

New Faces at 24-Hour Care

Tiffany Barnes, RN
 Nursing Supervisor
 Iowa



Tammie Hesselman, RN
 Nursing Supervisor
 Illinois



INDIAN CUCUMBER AND TOMATO SALAD

INGREDIENTS

- 1½ tsp cumin seeds
- Plain natural yogurt for drizzling
- 6 well-flavored Red tomatoes, chopped into small pieces
- 1 cucumber, peeled, deseeded and diced
- 4 radishes, cut into matchsticks
- ¼ red onion, very finely chopped
- Torn leaves from 8 sprigs mint
- 15g (½oz) coriander leaves, very roughly chopped
- 2 tbsp. lime juice
- 1½ tbsp. olive oil
- 1 small green chili, halved, de-seeded and very finely chopped

DIRECTIONS

Put everything except the cumin seeds and yogurt into a bowl. Toast the cumin seeds in a dry frying-pan for about a minute – you should be able to really smell their aroma – and throw these in. Mix everything and season. Drizzle with a little plain yogurt and serve.

Welcome To Our New Employees



Amanda, CNA



Kazi, CNA

STROKE PREVENTION

Most people can share a story about stroke—whether they know someone who has been affected, suffered one themselves, or are working to reduce their own risk factors. In fact, every year, nearly 800,000 Americans have a stroke. On average in the U.S., one person dies from stroke every four minutes. Stroke is the fifth leading cause of death in the U.S. and the leading cause of adult disability. But there is good news: **Up to 80 percent of strokes can be prevented.** Knowing how to identify a stroke, learning the risk factors, and recognizing and responding quickly to a stroke all will help in reducing the impact of stroke. See the next page for warning signs of a stroke.

BACK TO SCHOOL



Z C M A G E C O V W B R S J N
 A N A G T C N S W A O E U O Q
 U D B F L G E R C V M H B K E
 R L I O E Z N K O H B C P L V
 P K C J Z T P I G L S A Z L Z
 R K S I V A E J N T L E K O N
 I X U E C A X R N R X T G C Y
 N Q L K D L N E I T A R C K R
 C K R O W E M O H A W E N E F
 I L L E B N S D U L E N L R Y
 P K E Y G C H A L K B O A R D
 A J B I N D E R Z X R U H W P
 L S S P V B N Y U S O K D T K
 C S I K T G P R B L Y C U I I
 A F W G K T E N A P P R N N B

- Backpack
- Assignments
- Bell
- Binder
- Cafeteria
- Chalkboard
- Clock
- Desk
- Enroll
- Homework
- Learning
- Locker
- Teacher
- Quizzes
- Principal
- Bus

ACT FAST

Call 9-1-1 IMMEDIATELY at any sign of a stroke. Stroke is an emergency.

Use FAST to remember warning signs of stroke:



FACE: Ask the person to smile. Does one side of the face droop?



ARMS: Ask the person to raise both arms. Does one arm drift downward?



SPEECH: Ask the person to repeat a simple phrase. Is their speech slurred or strange?



TIME: If you observe any of these signs, call 9-1-1 immediately.

NOTE THE TIME WHEN ANY SYMPTOMS FIRST APPEAR. You may be eligible to receive the FDA approved treatment for ischemic stroke, intravenous tPA, if you get to the hospital within 3 to 4.5 hours.

Unique Holidays

3rd—National Watermelon Day
 6th—International Forgiveness Day
 13th—Left Handers Day
 26th—National Dog Day—This day is intended to honor dogs for all that they do for us. In addition to giving love and companionship, dogs help us out in countless ways. They are watchdogs for our safety. They lead the blind. Dogs aid in search and rescue, and they seek out bombs and drugs. The second goal of National Dog Day is to rescue dogs in need. Lend a hand to help a dog in need today, or any day. President George W. Bush, a dog owner himself, sent a letter to the foundation in support of National Dog Day.



Anniversaries

Chris
 1 year

Thank you for your dedication and service to 24-Hour Care and our clients!

If you would like to be removed from our mailing list please call Ann at 815-777-2424.