



Interview with Bonita and Toni

Quick recap

The Young Stroke Group learned about Bonita's stroke recovery journey, which involved complications from a knee replacement surgery during COVID-19. The conversation ended with discussions about medical services and upcoming speakers for future meetings, including presentations on traumatic brain injury and managing stroke-related challenges.

Summary

Stroke Experience

Susan then introduced Bonita. She was a nurse supervisor at Senior Helpers before the COVID-19 pandemic, where she worked for 14 years and enjoyed the gerontology aspect of her job despite finding paperwork challenging.

Post-Surgery Stroke Complications

Bonita shared her experience of having a stroke three days after a knee replacement surgery in October 2023. She described the complications that arose due to the recent surgery, including the need for a tourniquet to control bleeding during her stroke treatment. Bonita expressed significant pain and fear of losing her leg during this time. She also mentioned the challenges of being alone during the emergency, as her family was far away, and the difficulties in communicating due to her stroke symptoms.

Bonita's Resilient Recovery Journey



Bonita shared her story of resilience after a stroke, describing how she recovered with the help of her sister Toni, who traveled to her when she was released from rehab. Toni explained how Bonita, despite her own challenges, found creative ways to visit their mother in the hospital, including arranging for a neighbor to drive her there daily. The family shared photos and discussed how Bonita's determination and faith helped their mother recover, with Toni noting that Bonita's strength and ability to connect with others through prayer and church visits played a crucial role in their mother's recovery.

Stroke Survivor Experiences and Insights

The meeting focused on Bonita's experience as a stroke survivor, where she shared insights about the importance of utilizing available medical services like nurses, occupational therapists, and speech therapists. Bonita attributed her stroke to a recent surgery and noted that her hearing issues, which began during the stroke, fully resolved after about 8 days in the neuro unit. The discussion also covered Kellee's experience with hearing loss and tinnitus following her stroke, with Kellee explaining how hearing aids and cognitive behavior therapy have helped manage her condition. Susan announced upcoming speakers for the next two meetings: Kimia will discuss the differences between traumatic brain injury and stroke on August 9th, and Layley will present on "what keeps you up at night" and the circle of control on August 19th.