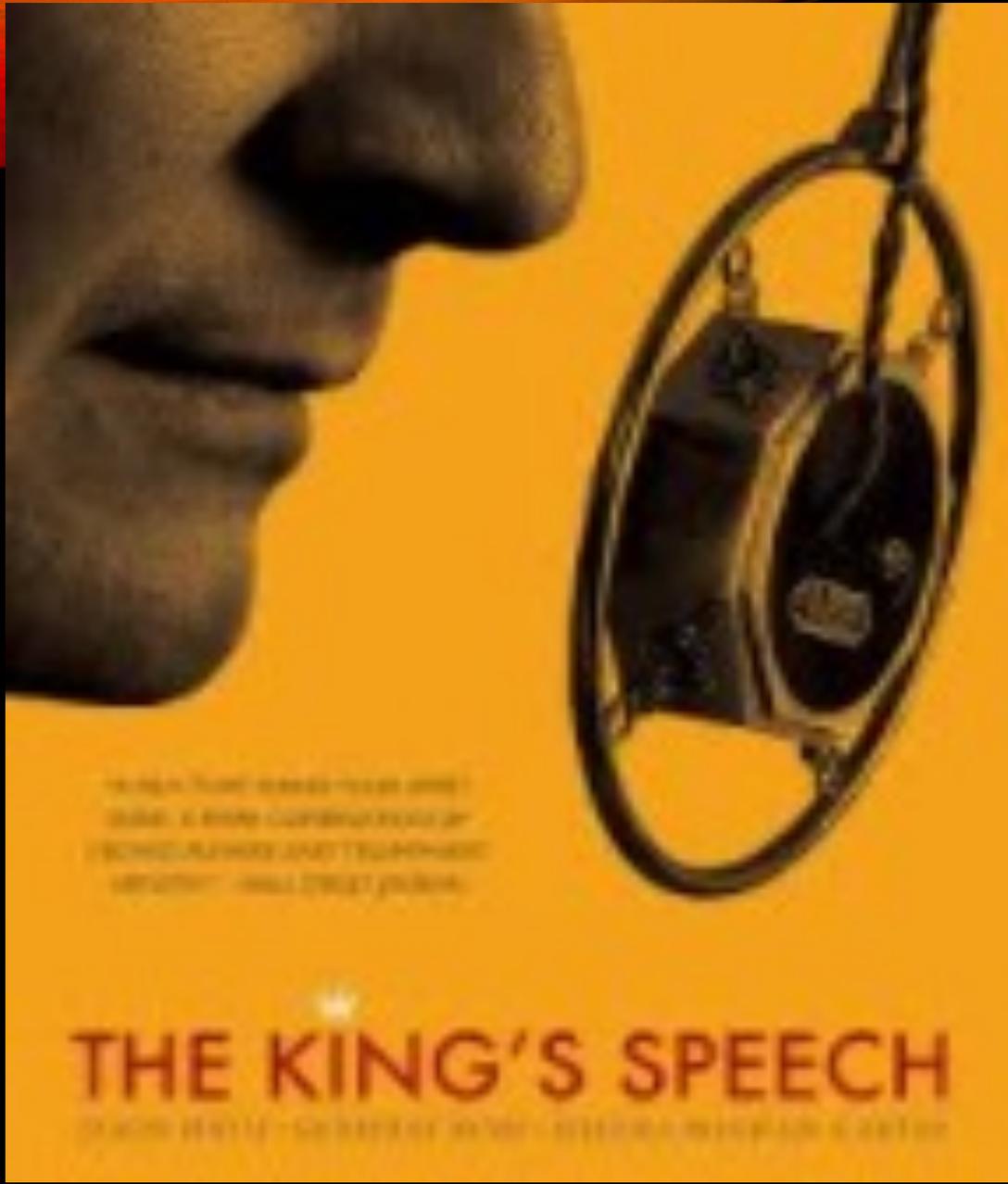


King George VI of England



I know exactly how he felt!

