

HOUSTON DEAF SENIOR CITIZENS NEWSLETTER

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Issue 1

Happy New Year

We have planned the field trips next five months for Houston Deaf Senior Citizens.
(Attention: these places or dates may be changed if unable to reserve or time permits)



2005

February 2, 2005 (Wed) ~ Anahuac & Baytown

March 11, 2005 (Fri) ~ Victoria

April 6, 2005 (Wed) ~ Bayou Wildlife Park in

Alvin & Kemah Boardwalk

May 4, 2005 (Wed) ~ Bastrop

June 10, 2005 (Fri) ~ Mexia

HEALTH TIP

HOW TO SURVIVE A HEART ATTACK WHEN ALONE

(To Refresh Our Mind)

Since many people are alone when they suffer a heart attack, without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness.

However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until the heart is felt to be beating normally again. Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm.

In this way, heart attack victims can get to a hospital. Tell as many other people as possible about this. It could save their lives!!

