

TRI-STATE BRAIN ANEURYSM SUPPORT GROUP  
SERVING OHIO, KENTUCKY & INDIANA

# NEWSLETTER

Volume I, Issue 1

FALL, 2007

## BRAIN ANEURYSM AWARENESS: SERENDIPITY

*Serendipity* is described as having fortunate and unexpected discoveries and events occur by accident. The egos of some scientists and inventors won't allow them to acknowledge the role of *serendipity* in their work; however, Pasteur allowed "in the field of observation, chance favors only the prepared mind."

Some of the more routine examples of *serendipity* were the discoveries of Silly Putty, Teflon, Rayon, Post-it notes, Velcro, safety glass and the microwave oven. Leif Ericsson was the first European to land in North America, but not intentionally, rather to escape a storm at sea. Christopher Columbus discovered a new continent, when his real mission was a better route to India.

On April 14, 2000, Karen Quirk suffered a ruptured brain aneurysm while talking on the telephone with a friend. The sudden silence, except for some background music, *serendipitously* brought Jane to our home to investigate. Her quick response, a 911 intervention and community hospital evaluation, led to a helicopter ride to the roof of the Massachusetts General Hospital, and an anxious wait for us in the ER.

Our family was gathered and we nervously awaited the next step? Dr. Emad Eskandar the neurosurgical resident kept us continuously updated throughout the evaluation process and patiently explained the basics of a ruptured brain aneurysm. Brain surgery was required. He would be the junior surgeon, but the senior surgeon in the neurosurgical rotation was not immediately known?

Our daughters suggested that I contact a relative, a neurosurgeon in Chicago. My sense was even if he had a recommendation, there wouldn't be time to connect, given this emergency situation? Daughters are persuasive and I made the call.

In the world of specialization, he turned out to be a spine neurosurgeon. After consulting with his "brain" associates, he recommended Dr. Chris Ogilvy; what do I do now? Within minutes, *serendipitously*, Dr. Eskandar advised that the senior neurosurgeon in the rotation was indeed Dr. Ogilvy! The rest is history.

Score one for *serendipity*!

### *Special points of in- terest:*

- COMING ATTRACTIONS
- TRI-STATE BRAIN ANEURYSM SUPPORT GROUP
- BRAIN ANEURYSM FOUNDATION
- MISSION STATEMENT
- SESSION SNIPPETS
- COMING ATTRACTIONS

This FIRST newsletter is a collaborative effort with the South Shore Support Group of Scituate, Massachusetts and will be published on a quarterly basis by the Tri-State Brain Aneurysm Support Group.

It will be a recap of the meetings held and include notices of upcoming events in our area and at our meetings. It will be sent via email only, with limited copies available at the meetings. We welcome your comments and any ideas that you may have to help this newsletter to better serve our support group.

## Tri-State Brain Aneurysm Support Group

The Tri-State Brain Aneurysm Support Group for Survivors and Caregivers serves Northern Kentucky, Southern Ohio and Southeast Indiana. In addition to educational/support group meetings, the group provides educational materials ranging from information concerning the initial diagnosis to risk-factor reduction. Every new subarachnoid hemorrhage (SAH)/aneurysm patient and their families in the tri-state area are provided with information about the support group and its activities.

The objective of the Tri-State Brain Aneurysm Support Group for Survivors and Caregivers is to provide regularly scheduled support group meetings for both survivors and the caregivers of those who have experienced subarachnoid hemorrhage or brain aneurysms.

The meetings are held on the first Wednesday of every month (excluding January and July). The support meetings not only provide an opportunity for reassurance and personal exchange but also information and education on topics of interest to the participants. The Clinical Research Coordinator of the Stroke Research Team in the Greater Cincinnati Area serves as facilitator of the group.

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## THE BRAIN ANEURYSM FOUNDATION

The Brain Aneurysm Foundation was founded in 1994 out of a close relationship between patients and their caregivers, and the need for information and support for patients, their families, and the medical community. The mission of The Foundation is to provide support networks and educational resources to raise public awareness regarding early detection and treatment of brain aneurysms. The mission is accomplished through the following goals: (1) Raising public awareness about brain aneurysms through the dissemination of educational literature geared to topics surrounding this medical condition. (2) Easing the recovery process for survivors and families through support groups, the website, and the Foundation's continued presence. (3) Assisting medical professionals, health institutions, and other individuals to set up local chapters and support groups around the country. (4) Raising money for the Foundation to expand the educational library, coordinate symposia, enhance support groups, and eventually provide money for research. For more information about brain aneurysms or the Brain Aneurysm Foundation, please visit [www.bafound.org](http://www.bafound.org), or call (617)-269-3870.