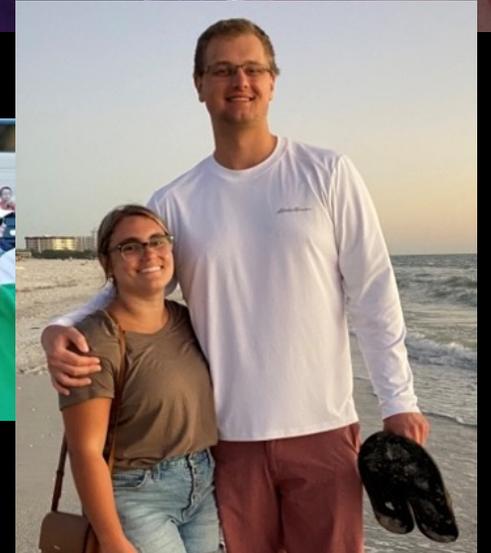


Lisa Sokolosky

Cain and Able
02/22/2022

ABOUT MYSELF

- Married to my college sweetheart George for over 33 years
- Mother to 2 children
- Education:
 - MBA, Wayne State University, 1992
 - B.S. Mechanical Engineering, Lawrence Technological University, 1985
- Over 36+ years as an Engineer with GM
- Aspirations:
 - Conquer anything that I set my mind to
 - I will not take "no" for an answer
 - Succeeding past my medical incident
 - Determine what kind of person I want to be
 - Not allow my condition to define me
 - A major goal was to return to work
 - Continue to improve my speech and to run again!
- Hobbies:
 - Travel with my husband and children - visit friends out of state
 - Socialize with friends
 - Watch the NBA basketball
 - Whatever it takes to continue to heal



The day my life changed.....



4

- In June 2017, my life was in an ideal place. I was the Interior Vehicle Systems Engineer (single point contact between the Interior group and the Program Team) for the Chevrolet Traverse, with vehicles being released to dealerships just weeks away. I had a clean bill of health from my annual physical a month before and I had completed the GM Milford 5K run that June.

2017

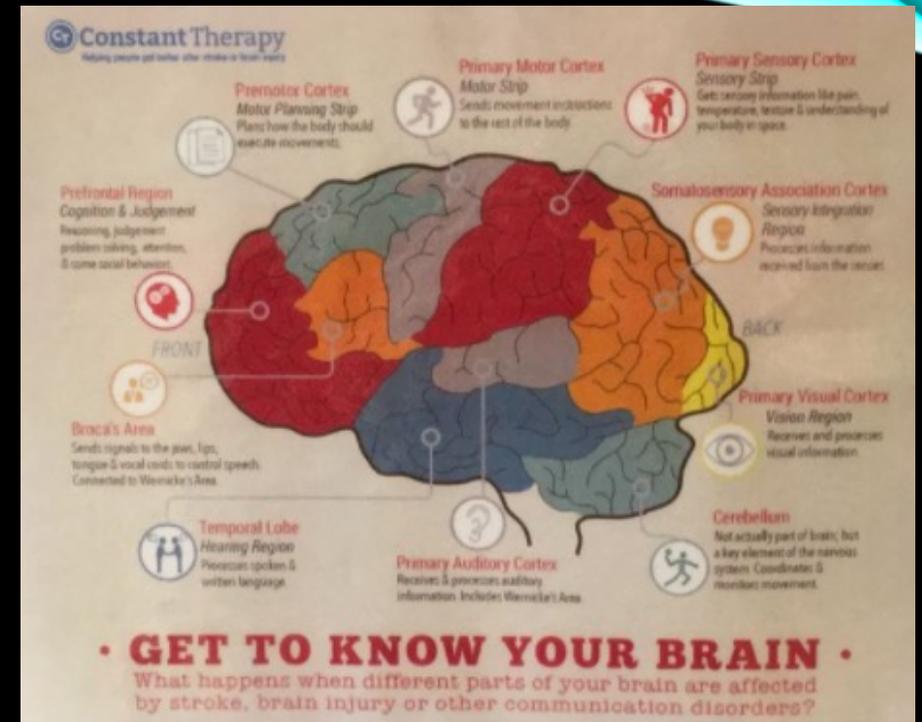
- At the end of that month, my life was drastically altered. I suffered 4 ischemic strokes caused by a dissection to my left vertebral artery. I had no risk factors for a stroke and no cause was ever determined for the first 2 strokes. How the artery was damaged is still unknown.

