



Stroke Awareness

May is National Stroke Awareness Month. National Stroke Awareness Month is an annual event held within the United States. The aim of National Stroke Awareness Month is to make all Americans aware that they may be able to 'Save A Life'. Stroke Awareness programs place emphasis on making the public aware about acting FAST. According to the National Stroke Association, a person experiencing a stroke can be treated if people have acted FAST- 80% of strokes can also be prevented. FAST is an acronym for things to check in a suspected stroke victim.

Face - Ask them to smile. Does the face look uneven?

Arm - Ask them to raise both arms. Does one arm drift down?

Speech - Ask them to repeat a simple phrase like "the sky is blue". Does their speech sound strange?

Time - If you observe ANY of these signs, then it's time to CALL 9-1-1.

Source: whathealth.com

From Our Cookbook:

Chicken Rice Bowl

Ingredients

- 1 cup uncooked instant rice
- 1 cup chicken broth
- 1/2 cup chopped frozen green pepper, thawed
- 1/4 cup chopped onion
- 2 teaspoons olive oil
- 1 package (9 ounces) ready-to-use grilled chicken breast strips
- 1/2 cup frozen corn, thawed
- 1/2 cup frozen peas, thawed
- 1 teaspoon dried basil
- 1 teaspoon rubbed sage
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

What Role Does Diet Play In Senior Health?

Explore a variety of hobbies

Hobbies are great for older adults with limited mobility.

Activities that don't require a lot of moving around include cooking, baking, birdwatching, knitting, crochet, indoor or container gardening, playing a musical instrument, or learning a language.

This is also a perfect time to learn something new – maybe there are hobbies or interests they've never had a chance to explore before.

Learning is also a great way to keep the mind active and prevent boredom.

<https://dailycaring.com/>

FROM NURSING

Always keep flashlights and batteries easily accessible in your home in case of power outages during spring and summer storms.