

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

NEWSLETTER

Volume II, Issue I

WINTER, 2008

BRAIN ANEURYSM AWARENESS: TAKE CARE I

“Take Care” is sign-off term used by many of us in an email or phone call. It is a friendly comment to wish another good health and fortune, because you care for them and wish for good things to occur. A caregiver should take this to heart, because “only by caring for yourself, can you experience the fulfillment as well as the challenges of your commitment to care for another.” The serious illness of a loved one is among the most difficult experiences that one can have. It can happen without warning and few are prepared; we believe that we can handle it alone. The National Family Caregivers Association estimates that over fifty million are tending to loved ones these days.

Humans have an innate survival instinct enabling us to face a sudden and unforeseen danger, and to handle it quickly. This is a fast response to a crisis, not a coping mechanism for long-term stressful situations. Modern medicine is advancing by the hour, but despite the knowledge and skills of researchers and practitioners, there are many unknowns and no way to predict the course and duration of a specific recovery.

When a desperately ill loved one requires a great deal of care and attention, we tend to believe it selfish to rest, relax and take care of ourselves. It most assuredly is not. We have all had cursory exams by tired physicians and experienced the short temper of an overworked nurse; the quality of care declines when the caregiver is tired and stressed.

When rested, we can provide the care and attention that we desire to, and which the patient requires, to move more efficiently and effectively along the recovery path. For the well-being of the patient and that of the caregiver, please “take care!”

Special points of interest:

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

This SECOND newsletter is a collaborative effort with the South Shore Support Group of Scituate, Massachusetts (Tom Quirk, Editor) 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.

SSSG ROAD WARRIOR

A starting line is an exciting place to be, in a race or in any of life's endeavors. To have a realistic competitive expectation, one has to have trained and be motivated.

There are 100 days until the 7th Annual Arterial Challenge in Marshfield, Massachusetts on May 25, 2008. This is a 5K Road Race-1.5 mile walk sponsored by the Brain Aneurysm Foundation and a fun event for runners, walkers and all attendees, each striving to achieve their personal best!

Karen and I participated in the 1st Arterial Challenge, just two years after her SAH and in every one since. This is an important fundraiser on behalf of brain aneurysm awareness. What better cause?

The South Shore Support Group has been active with this event over our two year history, with runners, walkers, volunteers and attendees, all dedicated supporters of the Brain Aneurysm Foundation's mission. Join us and begin a motivational and training regimen by becoming a SSSG Road Warrior. SSSG Road Warriors are all about synergy; where a dynamic state is created and the combined action produces results far in excess of the sum of the individual's singular efforts; in other words, $2 + 2 =$ much more than just 4!

Become a SSSG Road Warrior

Sign up as a SSSG Road Warrior team member. Contact Tom Quirk @ (tfquirk@aol.com) or (617)-513-3578 and you will receive a sponsor sheet. Each SSSG Road Warrior sending in (a minimum) \$25 in sponsor donations by May 17, 2008 (one week before race day), will receive a SSSG Road Warrior cap. The training regimen consists of every SSSG Road Warrior collecting sponsor donations in support of the Brain Aneurysm Foundation's efforts on behalf of Brain Aneurysm Awareness.

On May 25, 2008 at the 7th Annual Arterial Challenge venue in Marshfield, Massachusetts, all donations received will be presented to the Brain Aneurysm Foundation, and the SSSG Road Warrior raising the most sponsor donations will receive a \$100 gift certificate. You do not have to be in attendance to win.

As a member of the SSSG Road Warriors, your motivation and training regimen will increase the SSSG Road Warrior synergy, make a real difference and support the Brain Aneurysm Foundation's mission to increase brain aneurysm awareness.

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:

The November meeting featured Laura Sauerbeck, RN; please see box below for Brain Aneurysm Highlights.

We are proud to note that our facilitator, Laura Sauerbeck has been nominated in the “Community Outreach” category for a Health Care Heroes Award. The winners will be announced on February 26th at the 11th Health Care Heroes Awards Dinner at the Hyatt Regency Hotel in Cincinnati. Good Luck Laura!!!

The Fifth Annual Winter Social was held January 19, 2008 at the clubhouse at Indian Creek. The night was cold, but no snow and this was our second time at this terrific facility. The food, drinks and camaraderie were all great. The “Yankee Trader” took place after the meal; rules were explained, numbers drawn and the swapping began! It was a “no holds barred” event and the best gift award went to Bill Taylor for a fruitcake!

The 2008 Steering Committee officers are: President-Bob Kussmaul, Vice President-Marc Jagoda, Secretary-Sandy Ross and Treasurer-Kristin Gillum....Survivors all! Special thanks to our 2007 leadership led by (caregiver) Darlene Carter.

BRAIN ANEURYSM RESEARCH HIGHLIGHTS: LAURA SAUERBECK

APPROXIMATELY 17,000 IN US HAVE A RUPTURED ANEURYSM EACH YEAR

MORTALITY IN THE FIRST 30 DAYS IS 45%

RECOVERY ISSUES INCLUDE: MEMORY LOSS, HEADACHES AND FATIGUE

ANEURYSM CAUSES CAN BE GENETIC OR ENVIRONMENTAL

SMOKERS 5.5 TIMES MORE LIKELY TO SUFFER A BRAIN ANEURYSM

AVERAGE AGE FOR AN ANEURYSM IS 30 YEARS

HIGH BLOOD PRESSURE & SMOKERS ARE AT 15% HIGHER RISK

“Support is multidimensional and involves many people”

Tri-State Brain Aneurysm Support Group Schedule

FEBRUARY 6, 2008	OPEN SHARING	CAREGIVERS-SURVIVOR GROUPS
MARCH 5, 2008	HEADACHES	DR JOSEPH NICOLAS
APRIL 19, 2008	SYMPOSIUM	VONTZ CENTER
MAY 7, 2008	OPEN SHARING	CAREIVERS-SURVIVORS COMB
JUNE 4, 2008	WELLNESS	DR WILEY PIAZZA (TENT)
JULY 19, 2008	PICNIC	HIGHLAND HILLS PARK



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GROUP
SERVING OHIO, KENTUCKY & INDIANA

c/o Mayfield Clinic
222 Piedmont Avenue
Suite 3100
Cincinnati, OH 45219

CONTACT
(513)-475-8636 (Leave message)
Email: sross21@fuse.net

PLEASE VISIT US AT

WWW.TSBACONNEX.ORG

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

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, or 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