

Stroke Survivor Finds Hope and Recovery Through Board Games



Andrew Bub, a stroke survivor, has discovered a unique path to recovery by embracing his passion for games. Alongside his supportive wife Linda, a seasoned nurse with decades of experience, the couple has turned their stroke journey into a game-filled therapy bringing joy, progress and renewed hope.

Andrew suffered two occipital strokes, one in November and the other in December. The strokes impacted Andrew's vision, memory and complex thinking.

"I had a big one where I lost part of my vision in both eyes," said Andrew.

"We noticed things are different: he couldn't write the same way, he had mood changes," said Linda.

"Use what you can use...if I didn't have dexterity...if I could only do mind stuff, I can still do Trivial Pursuit... games can build those skills and make it fun," said Andrew.

Andrew, Linda and their family started playing board games, beginning with simple ones like Crokinole (a game played with wood chips on a waxed board), then moving to more complex games.

"I started to think about what can I still do? What is positive about this experience...I chose board games because it brought all my struggles down to, what do I do now, what should I do now," said Andrew.

Linda said using the games as therapy has helped bring laughter back into their family home during a challenging time.

"It's kind of turned our lives upside down. The games have helped because they gave us focus and gave us something that is his and showing his improvement," said Linda.

These days, Andrew has started winning at games again but for him, he said it is not about winning or losing. For Andrew, it is about using what he can do to improve daily and using his story to hopefully help and inspire others.

"Find creative ways for any afflicted family member to participate in group activities, to be part of the action, and maybe have a chance at winning or working together to win to accomplish something... you can reach them that way and I think people think of that as a way of therapy or bonding," said Andrew.

"By playing games, your body learns and your brain learns to turn your head to make those cameras (eyes) look over here," said Hughes.

Andrew and Linda suggest using games to make the therapy process fun. Andrew knows his recovery will be a long and slow process but said the games have helped keep him motivated.

Reference: [Stroke survivor finds hope and recovery through board games \(tmj4.com\)](https://www.tmj4.com)

[Click Here for Brain Game Resources](#)

BEFAST Stroke Awareness Walk, Run & Roll

The Fun Walk, Run and Roll event scheduled for October 28, 2023 is being rescheduled to occur during Stroke Awareness Month in May 2024.



September is National Atrial Fibrillation Awareness Month

What are atrial fibrillation and stroke?

Atrial fibrillation (AF) describes the rapid and irregular beating of the left atrium or upper chamber of the heart. These fast contractions of the heart are weaker than normal contractions.

This results in slow flow of blood in the atrium. The blood pools and becomes sluggish and can lead to the forming of blood clots.

A stroke can occur if a clot leaves the heart and travels to the brain by blocking the flow of blood through the arteries to the brain.

Some people with AF have no symptoms, but others may feel:

- Fluttering in the chest above the heart
- Chest pain
- Lightheadedness or fainting
- Shortness of breath
- Fatigue

To learn more, click [here](#) to listen to the SSEEO podcast Afib and Stroke.

Stroke Learning Group
Wednesday, October 11, 2023
12:00 - 1:00pm CST

The Stroke Learning Group will have a special presentation about brain games and the impact of how cognitive exercises for stroke survivors to help improve mental clarity.

Guest speakers Andrew and Linda Bub will share how board games contributed to having fun during the stroke therapy process.

PRIZES PRIZES PRIZES

We will play FUN and INTERACTIVE games!
Winners will receive a SSEEО BEFAST t-shirt.



[Zoom Link](#)



Research Study - NOURISH

Did you know having a stroke can be an early “trigger” for memory loss?

Did you know persons who have had a stroke have an increased risk for developing dementia?

The NOURISH study will test the ways diet and nutrition may affect brain and thinking abilities after a recent stroke and prevent memory loss.

Click [here](#) to learn more about the Study.



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