

If everyone is thinking alike, then somebody isn't thinking. -George S. Patton



Think FAST

F = Face - Ask the person to smile. Does one side of the face droop?

A = Arms - Ask the person to raise both arms. Does one arm drift downward?

S = Speech - Ask the person to repeat a simple sentence. Are the words slurred?

T = Time - If you observe any of these signs, then it's time to call 9-1-1.

If you plan to spend a lot of time outdoors this weekend, remember your sunglasses and the sunscreen. Apply it generously! Always buy and use a product with an SPF of 30 or higher – remember, it takes about 15 minutes for your skin to fully absorb the sunscreen. Reapply every 2 hours, and immediately after swimming.

Peter: *Mother, why is a snail stronger than an elephant?*

Mother: *I don't know.*

Peter: *Because a snail can carry its own home, but an elephant can only carry its trunk.*

May is National Physical Fitness and Sports Month

And what a great time to celebrate physical activity as the warm weather and sunshine make their way into our lives!

7 Ideas for Family Exercise

1. Go on a family walk or bike ride before or after dinner.
2. Break into teams for a scavenger hunt around the neighborhood or at the zoo.
3. Sign up for a 5K or kid-friendly adventure race.
4. Go on an indoor or outdoor rock climbing adventure.
5. Sign up for a Martial Arts program for adults or children to build a great foundation of discipline and focus.
6. Take advantage of free local parks around town. Parents: Don't be afraid to swing on the monkey bars with your kids!
7. Head to the pool for a swim. Swimming is a great option for all members of the family at all different fitness levels.

Stroke Awareness Tips

Know Stroke symptoms - Stroke strikes F.A.S.T. and you should, too! Many people don't know that if you can recognize the symptoms of a stroke you can save not only your life, but maybe the life of someone else.

Control Blood Pressure - high blood pressure is the number one cause of stroke? Yet, nearly 60 million Americans have high blood pressure, and almost a third do not know they have it!

Manage Cholesterol - Plaque build-up in the arteries can block normal blood flow to the brain and cause a stroke. High cholesterol may also increase your risk for stroke by raising your risk for heart disease, a stroke risk factor.

Manage Diabetes - Did you know that 6.2 million people in the United States are unaware that they have diabetes? People with diabetes are at increased risk of stroke because diabetes adversely affects the arteries. Stroke risk is two-and-a-half times higher in people with diabetes compared to those without diabetes.

Make Lifestyle Changes - Stroke is one of the most preventable of all life-threatening health problems. By making simple lifestyle changes you can reduce your risk of stroke.

- Get moving, stay active and incorporate exercise into your daily regime.
- Don't smoke! If you are a regular smoker, make a resolution to quit. It may be one of the very best things you can do for your health.
- Eat a well-balanced low fat, low sodium diet, rich in fruits, vegetables & whole grains.
- Drink alcohol only in moderation.

Be Careful on the Road this Memorial Day Weekend

The National Safety Council has released its estimates of fatalities from traffic crashes for the upcoming Memorial Day holiday weekend, beginning at 6 p.m. on Friday, May 23, and ending at 11:59 p.m. on Monday, May 26.

The Council estimates 382 traffic fatalities and another 40,900 medically consulted injuries may occur over the traditional summer kick-off weekend from motor vehicle collisions.

Here are a few tips to keep yourself and your family members safe:

- Buckle up every trip, every time – even when traveling a short distance.
- Refrain from all cell phone use – both hands-free and handheld – behind the wheel;
- Place children in age-appropriate safety seats;
- Do not drink and drive as impairment begins with the first drink – if you drink, designate a sober driver or take alternate transportation;
- Drive defensively and exercise caution, especially during bad weather.