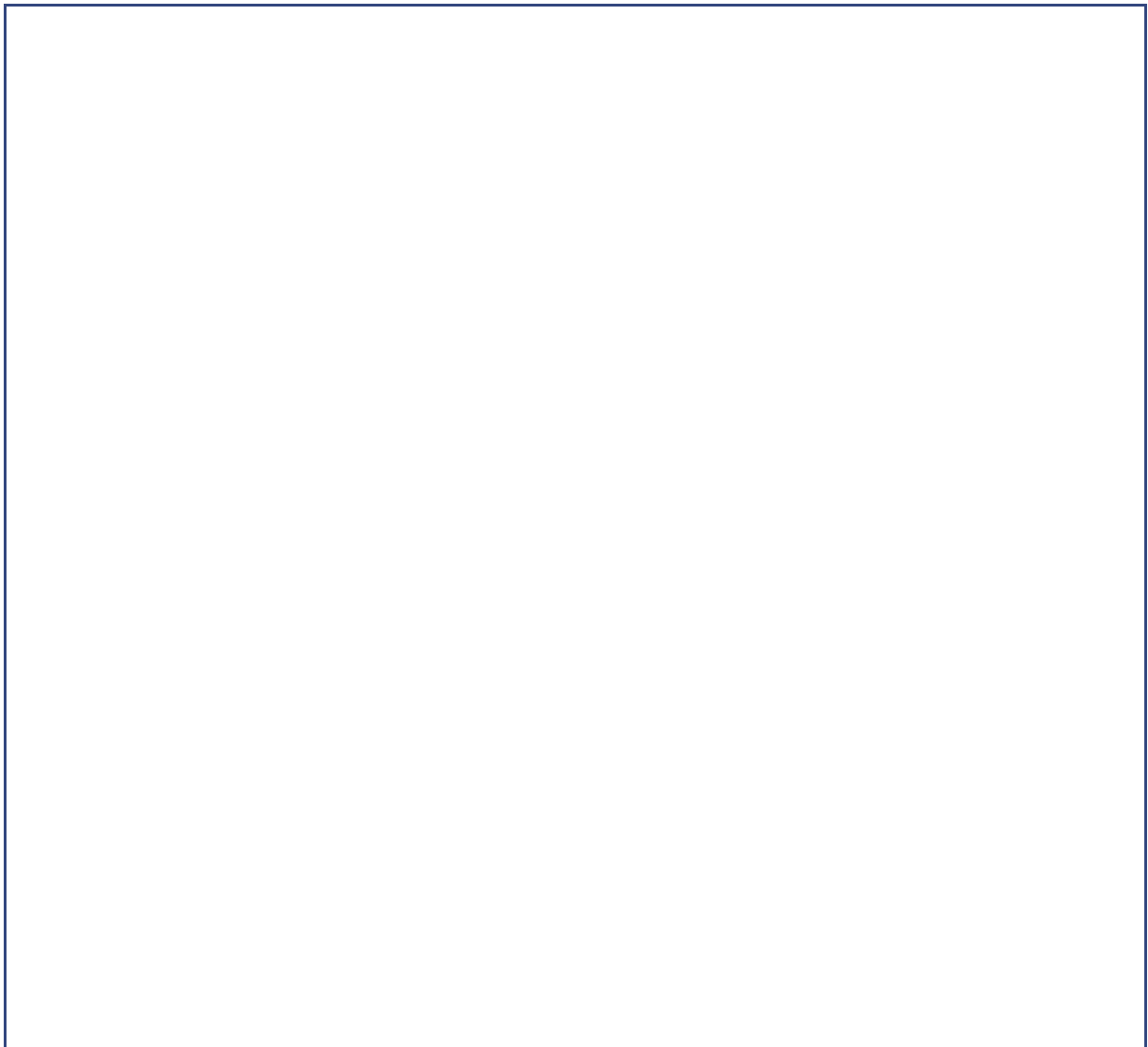
She thought seeing the ophthalmologist would be better than not seeing a physician at all. However, she secretly called her husband's primary care physician, explained the issue, and was able to get an emergency visit with an ophthalmologist the same day.

