



May 2020 Edition

As spring arrives, everything is still in flux. But at least we have better weather!

In this newsletter, I highlight Stroke Awareness Month. This malady is personal. My daughter suffered an in-utero stroke which resulted in permanent, severe disabilities. Although I can't change what happened to her, we can save a life or mitigate the damage if we recognize the early signs of a stroke.

Let me know who or what inspires you! Drop me a line at jenni@jennibasch.com. If you aren't already receiving this newsletter in your email, please join my list at jennibasch.com.

Have you heard of The Brain Recovery Project?



The Brain Recovery Project provides credible, research-based information about epilepsy treatment options, including surgery. This incredible nonprofit was founded by Monika Jones whose own child battles epilepsy. The Board of Directors and Monika's team raise funds to provide invaluable services for the epilepsy community.

Their services include:

- Epilepsy research
- Guides and pamphlets for parents and professionals
- Parent to parent connection
- School trainings and videos

Check out **The Brain Recovery Project's** website for more information about epilepsy treatments. They provide resources for parents and professionals, including effective school accommodations for children. Their guides and articles provide loads of useful information, tools, and techniques.

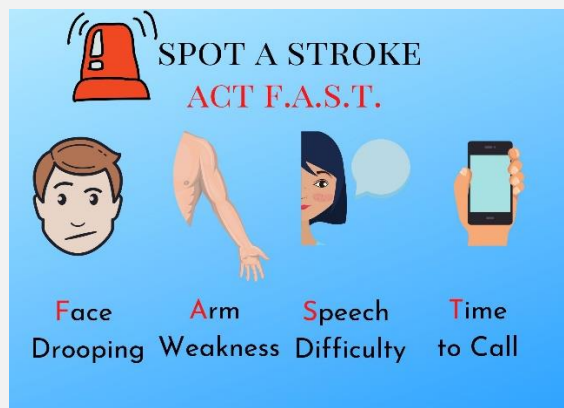
<https://www.brainrecoveryproject.org/>

May is National Stroke Awareness Month!



Did You Know?

- According to the Annals of Neurology, one in seven strokes occur in people ages 15 – 49.
- Stroke is the fifth leading cause of death in the US and a leading cause of severe disability.
- Strokes affect all ethnicities and socioeconomic groups, although some ethnicities are at higher risk.
- If stroke signs are recognized and fast treatment is administered, stroke victims are less likely to die or suffer permanent disabilities!



For more information about strokes, check out these websites. Both have resources, tools, and useful information:

<https://www.cdc.gov/stroke/> or <https://www.stroke.org/>

Awesome Product Alert!

So here's a cool way to track time: a **Water Motion Liquid Bubble Timer!** Designed for kids with sensory and focus issues, its mesmerizing bubbles float to the bottom to mark the passing of a minute. Great for time-outs, hygiene, and performance tasks. The water and soothing motion of the bubbles decreases stress and anxiety. If you try it, let me know how it goes.

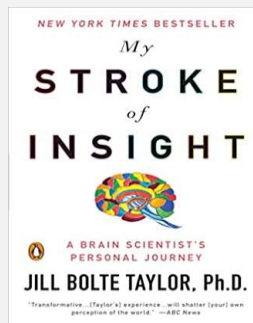
You can find it [here](#)



Book of the Month

I love Dr. Jill Bolte Taylor's story! A Harvard-trained neuroanatomist suffered a catastrophic stroke in 1996. After eight long years of recovery, she wrote a book about her experience. You don't want to miss this one. It's incredible.

Dr. Jill Bolte Taylor's Book:



Get it here:

<https://www.amazon.com/dp/0452295548>

Check out Dr. Bolte Taylor's TED Talk (one of the most viewed TED Talks of all time):

https://www.ted.com/talks/jill_bolte_taylor_my_stroke_of_insight

Inspiring Stuff!

Meet **Michael Platt**. Michael suffers from epilepsy, particularly tonic-clonic seizures (sometimes referred to as grand mals). From a young age, he loved baking sweet treats with his grandmother. Eventually he started his own business, **Michaels Desserts**. His business is modeled after Tom's Shoes in which he gives one cupcake to the homeless for every one he sells. So just to be clear, I was definitely not running a philanthropic business at 15 years old. This guy is amazing!



Check him out at his company website:

<https://www.michaelsdesserts.com/>

I hope this newsletter provided useful and inspiring information. Keep healthy and drop me a line if you have questions or comments for me.

Until next time,
Jenni Basch