

# ***HOUSTON DEAF SENIOR CITIZENS NEWSLETTER***

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## ***Happy Valentine's Day***

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



***2005***

March 11, 2005 (Fri) ~ Victoria

April 8, 2005 (Fri) ~ Bayou Wildlife Park in  
Alvin & Kemah Boardwalk

May 13, 2005 (Fri) ~ Bastrop

June 10, 2005 (Fri) ~ Mexia

### ***HEALTH TIP***

#### ***IS IT A STROKE?***

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking three simple questions:

Ask the individual to smile.

Ask him or her to raise both arms.

Ask the person to speak a simple sentence.

If he or she has trouble with any of these tasks, call 9-1-1 immediately and describe the symptoms to the dispatcher.

After discovering that a group of non-medical volunteers could identify facial weakness, arm weakness and speech problems, researchers urged the general public to learn the three questions. They presented their conclusions at the American Stroke Association's annual meeting last February. Widespread use of this test could result in prompt diagnosis and treatment of the stroke and prevent brain damage.

Tell as many people as possible about this. It could save their lives!