Upon examination, the ophthalmologist found his eyesight was diminished and his blood pressure was extremely elevated and was sent to Urgent Care. Diagnostic testing and x-rays revealed he had a series of TIAs (Trans Ischemic Attacks). He was treated with medication, eye exercises and dietary changes.

Bette's husband was lucky!

Today, he has nearly fully recovered. He and Bette are grateful for having a second chance! She feels though life does not give us an option for a re-do; we do get second chances.

Bette stresses stroke awareness is vitally important. For her, the experience with her loved one underscored the importance of knowing how to identify the stroke warning signs. Knowing the BEFAST guidelines helped her not only recognize a stroke but to continue to persuade her husband to get fast medical attention. Knowing this information probably saved his life and reduced the risk of more extensive brain damage had he waited longer.



BEFAST

STROKE AWARENESS

**EVERY SECOND COUNTS TO
GET A SECOND CHANCE**

80%
of strokes are
preventable

**DO YOU
KNOW THE
SIGNS?**

- B Balance:** Is the person experiencing loss of coordination?
- E Eyes:** Is the person having trouble seeing?
- F Face:** Ask the person to smile. Does one side of their face droop?
- A Arms:** Ask them to raise their arms. Does one drift downward?
- S Speech:** Is their speech slurred or strange?
- T Terrible headache and Time to call 911:** Does the person have sudden pain that feels like "the worst headache ever?"

CALL 911 Immediately!

STROKE RISK FACTORS



physical inactivity



unhealthy diet



smoking



high blood pressure

AHORA

CREAR CONCIENCIA SOBRE ATAQUES CEREBRALES

**CADA SEGUNDO CUENTA PARA
TENER UNA SEGUNDA OPORTUNIDAD**

EL
80%
de los ataques
cerebrales
se pueden
prevenir

**¿CONOCE
LOS
SIGNOS?**

- A Andar:** ¿la persona experimenta dificultad para caminar?
- H Hablar:** ¿la persona tiene dificultad para hablar?
- O Ojos:** ¿Fuerte dolor de cabeza y dificultad para ver?
- R Rostro:** pídale a la persona que sonría. ¿Tiene la mitad del rostro caído?
- A Ambos brazos o piernas:** pídale que levante ambos brazos o piernas. ¿Un brazo o una pierna tiende a caerse?

Llame al 911 de inmediato

FACTORES DE RIESGO DE UN ATAQUE CEREBRAL:



Falta de actividad física



Dieta poco saludable



Fumar



Hipertensión

 AdvocateAuroraHealth®

STROKE AWARENESS MONTH PRESENTATION

Wednesday, May 10th at 12:00 - 1:00pm CST via Zoom

[Zoom Link](#)

[See Flyer](#)



July 12 - Stroke Learning Group

October 28 - SSEEO Fundraiser

January 2024 - Therapy Needs

**Stroke Learning Group
Wednesday, July 12, 2023
7:00 - 8:00pm CST**

[Zoom Link](#)

The Stroke Learning Group will have Sarosh Nagar discuss the recently formed nonprofit organization, Emerging Technology Initiative. Learn more about the technology and career workshops offered (resume development, cover letters, interview: tips and tricks and connections).

Sarosh is a student at Harvard studying Molecular and Cellular Biology and Government. He is deeply passionate about topics related to neurological disorders and health policy.

The Emerging Technology Initiative (ETI) is an interdisciplinary 501©3 nonprofit based at Harvard University focused on analyzing the economic and political ramifications of novel emerging technologies and performing outreach using these technologies.

**Celebration of Life
for
Stroke Survivors**

**Walk/Run
SSEEO Fundraiser**

**Sponsored by Vista Health
October 28, 2023
8:00am -9:30am**

**Victory Park in Waukegan IL
Next to Vista Medical Center East**



Stroke Survivors Needed!

Are you a stroke survivor
no longer receiving therapy?

Click [here](#) to learn how
North Central College
can provide virtual teletherapy!

Tell Us How We Can Help!

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Receive an SS2S Telephone Peer Support Call

Suggest a Podcast Topic

Click [here](#) to send requests and suggestions!

SSEEO

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(888) 988-8047

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SSEEO Program Flyer
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