

Newsletter May

STAYING CONNECTED

In the midst of these times it is easy to feel so alone and empty in our surroundings. Although we know that change is inevitable, we stand by one another to stay connected at the times we feel the emptiest. You are never ready for a stroke. As survivors we are aware that our lives can change from one day to the next. Laredo Stroke Support continues to build a community where others feel seen, heard, and valued. Our members are seen as fighters and survivors and not as victims. Our stroke survivors know that they are able to give and receive without judgment. We as a group strongly believe that despite our struggles, we are able to derive sustenance and a tremendous amount of strength from our friendship. Staying connected through these times has been very different for all of us, but our mission allows us to go past the notion of providing crucial therapy to stroke survivors. We believe it is important to build a community for our stroke survivors to share stories, hardships, accomplishments, food recipes, and for them to continuously feel the energy that exists in staying connected to like-minded people.



Board Members

Bill Hrncir, <i>Co-Founder</i>	George Juarez
Deedee Hrncir, <i>Co-Founder</i>	Lydia Juarez
Allison Flores	Lulu Newman
Mary Freeman	Elizabeth Rueweler
Dr. Fernando Sanchez	J.D. Wendeborn

Staff

Eliseo Ceja, <i>Executive Director</i>
Monsie Bedolla, <i>Program Coordinator</i>
Roger Rueweler, <i>Program Supervisor</i>



A Letter From Our Co-Founders

Who ever thought that we would find ourselves in times like these? Coronavirus, Stay Home, Social Distancing, Face Masks, and Hand Sanitizer. We have heard these words over and over. Most of the time when a stroke happens, chances are, you never thought that you would be in that kind of a situation either. But one thing you can always count on is our community and our connections. The medical community and government can help you decipher the Coronavirus and regulations. Laredo Stroke Support Group can help you through your stroke recovery. A stroke is difficult. A stroke is life-changing.

Laredo Stroke Support Group (LSSG) is here to help you **“Connect, Learn & Recover”**. It says so on our logo. Our team has been working hard to help our survivors stay safe, interact with each other, and stay strong. This

has not been an easy task. Local and state governments are insisting we stay apart when all we want to do is be together. The great thing is...we have had our Executive Director, Eli, and our program coordinator, Monsie, on our Facebook page-to send jokes, prayers, pictures, and updates. We have our reminder app to let you know what is going on. We started Zoom meetings, to visit with everyone in a virtual environment. Our staff is also reaching out with survivors and caregivers to make sure everyone has what they need, whether it be groceries, transportation or just to hear someone's voice. We recently added a What'sApp group too! Our hope is that we continue to stay connected.

LSSG welcomes new members while continuing to keep our current members involved in their recovery. For Stroke Awareness

Month this year, our staff asked the survivors to tell us what their stroke took away and what it could never take away. (If you want to get inspired, read their responses on our FB page.) We are so motivated to keep creating opportunities for survivors to keep getting better. They chose to take a positive outlook. This not only showed us that our group has some pretty incredible people in it, but it also revealed they want to move on from their stroke. Laredo Stroke Support Group is so happy to connect and provide rehabilitation and recovery for our survivors. We would give you a pat on the back or a handshake, but instead, we will just say,

“Hasta la vista” & Stay Safe,

Bill & Deedee Hrn timer



Hope Rocks

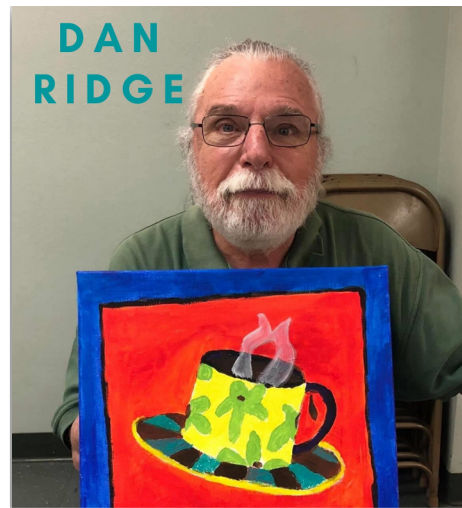
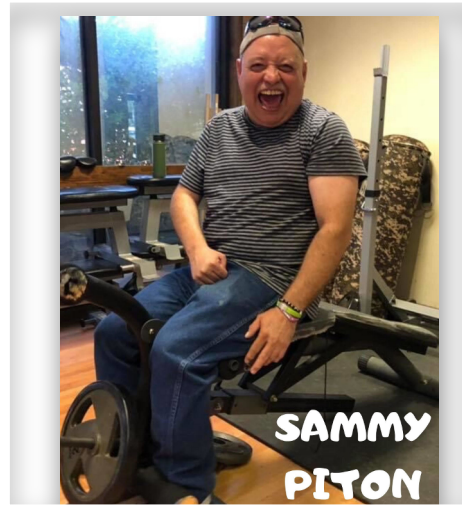
Laredo Stroke Support held its annual fundraiser, Hope Rocks, a benefit concert on November 7, 2019. The event was held at the beautiful IBC Annex. The night was filled with smiles and dance moves from our survivors, caregivers, and supporters. Although Hope Rocks serves as our biennial fundraiser, this year we honored the life of our beloved board member, David Newman, and the

