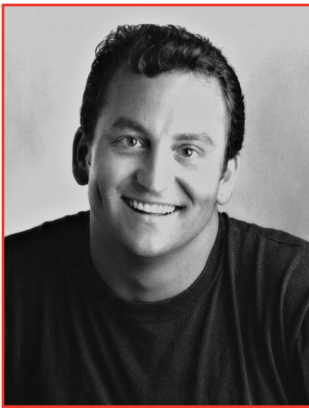

WRITTEN FOR STROKE SURVIVORS BY STROKE SURVIVORS

All About Frankie

By Mickey Clancy

I would like to introduce you to Frankie Janisch. Frankie is one of my closest friends and I love him dearly. He always has a smile on his face, and is the first to give someone a hug. I think Frankie is one very special person and after reading about his life, I think you will agree.



Frankie Janisch is an accomplished chef and comedian. He started out managing the Improv Comedy Club in Chicago. Then, after completing culinary school, Frankie worked behind the scenes on the *Sarah Moulton Show*, which was on the *Food Network Channel*. He also did a "Man on the Street" segment that featured many of the sights and sounds of Chicago.

After the *Sarah Moulton Show*, Frankie became his own boss and opened a restaurant in Chicago. He loved having his own restaurant. It was challenging, exciting and wonderful. Unfortunately, it may also have contributed to Frankie's health issues.

In March 2008, Frankie awoke one morning not feeling right. You know the feeling; you can't pinpoint what is wrong, but you know something is just not right. Once at the hospital, he was diagnosed with a Dissecting Aorta. Frankie was admitted for surgery immediately to repair the Dissecting Aorta. During surgery, Frankie experienced two strokes and spent the next month in a coma in the ICU.

Stroke Survivors Empowering Each Other (SSEEO)

Toll free telephone line for help, questions, support:

1-888-988-8047

Address: P.O. Box 855, Lombard, IL 60148-0855

Website: <http://www.sseeo.org>

Email: info@sseeo.org

**For questions or comments about the SSEEO Newsletter or if you want to share your story, please contact
Christine Winiecki.**

christine@sseeo.org

His parents and five brothers, were all by his side. Friends and family created a webpage and blog to keep Frankie's many friends around the world updated on his condition.

When Frankie awoke from the coma, he was told about his strokes and that he would require many weeks or even months of therapy. The doctors said he may never walk again. Frankie set out to prove them wrong and his motto became, "NEVER GIVE UP". He still lives by that motto today and he even had it tattooed on his left arm.

Just six months after his strokes, Frankie contacted SSEEO looking for some way to give back to other stroke survivors. I gave him a call; we talked for hours like we had known each other for years. He wanted to start volunteering for SSEEO right away. I was concerned that it may have been too soon for him to think about giving back; after all his brain was still healing from the strokes. Frankie tried to convince me that he was ready and that giving back was the thing he needed to do for his healing. I hesitantly agreed and with that a "star" for stroke survivors was born.

Frankie bloomed right from the start. He has such compassion and empathy for what other stroke survivors are feeling and makes every stroke survivor he meets feel special. Frankie has been the SSEEO liaison for Alexian Brothers Health System and attended the Alexian sponsored *Retreat and Refresh Stroke Camp* for several years.

Upon my request to join the SSEEO Board of Directors, Frankie immediately accepted. He has been very involved with the Board and is a born leader. As treasurer of SSEEO, Frankie helped start our independent accounting system, taught me how to continue with the books and helps me keep SSEEO running smoothly.

At this time however, Frankie and his family feel it is best for him to move to a nicer climate. So with great sadness for us but excitement for him, I am announcing that Frankie Janisch will be leaving us after the SSEEO Annual Conference this October for the sunshine and warmth of Arizona. Frankie may be leaving Illinois, but he will not be leaving SSEEO. The Board of Directors have always hoped to launch SSEEO in other states, so with Frankie living in Arizona, this may become a reality. We realize it will be a few years before SSEEO will be ready to start another chapter, but if anyone can make it happen, it will be Frankie. With his enthusiasm, leadership skills and compassion, he would be the perfect person to continue SSEEO's work in Arizona.

I cannot thank Frankie enough for what he has done for

SSEEO, but even more for what he has done for me personally. My world is so much better for knowing you, Frankie Janisch.

Good luck my friend!!

Summer and Stroke Management

By Erin Robertson, Caregiver

It's officially summer! For my husband J.J. and me, summer has always entailed being out and about, enjoying the longer days and partaking in various concerts and festivals. This is our third summer post-stroke, and with a little planning, we're still experiencing all the joys of the season. Here are some of the lessons we've learned along the way.

Lesson 1: Be realistic about the impact of fatigue in stroke survivors. You may not be able to run around town all day like you could previously, and you'll enjoy yourselves more if you plan some rest breaks.

Lesson 2: Put together a "summer survival" bag with items such as hats, sunglasses, sunblock, insect repellent, water bottles, non-perishable snacks, any needed medication, etc. and station it close to the door so you can grab it when you go outside. You've probably got more on your mind post-stroke, and the survivor may be dealing with memory loss issues. Having all of your necessities together means you're less likely to get stranded somewhere without something you desperately need.

Lesson 3: If your attending an event, strategize about the event before you go. Check the event's website to see if there is a designated accessible parking area and where it may be. Look at distances to see if any mobility aids might be needed (i.e., a cane, walker, wheelchair, etc.)

Most of all, try not to let your loved one's stroke impact your ability to enjoy your favorite summer activities!

Stroke Activities and Events

Tuesday, September 13th, 12-1pm - SSEEO Teleconference Series

Spirituality and Faith in Stroke Recovery presented by Alexian Brothers Health System

Saturday, September 24th - SSEEO Celebration of Life for stroke survivors a walk/run event

Village Park, Schlader Recreation Park, 2700 9th Street, Winthrop Harbor, IL
Check-in 7:30am Start 9:00am

Saturday, October 8th, 8:30am - 12:30pm - SSEEO Annual Stroke Conference

Title: Emotional Recovery after a Stroke Advocate Christ Medical Center, 4440 West 95th Street, Oak Lawn, IL

Please don't forget to register by calling [888-988-8047](tel:888-988-8047) or visit the website at www.sseeo.org.

We would like to thank our sponsors for believing and supporting us in our mission.



SSEEO is the first patient-supported advocacy group in the nation. Our mission is to provide advocacy, support, education and resources to stroke survivors and their families. — Carli L. Biamonte, Creative Director

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