



Reconnect with NSA

Help shape what comes next.

Welcome back to our donors, volunteers, survivors, caregivers, and community partners. We are building new ways to educate, connect, and support Nebraskans affected by stroke.



A Note from Anna

Anna Moormeier, BSN, RN |
Executive Director

Thank you for being part of our mission. Together, we're expanding education, strengthening support, and creating more opportunities for connection across Nebraska.

We couldn't do this without you.

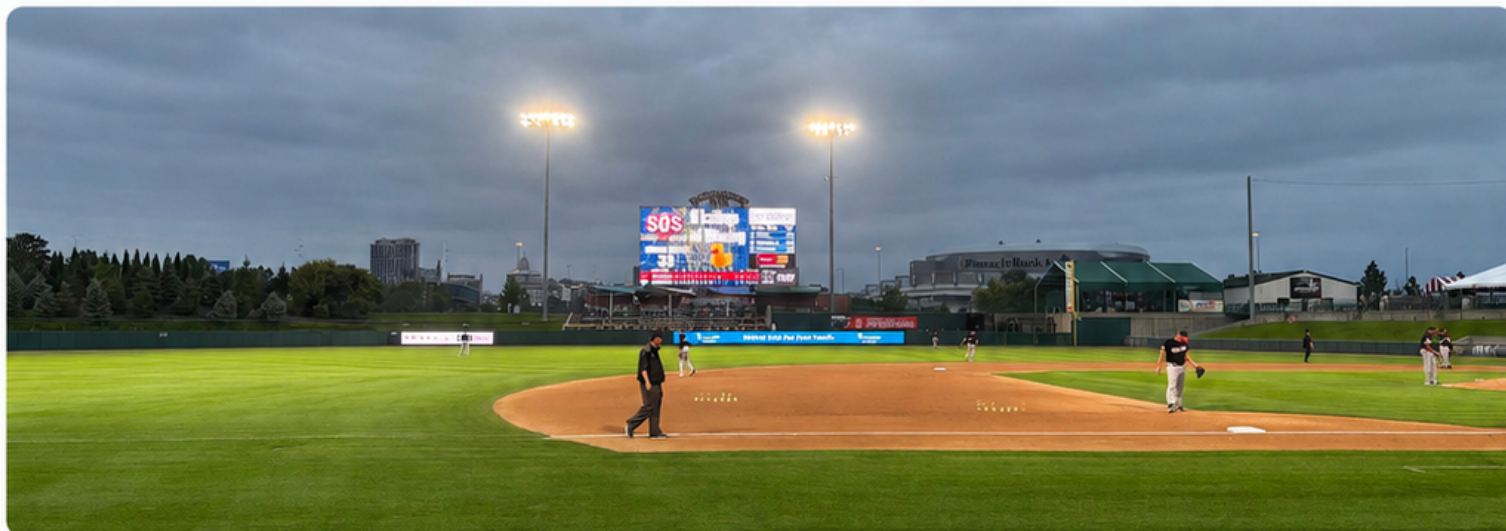
Inside This Issue

2 Strike Out
Stroke recap

3 B.E. F.A.S.T.
stroke education

4 Volunteers,
student fellows +
sponsorships

4 Upcoming events +
website update



Strike Out Stroke Awareness at the Ballpark

On July 23, 2026, Nebraska Stroke Association joined the Lincoln Saltdogs and our community for Strike Out Stroke at Haymarket Park. It was an evening filled with connection, conversation, and a shared commitment to stroke awareness.

Thanks to everyone who stopped by our table, asked questions, shared their stories, and learned how to recognize the signs of stroke. Together, we're building a community that's informed, prepared, and ready to act.



The message lit up the scoreboard—reaching thousands of fans with a life-saving reminder.



Event Snapshot

📍 Haymarket Park • Lincoln

📅 July 23, 2026



Recognize stroke. Act fast. Call 911.



Congratulations to our 9 Innings of Winning number winner!



Why Community Outreach Matters

Stroke can happen to anyone, anywhere. That's why we meet people where they live, work, and gather—sharing education and resources that can save lives and strengthen our communities.

Awareness today. Stronger tomorrow.

B.E.F.A.S.T. Six Letters That Can Save a Life

Stroke is an emergency. Learning the signs and acting FAST can help save a life.

B	Balance		Sudden loss of balance, dizziness, or coordination.
E	Eyes		Sudden vision changes or loss of vision.
F	Face		Ask the person to smile. Does one side droop?
A	Arm		Ask the person to raise both arms. Is one weak or drifting?
S	Speech		Is speech slurred or hard to understand?
T	Time		If any sign is present, call 911 immediately.

Why Calling 911 Matters

- Every minute counts—brain cells are at risk.
- EMS can start life-saving treatment on the way.
- They take you to the right hospital for advanced care.
- Do not drive yourself or wait to see if symptoms get better.



Community
education
in action.

Lowering Your Stroke Risk

Many strokes can be prevented. Take steps today to protect your brain and your future.

- ✓ **Know Your Numbers:** Keep blood pressure in check.
- ✓ **Manage Medical Conditions:** Control diabetes, cholesterol, and atrial fibrillation.
- ✓ **Be Tobacco-Free:** Don't smoke or use tobacco.
- ✓ **Move More:** Aim for at least 150 minutes of moderate activity each week.
- ✓ **Take Medications as Prescribed:** They work best when taken as directed.

Small steps. Big impact.

Get Involved + What's Next

There is a place for you at NSA.

Volunteer

Make a difference in your community by volunteering with NSA. Opportunities include health fairs, outreach events, educational programs, administrative help, survivor and caregiver support, and the NSA Speakers Team.

Student Fellows

Gain hands-on nonprofit experience and professional networking. Perfect for students interested in healthcare, public health, communications, business, social work, and related fields.

Sponsorships + Giving

Support our mission by sponsoring events, newsletters, or outreach efforts—or make a gift to help NSA reach more Nebraskans with education, resources, and hope.



Coming Up at NSA

- Aug 21–23** **Stroke Camp**
A weekend of connection, resilience, and fun for stroke survivors and their families.
- Sept 18** **Volunteer Training Day**
Learn, connect, and get equipped to make a bigger impact.
- Oct 3** **NSA Husker Tailgate**
Cheer on the Huskers with NSA friends, food, and fun!

Website News

We are excited to share that the NSA website is receiving a major update!

The new site will feature:

- Easier navigation
- More information and resources
- Research trial information
- Clinical cohort information
- And more ways to connect with NSA

Stay tuned—big things are coming soon!

