



WRITTEN FOR STROKE SURVIVORS BY
STROKE SURVIVORS

SSEEO Goes Green

By Mickey Clancy

In reflecting upon how grateful we are for all the good things in our lives - family, friends, our health, and no more strokes - we also think about the things we want to change in our lives during the coming new year. SSEEO is no different. We will be making some changes at SSEEO. The most visible change will be the newsletter. With costs on the rise, we have decided to change the SSEEO Update newsletter to an email/online newsletter. It will continue to be at no-cost, as always. Please go to www.sseeo.org. You will see on the right side of the website, an envelope with a place to click on to sign up. You will then be taken to another screen to enter your email address and your name. The final step to subscribing to the online SSEEO newsletter is to click on the email sent to your inbox to verify your intentions of receiving our newsletter. That's it! It is simple and easy!

We understand that not everyone who enjoys receiving the SSEEO Update has access to email. For these equally as important subscribers, SSEEO will continue to print the newsletter for those without email access. We will also need you to register for the printed copy. Please call the SSEEO 800-number, 1.800.677.5481, ext.7438; leave your name, your contact information, and a message saying you would like to continue to receive the printed SSEEO Update. We will ensure you remain on the mailing list for the newsletter.

Stroke Survivors Empowering Each Other (SSEEO) c/o American Stroke Association

208 S. LaSalle, Suite 1500
Chicago, IL 60604
Christine Sumida, Coordinator
Phone: 312-476-7336
Fax: 312-346-7375
christine.sumida@heart.org
www.strokeassociation.org

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

De Yip Louie

By Frances Mai-Ling

"Stroke never goes away, it's always part of your life," words my mom Arlene Louie always said.

De Yip Louie, was a healthy and active 72-year old man. He came over from China on a boat in 1937. It's been told that he became a successful full-time professional magician because he was a lousy, busy boy.

On July 29th, my father had a massive hemorrhagic stroke. He collapsed outside while working on a project, when I heard him call my name. I ran outside and saw him lying on the grass. He said, "Frances I am having a stroke, call 9-1-1."



My father was rushed to Northern Illinois Medical Center. It was not long after that we were told that he had a Right C.V.A. We were given the option for my father to have a craniotomy to relieve the pressure, giving him a 5% chance of survival. My mom and I thoroughly thought it over and decided to go forward with it. The surgery took two hours and was successful. We learned later that the longest part of his stroke was the recovery.

As of December 31, 2009, Dad turned 84 years old, and this July he will be 12 years post-stroke.

Mom passed away in May of 2009, leaving me the primary caregiver. We miss Mom greatly! She was a huge force in my father's recovery and her amazing therapeutic ideas helped my father to have a better quality of life. Many say that it was a miracle that he is as far along as he is. A lot of credit goes to my Mom.

For more information on Frances Mai-Ling, and to read this story in full, log on to SSEEO's website.

American Heart Month

By Cari L. Biamonte

February is a Month of many celebrations: Valentine's Day, International Friendship Day, Black History and American Heart month! Why not kick off the new decade with a heart healthy lifestyle plan? We can all begin by implementing proper nutrition, physical exercise, avoid all tobacco products and use alcohol in moderation.

The American Heart Association recommends foods like fresh fruits and vegetables, whole-grain products and fat-free or low-fat dairy products. Limit your daily consumption of saturated fat, cholesterol and sodium. Eliminate trans fat, high fructose corn syrup and partially hydrogenated vegetable oils from your diet. Foods and beverages that are high in calories but low in nutrients should be used in moderation. For more information on a heart healthy diet, visit www.americanheart.org

We have but one heart, so slip on your sneakers, grab a banana, and lets all move in the direction of improved health. Happy Heart Month!

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



ALEXIAN
BROTHERS
HOSPITAL NETWORK

Alexian Brothers Medical Center
St. Alexius Medical Center
Alexian Brothers Behavioral Health Hospital
Alexian Rehabilitation Hospital



American Heart Association® | American Stroke Association®

Learn and Live™

PSC Legislation

On August 14, 2009, Governor Pat Quinn signed into law House Bill 2244, which was passed unanimously in both houses of the Illinois General Assembly during its 2009 spring legislative session. This law, the Primary Stroke Center Act (Public Act 96-514), is a major step in strengthening stroke systems of care throughout Illinois. It gives the Illinois Department of Public Health authority to designate Primary Stroke Centers, as well as lower-tier Emergent Stroke Ready Hospitals. The law also provides for a system through which IDPH-designated EMS regions will put into place regionally-specific triage and transportation protocols for responding to potential stroke calls. On behalf of stroke survivors and the people in their lives, SSEEEO would like to congratulate everyone involved in helping to get this Bill passed.

Conference Call Reminder

Safety Pros & Cons of Prescription Medications with Over the Counter Medications.

Tuesday, Mar. 16th, 12:00-1:00 Central. Learn more about prescription and over the counter medications, including drug interactions, uses and side effects.

What is Social Networking?

Tuesday, May 18th, 12:00-1:00 Central. Facebook, blogging, message boards, etc? ... learn more about web-based services and how to navigate these on-line communities.

To register call 1-800-677-5481 ext. 7438 or visit our website at www.SSEEEO.org

SSEEEO is the first patient-supported advocacy group in the nation. We are dedicated to reducing disability and death from stroke through research, education, fundraising and advocacy. — Cari L. Biamonte, Creative Director

**AMERICAN HEART ASSOCIATION
MIDWEST AFFILIATE
AMERICAN STROKE ASSOCIATION
208 S. LASALLE ST, STE 1500
CHICAGO, IL 60604**

**Non-Profit
U.S. Postage
PAID
Permit #54
Chicago, IL**