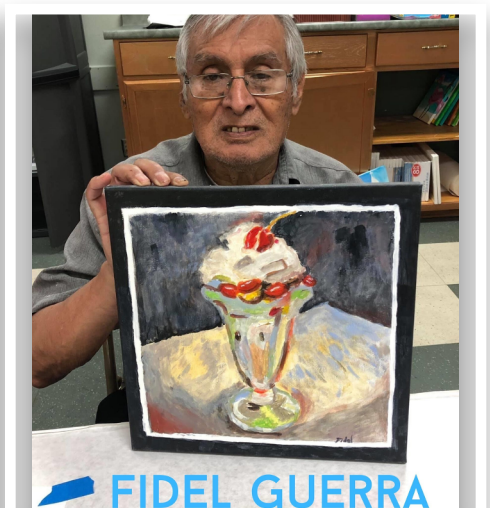
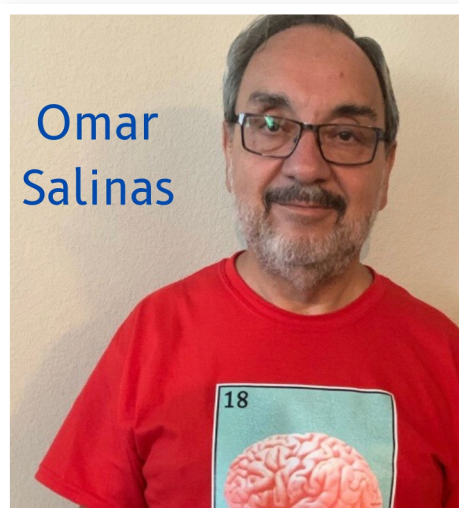
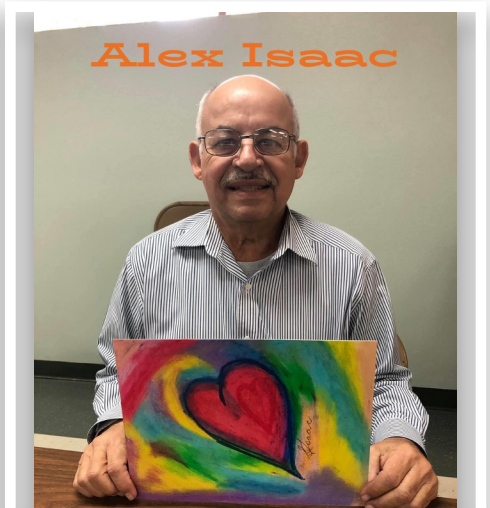
legacy he carried to give back to the people of Laredo and create advocacy. David's life was both honored and celebrated, but most importantly mirrored by our donors which held on to his legacy by giving back to our organization to continue to provide essential therapy for our stroke survivors. Over 300 guests enjoyed the night with "mucho gozo" there was live music by Bucket of

Six, silent and live auctions, and a light show by our stroke survivors, reminding us that we continue to light the path to recovery with the help of one another. This year we were especially overwhelmed with the amount of support we received from our sponsor, IBC, community members, our staff, volunteers, board members, and the generosity that came from those who loved David Newman.



Connectivity





Welcome

Eli recently jumped on board with Laredo Stroke Support in June of 2019. He earned his undergraduate degree in Public Relations and Communications at Texas State University in 2019. As Executive Director, he currently oversees the development of the program, coordinates community partnerships and fundraisers, and maintains the group's mission.

"This group has taught me the true meaning of never giving up and fighting for a better tomorrow"



Our activities



Community Partnership



As a nonprofit, our main goal is to provide opportunities for those who may not have them. We do that by associating ourselves with like-minded people that give to their community, without expecting anything in return. Each day we see how courageous our partners are in giving their time, talent, and treasure to give our survivors another opportunity at becoming better at what they once were experts at. We understand that to do that, there must be some vulnerability and a lot of guidance, and our partners continuously guide us to success. Through our many programs, we are able to reach stroke survivors and provide crucial therapy that will help them in their road to recovery. To our partners: ,

Ruthe B. Cowl Rehabilitation Center, Laredo Rehabilitation Center, San Martin de Porres Church, Laredo Tennis Association, City of Laredo Haynes Recreation Center, Austin Speech Labs, UT Health Science Center of Laredo, Healthy Physiques-Enid Vargas, Caregiver Group-Hilda Mercado & Monsie Bedolla, and Art Heals-Paty Orduna, we THANK YOU!

Your lionhearted ways set the path to a smoother recovery for our survivors. You challenge and push them to create, build, and change. The role that you play in their lives is vital. Thank you for being so selfless and always being a ray of light for our group.



THANK YOU TO OUR 2019 SPONSORS!

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