

CEDAR RAPIDS  
319-294-3527

CEDAR FALLS  
319-277-1936

CORALVILLE  
319-248-0270

DAVENPORT  
563-823-0920

DUBUQUE  
563-239-1994

# COMFORT CARE CHATTER

## May Birthdays

Happy Birthday to YOU!

Katharine S.	HCA	CR	5.3
Cindy C.	RN	CR	5.6
Jeanette H.	HCA	CO	5.11
Stephanie H.	HCA	IP	5.12
Jessica B.	Sched.	CR	5.14
Holly M.	HCA	IP	5.15
Kristin B.	Clin. Rec.	DV	5.18
Lawrencia R.	HCA	CR	5.18
Lindsey B.	Dir. HR	CR	5.19
Darcy M.	HCA	DV	5.23
Lynne J.	HCA	DV	5.23
Crystal T.	HCA	CR	5.24
Syleena G.	HCA	CO	5.24
Courtney U.	RN	CF	5.25
Cindy G.	RN	CF	5.28

May 2019 Issue

Also available online at  
[www.comfortcareia.com](http://www.comfortcareia.com)

NOW YOU CAN FIND US ON  
FACEBOOK, SNAPCHAT,  
INSTAGRAM & TWITTER!  
*Find & Follow us Today!*



**Search the following to  
find & follow Comfort  
Care!**

**Facebook:** Comfort Care  
Medicare, Inc.

**Snapchat:** comfortcareia

**Instagram:** comfortcareia

**Twitter:** comfortcareiowa

SPRING  
is finally here!

# May is National Stroke Awareness Month

Each year in the United States, there are more than 800,000 strokes. Stroke is a leading cause of death in the country and causes more serious long-term disabilities than any other disease. Nearly three-quarters of all strokes occur in people over the age of 65 and the risk of having a stroke more than doubles each decade after the age of 55.

## KNOW YOUR RISK. LOWER YOUR RISK.

**KNOW  
STROKE**

[stroke.nih.gov](http://stroke.nih.gov)

Every **40** seconds,  
someone has a stroke

The good news is that stroke can be prevented.

## WHAT IS A STROKE?

A stroke, sometimes called a "brain attack," occurs when blood flow to the brain is interrupted.



## 2 MAJOR KINDS OF STROKE

**MOST COMMON:**

### Ischemic stroke

is caused by a blockage of blood vessels in the neck or brain, most often caused by a blood clot or severe narrowing of the blood vessels.

**SECOND MOST COMMON:**

### Hemorrhagic stroke

is caused by a blood vessel in the brain that breaks and bleeds into the brain.



Exercise



Eat Healthy



Control Cholesterol



Manage Diabetes



Quit Smoking

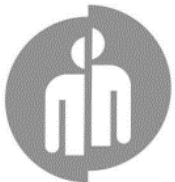


Treat High Blood Pressure

## KNOW STROKE | SIGNS

Make the stroke call. 9-1-1  
[stroke.nih.gov](http://stroke.nih.gov)

**KNOW  
STROKE**



**SUDDEN WEAKNESS  
ON ONE SIDE**



**SUDDEN TROUBLE  
WALKING**



**SUDDEN TROUBLE  
SEEING**



**SUDDEN TROUBLE  
SPEAKING**



**SUDDEN SEVERE  
HEADACHE**

## REMINDER


CLIENTS & COMFORT CARE STAFF, PLEASE REMEMBER TO CALL THE OFFICE WHENEVER YOU HAVE A SCHEDULE CHANGE!

# Brain Teasers

## Last Month's Answers

Narrow Escape  
Too Little, Too Late  
Scatter Brain  
Lower the Boom

## *This Month's Teaser*



	1	2	3	4
A	$\frac{\text{END}}{\text{END}}$	TH EN	000 circus	LA <b>+</b>
B	4T A.M.s 4T P.M.s	HOME	VANISHECAIR	ICE <sup>3</sup>

Do you have a big announcement? A thank you? A great photo? Send your input for the Chatter to Taylor and she will add it to next month's newsletter!

[tfeltes@comfortcareia.com](mailto:tfeltes@comfortcareia.com)

