

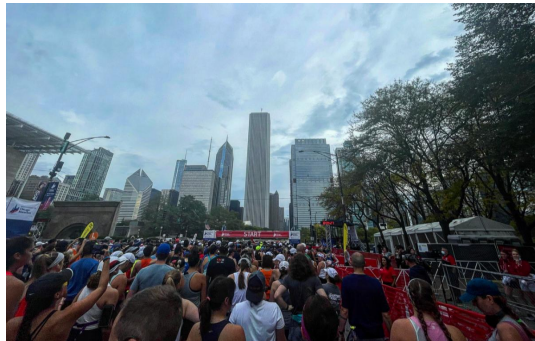


Brónagh Tumulty runs the Chicago Marathon for SSEEO

Brónagh is a reporter for WGN News in Chicago and she ran the Chicago Marathon to support SSEEO! Her efforts raised over \$8,000 which will benefit SSEEO's initiative to bring stroke awareness to more people.

While running a marathon has been on her bucket list, she is doing this in memory of her grandfather, Cathal O'Donoghue, who passed away a few years ago following a stroke.

Watch the WGN News story [here](#), where Brónagh interviews Randy Crabtree, SSEEO President.



Sarosh Nagar, SSEEO Volunteer

Meet Sarosh Nagar, he is a student at Harvard studying Molecular and Cellular Biology and Government.

Sarosh is deeply passionate about topics related to

neurological disorders, health policy, and more. He has previously worked with Stroke Survivors Empowering Each Other (SSEEO) on issues related to the needs and wellness of stroke survivors and currently is a member of the SSEEO rehabilitation committee.

Click [here](#) to listen to a Stroke Chat with Sarosh.



October is Health Literacy Month

Health Literacy Month is a way to recognize the importance of making health information easier to understand and act on; to also come together as organizations and communities to raise health literacy awareness.

To find out more about Health Literacy, click [here](#) or search #healthliteracymonth

SSEEO will have a podcast in October called ***Health Literacy and Understanding What the Doctor is Saying?***



Clear communication for better health understanding.
Happy Health Literacy Month!

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Health Literacy and Stroke

Inadequate health literacy is a prevalent problem with major implications for reduced health status and health disparities. Education is a fundamental strategy of stroke prevention and treatment as Stroke is the No. 5 cause of death and a leading cause of disability in the United States. Stroke can happen to anyone, at any age and at any time so please learn the warning signs and call 911 to help someone experiencing these signs.

To learn more about the warning signs of stroke, click [here](#).

The U.S. Department of Health and Human Services (HHS) defines health literacy as “the degree to which individuals have the capacity to obtain, process, and understand basic health information needed to make appropriate health decisions.” Adequate health literacy may include being able to read and comprehend essential health-related materials (e.g., prescription bottles, appointment slips, etc.). Adequate health literacy may increase a person’s capacity to take responsibility for their health and their family’s health. However, health literacy is not just the result of individual capacities but also the health-literacy related demands and complexities of the health care system. For example, individuals with low literacy may not be able to understand prescription labels—but an organization that values health literacy makes it a priority to implement systems and interventions such as visual aids and counseling that increase understanding and thereby advance patient safety.

Reference: <https://www.healthypeople.gov/2020/topics-objectives/topic/social->

Meet Nancy Mackevich Glazer, attorney, stroke survivor and trike enthusiast

by Maureen Pekosh, SSEEO contributor

After reading my column on recumbent triking in a recent SSEEO newsletter, Nancy reached out to share that she too loves her trike. She explained that she loves gardening, and a walker doesn't "cut it" on grass so she uses her trike. Intrigued by the novel use of her trike, I asked her if I could share her story with other stroke survivors.

After multiple emails back and forth, we agreed that gratitude was the most compelling aspect of her post-stroke journey. We hope to take a trike ride together through those wildflowers and to possibly attend Dare2Tri's multisport clinic in the northern suburbs together in March.



Nancy Mackevich Glazer was a busy lawyer running two companies. She was always close to her husband and three adult daughters. She had a large group of friends and was always appreciative.

In 2016 she was diagnosed with a brain aneurysm, a distended artery indicating a weakness, requiring further treatment. At a prestigious Chicago hospital, she underwent an angiogram with purported minimal associated stroke risk. Nancy's resulting stroke was severe. She experienced a blood clot and a brain bleed. She spent countless weeks in a hospital and then a rehab hospital.

Her excellent care had limited benefit. She closed her companies and quit working. She became even closer to her family upon whom she relies. She now has a smaller group of friends. Nancy is deaf, sees out of only one eye, uses a walker and a spotter when walking, requires a G-tube for sufficient hydration, eats a soft, vegetarian diet, and cannot handwrite well.

Nancy remains positive. Her life is "full of love." She has "many interests" and is "never bored". She loves gardening and riding her "fancy trike" with her husband, a friend, and her caregiver on a hidden trail, flooded with wildflowers.

Rather than focusing on what was, she focuses on what is. "I am very grateful. It's corny, but my family is the wind beneath my wings. They motivate me. They literally keep me alive by giving me water via my G-tube throughout the day! I also have a wonderful caregiver during the week who does PT with me daily."

According to Harvard Medical School, "Gratitude is a thankful appreciation for what an individual receives, whether tangible or intangible. With gratitude, people acknowledge the goodness in their lives.... People usually recognize that the source of that goodness lies at least partially outside themselves.... Gratitude also helps people connect to something larger than themselves as individuals — whether to other people, nature, or a higher power.... Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships."

Stroke survivors can mourn or appreciate lost abilities. Choosing gratitude can be a way of life --as can

rehab. Nancy exemplifies this. "I was always appreciative. Now I appreciate even more! I always thought I appreciated small stuff. I had no idea! Now not being able to simply walk into the next room or just standing up is huge."

SSEEO is seeking Stroke Survivors Needing Occupational Therapy

SSEEO is collaborating with North Central College in Naperville, IL on a pilot project.

We are recruiting 12 stroke survivors, for the Spring semester, who are in need of additional Occupational Therapy but are unable to get therapy based on insurance, therapy caps, transportations, etc.

Click [here](#) for more information or contact Christine Winiecki at Christine@sseeo.org

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