

Introducing BRAINWAVES - KSISA's new newsletter

Kentucky and Southern Indiana Stroke Association <ksistrokeassoc@aol.com>  
Reply-To: ksistrokeassoc@aol.com  
To: alishaj@gmail.com

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APRIL NEWSLETTER.



# BRAINWAVES

The KSISA Quarterly Newsletter

APRIL 2015

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[Click here to visit the Kentucky & Southern Indiana Stroke Association Website](#)

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Heartstrings Valentine Dinner & Dance  
A Roaring Success

LOUISVILLE BOAT CLUB - Over 100 guests had a great time at the Heartstrings Valentine Dinner and Dance held Saturday, February 7.

Attendees enjoyed a bourbon tasting from Four Roses and perused raffle ticket items before sitting down to a fabulous meal prepared by Louisville Boat Club chefs. The ceremony honored KSISA's 2015 Volunteer, **Mrs. Vicki Hillerich**, and the night included dancing to live music provided by The Remedy.

Guests took home souvenir photos from the Masters of Music photo booth and a few lucky winners went home with jewelry that evening.



2015 Volunteer Honoree, Vicki Hillerich

Exciting News from the Educational Committee

I'M A HERO, I ACTED



The KSISA education committee is currently working on producing YouTube videos to further our reach to the public. These videos will be available online and will consist of basic stroke education, personal stories and information on prevention. **Susan Lawson, committee chair**, states that the videos will be attention-grabbing and hit home with everyone, including the younger generation. "The personal stories we plan to share with the public will include a younger age group, and will help get the word out that stroke is not just a risk for the elderly population anymore," she said. Check our website for updates on this exciting new project at [www.strokekyin.org](http://www.strokekyin.org).

Meet Jerry! Our Biggest Fan

**Jerry Perkins** has been a volunteer with KSISA for six years. After suffering a stroke in 2007, Jerry made it his mission to educate others. He uses his time to spread the word about the dangers of stroke and the importance of preventive care.

Jerry is always the first to volunteer with helping at events and he talks with everyone he meets about his experience with stroke.

*Southern Indiana Stroke Association (KSISA) educates people throughout Kentucky and southern Indiana each year on various topics surrounding stroke.*

*We invite you to help support the KSISA mission and dedication to the prevention of stroke through education and awareness. We have experienced wonderful volunteerism and support over the years, and we look forward to touching many more lives.*

Contact us at [502.499.5757](tel:502.499.5757) to learn how you can help!

**Yvonne Adkins, KSISA Board President**

Jerry is invaluable to KSISA. He has a mission to make other survivors feel welcome and invites them to join KSISA in our endeavors.



Jerry helping KSISA at one of the many annual health fairs



Jerry receives Volunteer of the Year award from Community Health Charities

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## Stroke Survivors Online

Search for the group "Young Stroke Survivors" on FACEBOOK and request to join. It is a wonderful private forum to discuss setbacks and milestones, and to connect with other survivors to share triumphs and struggles, and lend advice or support. Most of the members are under age 60, but feel free to request no matter what your age - [YOUNGSTROKESURVIVORS](https://www.facebook.com/youngstrokesurvivors).

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KSISA Stroke Awareness Day 2012

## MARK YOUR CALENDARS

### May is Stroke Awareness Month

**May 5** we will be at Floyd Memorial Hospital's health fair from 11 a.m. to 1 p.m. in the main lobby. There is no need to register for this FREE event, so come by and visit all the amazing vendors. Floyd Memorial Hospital - 1850 State Street - New Albany, IN 47150.

**Join us for our Annual Stroke Awareness Day Health Fair at Jefferson Mall on Saturday, May 16 from 10 to 1 p.m.**

The event is FREE to the public and offers FREE stroke risk screenings. Come out and meet Coach Mo from The Biggest Loser, and learn all about stroke - risks, warning signs, resources and support. Supporting sponsors include Norton Healthcare, KyOne Health, Home Instead Senior Care, Baptist Health and Passport Healthplan.

Please call [502-499-5757](tel:502-499-5757) for more information.



Louisville's Own COACH Mo

**May 19** we will be educating Kindred Healthcare employees on stroke from 11:30 to 1:30 p.m. This is an EMPLOYEE ONLY event.

**May 21** we are excited to have Lynn Hundley speaking at Atria, 120 S St. Matthews (120 S. Hubbards Lane) about stroke and the brain at 5:30 p.m. Please call Erika at [502-896-1759](tel:502-896-1759) to register.

**May 23** is the James Luttrell Memorial Pleasure Horse Show in Liberty, Kentucky. Call Barry at [606-305-9898](tel:606-305-9898) if you would like to participate.

**May 31** we are holding an Uptown Art painting fundraiser at 7 p.m. They are located at 2458 Bardstown Road in the Highlands. Enjoy an evening of learning to paint, with snacks and cocktails available, all while raising money to support stroke education. Make SURE to sign up for the May 31 at 7 p.m. event for KSISA or call [502-595-8873](tel:502-595-8873) for information. [Uptown Art](https://www.uptownart.com/).

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**Kentucky and Southern Indiana Stroke Association**

Carrie Orman, Executive Director

3425 Stony Spring Circle #102

Louisville, Kentucky 40220

[www.strokekyin.org](http://www.strokekyin.org)  
[ksistrokeassoc@aol.com](mailto:ksistrokeassoc@aol.com)  
502.499.5757

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The Kentucky and Southern Indiana Stroke Association is a 501c3 non-profit organization dedicated to the prevention of stroke through education and awareness.

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