



Wellness and Community Partnerships

Midwest Stroke Action Alliance (MSAA) Conference October 7, 2020

The goal of the SSEEO Rehabilitation Committee is to find new rehabilitation methods and to help patients regain independence post stroke. To support this goal, the committee is trying a new data-driven approach.

SSEEO distributed the 'Stroke Survivor: Needs Wellness and Warning Signs' survey, consisting of 5 questions, to stroke survivors. Sarosh Nagar (Harvard student) assisted in creating the presentation and presented the survey results at the Midwest Stroke Action Alliance Conference.

Also at the MSAA Conference, stroke survivor Carlos Bermea shared his heartfelt stroke survivor story and how beneficial additional speech, occupational and physical therapies would be for his recovery. Carlos' therapies are limited by insurance, finances and transportation.

The data from this survey is coming directly from stroke survivors, which is why this data is so valuable. Stroke survivors struggle daily with these challenges which often lead to depression and other mental health diagnoses.

If you are a healthcare professional interested in joining the discussion, contact christine@sseeo.org

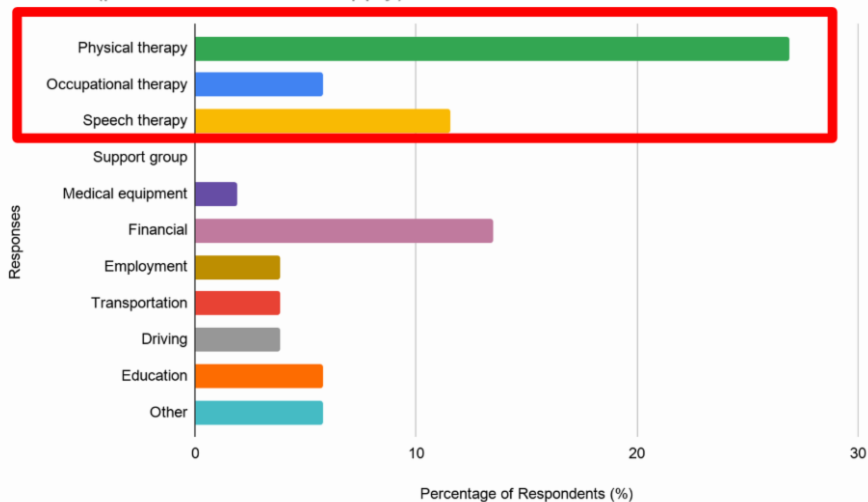


Stroke Rehabilitation: A New Data-Driven Approach



MSSA Conference - Christine Winiecki, Carlos Bermea & Sarosh Nagar

Q1: What are your primary need(s) for maintaining wellness after your stroke? (please select all that apply)



One of the survey questions, showing **stroke survivor** needs/responses. Stroke survivors challenged with these needs often struggle with depression and other mental health diagnoses.

Trivia Night! Register Now!



Young Stroke



You're invited to a trivia night and stroke support!

In November 2019, young stroke survivors met to encourage and support one another. March 2020 they shared their stories at the IEMTA annual conference in Springfield, IL. They didn't want COVID-19 to stop their momentum, so they continue to meet virtually, started a blog post and created a trivia night.

When: Sunday October 25th, 7-8:00pm CST

What: You'll need to register at christine@sseeo.org. Please provide name and email address. Details will be emailed on how to play. Register early, spots are limited!

If the response is positive, we will have more fun nights and open more spots.

SSEEO is a 501(c)3 non-profit providing advocacy, support, education and resources to stroke survivors and their families.
www.sseeo.org

Contact christine@sseeo.org to register.

Stroke Matters

Podcast Series

SSEEO has created these recordings to build community, provide support and share information.



The recent Self-Care series has two new podcasts:

[Medications: OTC/Prescription/General](#) and [AFib & Stroke](#)

Communication is Complex by Maureen Pekosh

Stroke induced aphasia impairs communication. Forming, selecting, ordering, or understanding words may be challenging.

Northwestern's Aphasia and Neurolinguistics Research Laboratory at the Center for the Neurobiology of Language Recovery (CNLR), supported by the NIH, strives to better understanding aphasia, the way the brain processes language, and how the brain changes in time as language returns. Its goal is to improve our understanding of how the human brain recovers from traumatic events. Their NIH funded purpose is agrammatic aphasia, composing and understanding sentences.

The Lab employs various techniques to research language recovery. EEG's are used to measure electrical activity of brain neurons as participants listen to words or sentences. Researchers want to understand if brain activity improves as

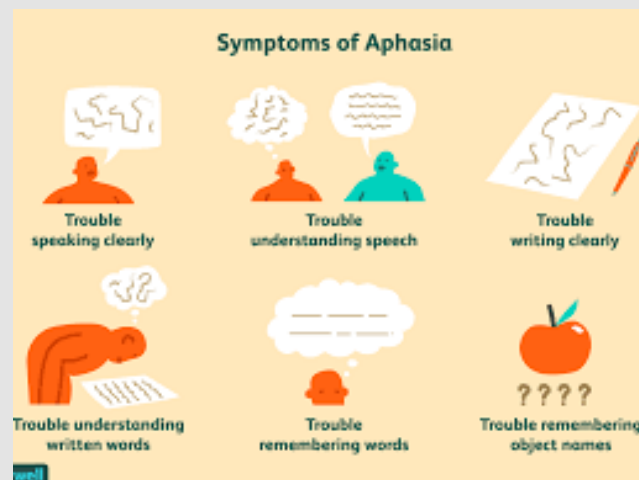
language improves. EEG's are used to assess understanding of a verb and noun used together in a sentence by measuring Event-Related Potential. The ERP is time locked with a verb (correctly or incorrectly used) and shows a voltage change in brain activity. This helps them understand word sense and word arrangement operations in healthy and aphasic brains.

They follow eye tracking movements as participants view pictures while listening or creating sentences. Can eye tracking help determine how aphasia patients understand and create sentences? Do eye tracking movements change as communication progresses? Eye tracking movements while listening and speaking are studied in healthy and brain damaged people.

Melodic Intonation Therapy has shown that music, tone and rhythm, can help aphasia sufferers speak. Lab researchers want to better understand the less studied correlation between music and understanding language in healthy and aphasic brains. They may lead to investigating using music to improve sentence comprehension in people with aphasia.

The Lab employs Treatment of Underlying Forms (TUF). Whereas many aphasia treatments begin with simple sentences, TUF encourages participants to build more complex sentences in passive tense from visual clues. The more complex sentence requires word sequencing and sentence construction skills as well as extra words, prepositions, conjunctions, or articles. TUF and has been shown to improve sentence understanding and creation in aphasia sufferers. They hope to build on their TUF success by combining it with transcranial direct current stimulation (tDCS). Combining a weak non-invasive targeted brain stimulation with TUF could lead to improved recovery.

With aphasia, intellect is not impaired, lost language skills must be restored. Advanced neuroimaging techniques allow the Lab to research language and perform diagnostic tests improving aphasia treatments and understanding. To learn more about CNLR's aphasia support group contact (847)-467-7591 or CNLR@northwestern.edu www.anr.northwestern.edu





SSEEO

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