



## Women's History Month 2025 "Moving Forward Together! Women Educating & Inspiring Generations."



In celebration of Women's History Month, we honor the contributions of **Dr. Charulatha (Charu) Nagar** a trailblazer who has dedicated her life to providing outstanding, compassionate care to her neurology patients at Northwestern Medical Group, and empowering stroke survivors to reclaim their voices and independence through her work as a member of the Board of Directors of SSSEO. Through Dr. Nagar's leadership and expertise, SSSEO has been able to better understand the needs of stroke survivors and their caregivers, providing not only crucial rehabilitation resources but also a space for stroke survivors and caregivers to connect, share experiences, and uplift one another. Her efforts have transformed the lives of countless women, encouraging them to navigate their recovery with strength, resilience, and solidarity. Dr. Nagar has also served as a mentor to other female members of the Board of Directors in supporting them in their professional journeys. Her work continues to inspire a community where stroke survivors empower each other to face challenges, break down barriers, and thrive together.

### Patient Testimonial

"I experienced a severe stroke in 2016. When my internist responded to my inquiry about Dr. Nagar's wait time - roughly 10 months - my acclaimed internist replied, "She's worth it!" With my incredibly complicated medical condition, I now am emphatic that Dr. Nagar was well worth the wait. She treats me with both compassion and thoroughness."

*Nancy Glazer, stroke survivor*



### Student testimonial

"Dr. Nagar's work as a neurologist and her dedication to advancing patient care perfectly capture this year's theme. Shadowing her this summer (2024) and researching the mental health of stroke survivors under her guidance was a transformative experience—seeing her empathy for her patients and innovative approaches to stroke rehabilitation reaffirmed my desire to pursue a career in medicine. Beyond her expertise, she encouraged me to think critically and independently, which greatly contributed to both my personal and academic growth. Dr. Nagar exemplifies how women leaders can inspire future generations, dedicating her life to education, mentorship, and leadership."

*Siona Mishra,  
sophomore at Johns Hopkins University*

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### Dr. Charulatha (Charu) Nagar - Profile

Dr. Nagar earned her medical degree from JSS Medical College, Mysore University in India in 1991. She completed her residency at Loyola University Medical Center in Chicago and her Neuromuscular fellowship at Barnes Hospital, Washington University School of Medicine.

Dr. Nagar is a Northwestern Medical Faculty Foundation Neurologist who works primarily at Northwestern Medicine Lake Forest Hospital. She is a clinical assistant professor at Northwestern University Steinberg School of Medicine.

Dr. Nagar has been featured in many articles including ***Relief for Patients with Neurological Problems*** and ***The Picture of Stroke Survival***. She received the 2020 Michael Shafer award for portraying the ***Patient's First*** attitude, devotion, and exuberant spirit by Dr. Michael Shafer.

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### Volunteer Month – 2025 Celebrate Service

Held in April every year, National Volunteer Month is a time to celebrate and recognize the contributions of volunteers.

This month is an opportunity for SSEEO to join other non-profits in recognizing the impact of volunteerism. Each volunteer has played a significant role in growing SSEEO and has volunteered countless hours to support our mission to provide advocacy, support, education, and resources to stroke survivors and their families.

### How YOU can help...

1. Volunteer and be trained as a member of the Stroke Survivor 2 Survivor (SS2S) telephone support program and help others through their stroke journey.

SS2S is a telephone-based peer support program for stroke survivors and their caregivers. Support calls are made by stroke survivor and stroke caregiver volunteers with special training and are overseen by a local hospital on-site coordinator.

With tools provided through the SS2S program, the health care facility and volunteers encourage stroke survivors to better manage their own health while offering support, guidance, and resources for survivors' recovery.

Click [HERE](#) to learn more!

2. Represent SSEEO at health fairs, events, or stroke support groups.

These volunteer opportunities are a great way to share stroke education information, conduct preventive screenings to raise awareness of stroke risks and promote SSEEO resources.

3. Be an expert speaker, sharing your expertise or stroke story.

There is enormous power in sharing your stroke story, you build connection and there is an excellent chance someone else will see themselves in the story and feel more comfortable sharing theirs, allowing them to start on their own journey.

4. Fundraise and host a third-party event or [DONATE HERE!](#) Peer-to-peer fundraising and using existing networks gives new donors a friendly face to identify with SSEEO. Click [HERE](#) to learn more!

5. Share the BEFAST message!

# SPOT A STROKE

LEARN THE WARNING SIGNS AND ACT FAST



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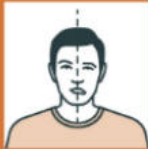
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## BALANCE

LOSS OF BALANCE,  
HEADACHE  
OR DIZZINESS

## EYES

BLURRED VISION

## FACE

ONE SIDE OF THE  
FACE IS DROOPING

## ARMS

ARM OR LEG  
WEAKNESS

## SPEECH

SPEECH DIFFICULTY

## TIME

TIME TO CALL  
FOR AMBULANCE  
IMMEDIATELY

Please contact [christine@sseeo.org](mailto:christine@sseeo.org) to discover ways you can make a greater contribution to SSEEEO and collaborate with us to build a better community of support for stroke survivors.

**Make a Donation**

## SSEEEO

P.O. Box 855 Lombard, IL 60148  
(888) 988-8047

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**SSEEEO Program Flyer**

**Stay Connected**



Stroke Survivors Empowering Each Other | P. O. Box 855 | Lombard, IL 60148-0855 US

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