June							July						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
4	5	6	7	8	9	10	2	3	4	5	6	7	8
11	12	13	14	15	16	17	9	10	11	12	13	14	15
18	19	20	21	22	23	24	16	17	18	19	20	21	22
25	26	27	28	29	30		23	24	25	26	27	28	29
							30	31					

- No one expected me to survive that first night. The strokes forced a body and mind that were unknown to me. The left side of my body, my vision, my voice, my hearing, and my cerebellum were all affected. I now faced a new set of challenges. I was now in a dark unfamiliar space

My Road to Recovery

- I had to relearn quite a bit both physically, mentally and emotionally. Everything I did became a task. Things that was once second nature had a strong possibility of being completely lost.
- One side of my body was unknown to the other side.
- With hard work, determination, a positive attitude and persistence, I continued to improve every day.
- If you see me walking or driving, you probably will not notice anything unusual.



- My recovery is nothing I signed up for. It's a challenge that was given to me. I had a choice: either give up and let it destroy me or step up and challenge myself.
- I continuously decide to overcome my new normal, refusing to take "NO" for an answer. I am determined to triumph past my medical leave and will not let my new condition define me.
- Just because I had some bad chapters in my life, it's don't mean that my story can't end well. I just had to learn how to turn the page in my book and create better chapters.

I am back!!!



My Road to Recovery

- I am thankful for what I have
 - Always positive and optimistic.
 - Negative thoughts are a waste of energy. Do not change the situation.
 - Every morning when I wake up, I say “Good Morning” to my brain.
- I can do anything I set my mind to, but I know I cannot do everything.
 - Come to recognize my limits. Take time for myself. Rest, but never quit.
 - It’s ok to have “bad” moments. Acknowledge them and move forward.
 - If needed, ask for help. It’s not a sign of weakness, but a sign of strength.
- Act like a champion.
 - Act to win. Be persistent. Eliminate any doubt.
 - Learn from making your own mistakes through trial and tribulation.
 - Take impossible tasks and create shortcuts to make them manageable.
 - My recovery is a team effort. I need a large support group.
 - Rely on others. You learn from them just as much as they will learn from you.



My Road to Recovery

- I have the power to change my life at any given moment.
 - You are stronger than you think. Deficiencies = Opportunities
 - The only one who can stop you from your dreams is yourself.
 - You was not given a good or bad life. You are given a life. It's up to you to make it good or bad.
 - Don't give the past the power to define my future

- I am proud of myself
 - I am important.
 - I accept who I am now.
 - I survived the moments I thought I couldn't.
 - I take pride in how far I have come.
 - I have faith in how far I can go.
 - I now attach myself to my dreams, my vision and my purpose, thing that nobody can take away from me.
 - I am strong and need to move on. It is time to be happy again.
 - I am beautiful - I accept myself



My Road to Recovery

- Let go of the picture of what you thought your life would be like and learn to find joy in the life you are living today.
 - Live each moment to the fullest, there is no do-over.
 - Create new dreams and never give up on them.
 - Let go of what's gone, appreciate what still remains. Look forward to what's coming next. Look for choices and options not diagnoses or labels.
 - I have experienced things that I would have never experienced before.
 - Don't forget, while you are doubting yourself, someone is admiring your strength.
 - Life is not over, it just different. Look at all of the possibilities not the losses.
 - You can and will SUCCEED

