

Lea's Story

April 22, 2010

I had an ischemic stroke while on a business trip to London, followed within hours by a hemorrhagic stroke.

I heard a lot of "You will never..." most of which I have turned into "I cans".

Stroke is horrible, but it can become a rebirth. A time to take stock of your life and let go of the negative and recreate yourself for your own sake.

I don't try to live like the old Lea, I try to live as I am and make daily improvements. If I want to do something, I don't think of all the ways I can't do it. I think of how in spite of my temporary disabilities, how can I do it?

My personal greatest blessing due to the stroke is a strengthening of my faith and relationship with The Lord. I blamed Him at first, but came to realize that there is no blame associated with a stroke.

I have found out just how strong I really am and perseverance to recover completely has become my life dance.

I learned that most people are compassionate despite the face of the horrors we see on the news daily

I feel great sadness for the child in a wheel chair who is just beginning their life and realize that they don't know how to give up. They just keep on going with a smile.

Don't give in because your speech or walking or grasping is not perfect. Here's the lightning bolt, it wasn't before your stroke and you have to think about what you want to say, which we all need to do more of.

I swim one armed, I walk in the community daily. I have less fear. I talk to total strangers and offer them a smile or compliment. People in general love to help others. Let them help, it is a gift to them, not a burden.