STROKE SUPPORT
ASSOCIATION

◂ 2024 ▸
ANNUAL REPORT

STROKE SUPPORT ASSOCIATION MISSION:

Empowering stroke survivors and their families with resources to recover, reclaim, and rebuild their lives. Stroke Support Association concentrates 100% of its efforts on the issues brought on by stroke by providing free services to stroke survivors, caregivers and family members.

WEEKLY* SUPPORT GROUPS FOR STROKE SURVIVORS & CAREGIVERS

Long Beach, CA In-Person: Tuesdsays 10:00-11:30 AM
Online: Wednesdays 10AM PT for Survivors | 11 AM PT Caregivers
*NO meetings held April, August, and December

Stroke Support Association is a 501(c)(3) non-profit organization. EIN #27-1526010
www.strokesupportassoc.org

Stroke Support Association (SSA) has offered free support groups and educational services in Long Beach and its surrounding areas for more than 40 years via a very modest budget and with its devoted volunteers. In addition to our volunteer support group facilitators, SSA's volunteer Board includes nurses, social workers, physical therapists, stroke survivors, and caregivers.

Since 2020, we also conduct online groups, supporting stroke survivors and caregivers from all over the country and beyond.

MEET ALI – 3x stroke survivor and SSA Hospital Visit Program volunteer

As a child, I remember my mom warning me against doing activities that would elevate my pulse. She was concerned because, at only 18 months old, I had suffered a stroke. At age 21 years old, I experienced memory issues and trouble recalling words as as a result fo my my second stroke. Then after my third stroke in 2014, I experienced paralysis on the right side of my body and severe aphasia. After months of therapy and work, I can now walk two miles without a cane, and I practice Tai Chi. My speech has greatly improved as well. I attend both SSA's in-person and Zoom support groups. I most enjoy getting to know other survivors.

MEET JIREH – stroke survivor

I have a rare condition called Fabry disease. An increased risk of stroke is one of its accompanying issues. At age 30 I suffered a hemorrhagic stroke. Two months later I had an ischemic stroke. SSA support group has played an important role in my post-stroke recovery journey. I've learned to be joyful in hope, patient during the pain, and faithful in prayer. The group has shown me that there is HOPE after stroke.

MEET LISA – Rehab Services Manager and SSA Board Member

After watching my grandfather recover from a stroke, I knew that I wanted to become a physical therapist so I could help others in their recovery process. In 2010 I graduated from Samuel Merritt University with my Doctorate in Physical Therapy and started working at St. Mary Medical Center in the Acute Rehabilitation Unit. In 2023 I became the manager of therapy services. I love working with stroke survivors, and their caregivers, to help them regain their independence and return home. I feel lucky to have been involved with SSA's board of directors since 2013.

Hospital Visitors Program: Through this program, qualified stroke survivors from our support groups visit stroke survivors still in the hospital and their family members.

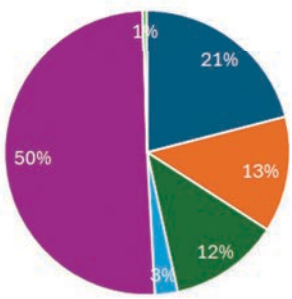
Community Education and Outreach: SSA provides stroke-related information and resources online and at community events and health fairs.

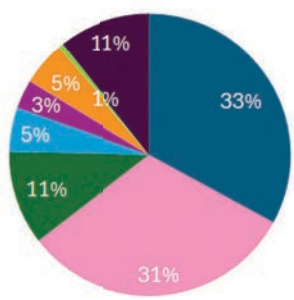
We also have a lot of fun socializing together at our quarter-end lunches, annual picnic, and holiday luncheon.

BY THE NUMBERS: 2024 REVENUE & EXPENSES

REVENUE: $60,133

- Grants
- Fundraisers
- Donated Resources/Services
- Cash Donations
- Receipts
- Interest Income



EXPENSES: $30,543

- Staffing
- Business Expenses
- Events
- Rent
- Special Needs
- Insurance & Fees
- Volunteer Support
- Video Project