






Celebrate 20 Years
with
**STROKE SURVIVORS
EMPOWERING EACH OTHER**

Stroke Survivors Empowering Each Other, Inc. (SSEEO) is thrilled to invite you to our 20th Anniversary Event! For two decades, we've been committed to providing advocacy, support, education, and resources to stroke survivors and their families. Join us as we celebrate this significant milestone and look forward to continuing our mission.

Be Part of Our Journey!

-  **Date:** Saturday, April 27th
-  **Time:** 9:00 AM – 12:00 PM
-  **Location:** Northwestern Medicine
Lake Forest Hospital 1000 North
Westmoreland Rd. Lake Forest, IL
Hughes Conference Center (Pavilions
A, B, and C on the second floor) -
Main entrance of the hospital

This event is a tribute to stroke survivors, caregivers, and their incredible journey towards recovery! Enjoy a morning filled with:

- ☒ Refreshments
- ☒ Exciting Raffles
- ☒ Informative Stroke Education
- ☒ Engaging Vendor Displays
- ☒ Connect Stroke Survivors & Caregivers
- ☒ More Information www.sseeo.org



Session Highlights Include:

- Stroke Survivor 2 Survivor (SS2S): Telephone peer support that connects you with fellow survivors.
- Students 4 Stroke Therapy (S4ST): A unique program matching OT students with stroke survivors for mutual growth.
- Brain Games: Engage your mind with a variety of board and virtual games.
- Estate and Legal Planning: Essential advice for securing your future.
- Stroke Resources: Information on respite care, memory care, and more.
- Stretching and Dancing with a Disability: Fun and accessible exercises for everyone.

Thank you to our sponsors:





New Board Member Nancy Glazer

In 2016, Nancy was 55 years old and had a life-changing stroke.

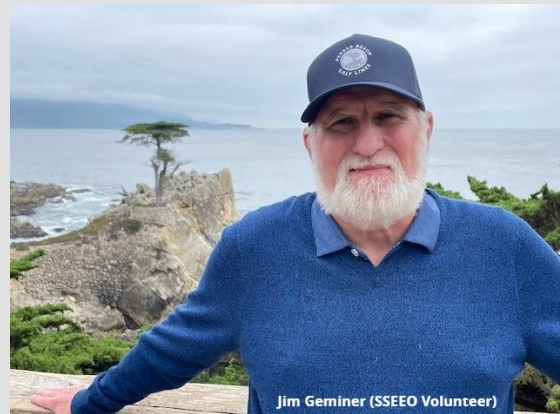
Prior to her stroke, Nancy was an attorney, founded and ran two businesses while practicing trial law. She and her husband Barry, also an attorney, have raised three beautiful children.

Nancy hopes to contribute her legal experiences and provide direction and guidance to further SSEE's mission.

Welcome Nancy!

April is National Volunteer Month

For many non-profits, including SSEE, volunteers are the lifeblood of their organization. Volunteers give their time by helping run an event, give access to their skills by helping run programs like SSEE's Stroke Survivor 2 Survivor (SS2S) telephone peer support or raise money to help further the cause.



SSEE volunteers deserve to be celebrated!
Donating time, skills and support make our volunteers invaluable resources!

This month, we celebrate Jim Geminer!
SSEE would like to thank him for his many years of service to both SSEE and the stroke community!

Jim has been a SSEE volunteer since 2015. He has spent countless hours making telephone peer support calls with SSEE's Stroke Survivor 2 Survivor (SS2S) program.

He also serves on the SSEE Board of Directors and helps guide the strategic direction of the organization.

Jim helped start a new stroke support group at Advocate Sherman Hospital and shares his stroke story and the BEFAST message at local community events.

**Thank you, Jim Geminer, for your
commitment to the stroke community.**

Requests from North Central College (Naperville, IL)

1) Doctor of Occupational Therapy students are seeking two stroke survivor volunteers. The doctorate program starts May 9, 2024, with four [virtual/zoom](#) sessions (one hour each session).

For more information, please contact Dr. Kelly Frystak at kafrystak@noctrl.edu

2) Doctor of Physical Therapy students are seeking volunteers to participate in 1-4 60-minute [in-person](#) evaluation and treatment sessions (5/14/24 - 7/19/24) as a part of their Clinical Practice class. The students are mentored by 2 Board-Certified Clinical Specialists in Neurologic Physical Therapy. The students will aim to provide the volunteers with interventions and exercises to improve impairments or difficulties experienced by the volunteers - such as weakness, coordination, balance or gait challenges.

For more information, please contact Dr. Gillian McLean at gmclean@noctrl.edu

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
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