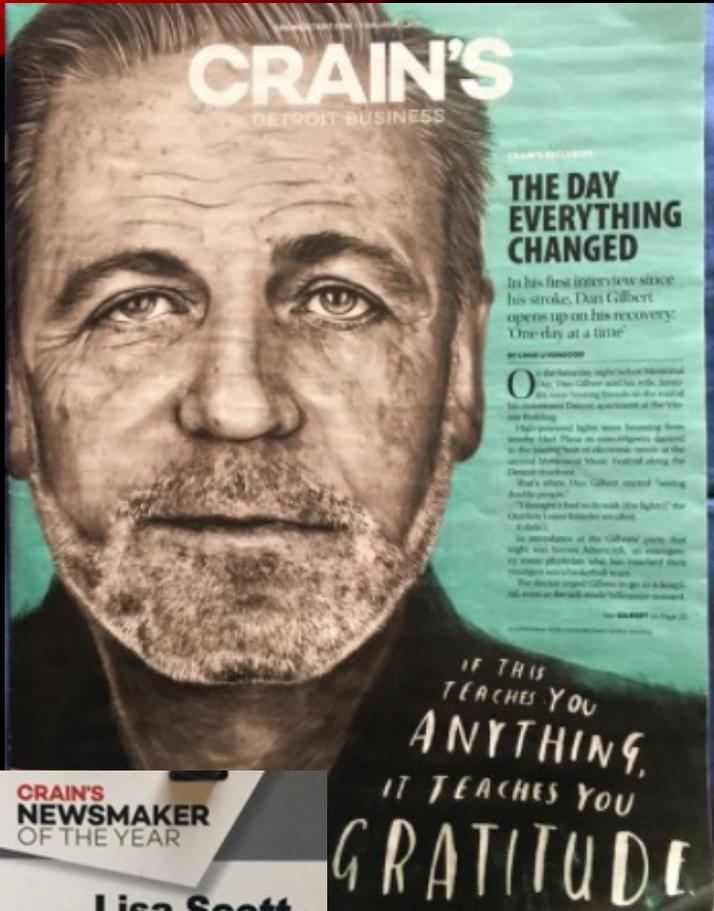


Months into my recovery, I visited Disney World Test Track; photos of Traverse including my influenced interior!



My Road to Recovery

I was honored to attend the Crain's Newsmaker of the Year (Feb. 2020) recognizing stroke survivor and businessman/Investor Dan Gilbert



FOX 2 News Huel Perkins and Roop Raj with me

What happened to Dan Gilbert and me can happen to anyone at any time. We have not allowed our disability to destroy us. We just keep thinking positive and moving ahead.

NOTHING IS IMPOSSIBLE!!

Road To Recovery: A Caregiver Perspective

- Getting advice from others
 - Doctors and mutual honesty
 - Therapists, nurses, other caregivers
 - The Patient
 - The patient knows what is best, always show support
 - Had to learn to become a listener
- Trust - Allows time to heal
 - Unconditional love
 - Be prepared that the disabled are taken advantage of
 - We had lost Lisa's family and did not know it
 - Most friends want to help, but not all. Employer, insurance
 - Her Caregiver first, her "lawyer" soon second. Assistant, moving to observer
- Technology is important
 - Therapy software, i-Phone, Facebook to multi-task success
- Beyond medical diagnosis
 - Not convinced root cause of arterial dissection as unknown
 - F.A.S.T. & TPA enough?
 - Data prior to illness and recovery should be studied statistically

Closing Thoughts

Can't clean up the whole room?..... Clean a corner of it.
Can't do all the dishes?..... Do a dish.
Can't get in the shower?..... Wash your face.
Can't build a puzzle?..... Add just one piece.

Always look for the thing you CAN do,
with the energy and focus you DO have.

Little wins pave the way for bigger wins

Remember: 1% beats 0%

Closing Thoughts

If you're not willing to learn....
No one can help you

However, if you're determined to learn....
No one can stop you

Closing Thoughts

Accept what is.
Let go of what was.
And have faith in what will be