*“...the need  
for  
information  
and support  
for patients,  
and their  
families.”*

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## Tri-State Brain Aneurysm Support Group

**OUR MISSION IS TO PROVIDE  
INFORMATION, EDUCATION, ENCOURAGEMENT AND UNDERSTANDING  
TO SURVIVORS AND CAREGIVERS  
DURING THE ONGOING RECOVERY PROCESS**

**SESSION SNIPPETS:**

**July 21, 2007: Summer Picnic! Reportedly, “The Best ever!”**

Sunny day, not too humid, Laura Sauerbeck arranged the venue. Darlene Carter welcomed all, Charlene Taylor offered a blessing,. Grilling by Linda Reller and Bob Kussmaul and around 6:00 pm, the food lines formed up. Linda Reller coordinated the children’s games and all enjoyed the interaction and Linda’s prizes! Past raffles were great, this one was even better! The raffle items, including pillowcases by Evelyn Ross (Faye Harris), Linda’s tote bag (Allison Keller), lap throw (Taylor McGrath) and apron (Joe Unthank), totaled \$79!! Charlene Taylor’s “Split the Pot” prize of \$33, was won by Patricia Varney and donated back into the support group’s treasury. Thanks to all, great day, great time...see everyone next year!

August and September were discussion groups of caregivers and survivors; one with each group separated and the other with survivors and caregivers mixed, but not with their own survivor-caregiver. Great discussion and very positive feedback. We’ll have more of this meeting format in 2008.

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**IF**

Rudyard Kipling (1865-1936)

“If you can keep your head when all about you are losing theirs and blaming it on you, If you can trust yourself when all men doubt you. but make allowance for their doubting too; If you can wait and not be tired by waiting, or being lied about, don’t deal in lies, or being hated, don’t give way to hating, and don’t yet look too good, nor talk too wise... Your’s is the Earth and everything that’s in it, and –which is more-you’ll be a man, my son!”

Recently, General David Petraeus had this in his pocket, after being demeaned in the NY Times and as he maintained his composure during days of congressional grilling.

Not arrogance; but confidence, tempered by respect for others and a degree of personal humility. Something worth thinking about!

*“Support is multidimensional and involves many people”*

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**Tri-State Brain Aneurysm Support Group Schedule**

- OCTOBER 3, 2007      GROUP DISCUSSION**
- NOVEMBER 7, 2007    BRAIN RESEARCH UPDATE LAURA SAUERBECK RN**
- DECEMBER 5, 2007    HOLIDAY SOCIAL**
- JANUARY 19, 2008    WINTER SOCIAL**
- FEBRUARY 6, 2008    OPEN SHARING                      CAREGIVERS-SURVIVOR GROUPS**
- MARCH 5, 2008        HEADACHES**



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PLEASE VISIT US AT

[WWW.TSBACONNEX.ORG](http://WWW.TSBACONNEX.ORG)

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*Helping to alleviate fears  
And concerns through education  
And group discussion*

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## THE BRAIN ANEURYSM FOUNDATION

There are many different reasons to become involved

If you have been recently diagnosed with a brain aneurysm and are now facing treatment.

If you are frightened, and want to better understand your condition.

If you are a concerned family member who wants to support a relative who has been diagnosed with a brain aneurysm. You seek answers and support.

If you suffered a sudden hemorrhage from a brain aneurysm, underwent treatment, and are going through the recovery process. Healing involves understanding your illness.

If a loved one has passed away from a hemorrhaged brain aneurysm, and you want more information about this illness. You need support from other people in your situation.

Whatever the reason for your visit, we WELCOME you!

We hope this information provides you with a basic understanding of brain aneurysms and treatment options, as well as offers you a sense of community for all brain aneurysm patients, survivors, and their families, as well as the medical community.

For additional information concerning brain aneurysms, please visit The Brain Aneurysm Foundation's website at: [www.bafound.org](http://www.bafound.org)