



The Owl Post

The Monthly Newsletter of the OWLS Activity Center



Dates to Look Out For

"AS FULL OF SPIRIT AS THE MONTH OF MAY..."

This month is Mental Health Awareness Month, Asian American and Pacific Islander Month, Celiac Disease Awareness Month, and Stroke Awareness Month.

- **Beltane** (May 1st) - Beltane, or May Day, is celebrated every year on May 1.
- **Cinco de Mayo** (May 5th) - Cinco de Mayo 2023 is a celebration that is observed, yearly, on May 5. It is a day that commemorates the Mexican army's victory, on May 5, 1862, over France. In the United States, Cinco de Mayo has become associated with the celebration of Mexican-American culture.
- **Mother's Day** (May 14th) - A day that commemorates motherhood and appreciates all mothers and mother figures as well as their contribution to society.
- **Armed Forces Day** (May 20th) - A day dedicated to paying tribute to men and women who currently serve in the United States armed forces. The inception of this Armed Forces Day dates back to 31 August 1949.
- **Pentecost** (May 28th) - Pentecost, also known as White Sunday, is a religious holiday that celebrates the coming of the Holy Spirit on the early followers of Jesus Christ and also recognizes the day that the church was established.
- **Memorial Day** (May 29th) - A day that commemorates all men and women who have died while serving in the military for the United States of America.

FROM THE ALMANAC:

May's birthstone is the **emerald**. It was a favorite of the Egyptian queen Cleopatra. Its rich green color has made it a sought-after gem for jewelry, and for centuries it has been thought to possess healing powers and reduce stress.

May's birth flowers are the **lily of the valley** and **hawthorn**. In Victorian times, the lily of the valley meant a "return to happiness." They represent sweetness and purity. The hawthorn is a longstanding symbol of hope.

The astrological signs are **Taurus** (April 20 – May 20) and **Gemini** (May 21 – June 20).

THE WCCA NEWSLETTER IS PROVIDED TO OUR CLIENTS AND OTHERS IN WISE COUNTY. IT IS EDITED BY FINN CRYER FOR THE WISE COUNTY COMMITTEE ON AGING.

May Activities at the Center 2023

SUN	MON	TUES	WED	THURS	FRI	SAT
	1 Bingo 9:30 Lunch 11:30 	2 Crochet Class / Horticulture Club 10:00 Tuesday Talk (Mystery Speaker) 11:15 Lunch 11:30	3 Bingo 9:30 Lunch 11:30 Book Club (The Christie Affair by Nina de Gramont) 12:30	4 42 and Other Games 9:00 Lunch 11:30	5 Cinco de Mayo Arts & Crafts / Découpage 10:00 Lunch 11:30 	6
7	8 Bingo 9:30 Lunch 11:30	9 Tech Help with Decatur Public Library 10:00 Tuesday Talk (Mental Health Awareness) 11:15 Lunch 11:30	10 Bingo 9:30 Lunch 11:30 Birthday Cake from Angels Care! 	11 42 and Other Games 9:00 Lunch 11:30	12 Arts & Crafts / Découpage 10:00 Lunch 11:30 	13
14	15 Bingo 9:30 Lunch 11:30	16 Crochet Class / Horticulture Club 10:00 Tuesday Talk (Fraud Protection) 11:15 Lunch 11:30	17 Bingo 9:30 Lunch 11:30	18 42 and Other Games 9:00 Lunch 11:30	19 Arts & Crafts / Découpage 10:00 Lunch 11:30 	20
21	22 Bingo 9:30 Lunch 11:30	23 Tech Help with Decatur Public Library 10:00 Tuesday Talk (Mystery Speaker) 11:15	24 Bingo 9:30 Lunch 11:30	25 42 and Other Games 9:00 Lunch 11:30 Stroke Support Group 2:00 PM	26 Arts & Crafts / Découpage 10:00 Lunch 11:30 	27
28	29 Memorial Day Bingo 9:30 Lunch 11:30 	30 Crochet Class / Horticulture Club 10:00 Tuesday Talk (Mystery Speaker) 11:15	31 Bingo 9:30 Lunch 11:30			

Located at 1200 N Miller St, Decatur, TX
 Open Monday through Thursday, 9 AM to 1 PM
 Friday, 9 AM to 3:30 PM

Answers to This Month's Puzzles

May 2023

RUNNING BEHIND

By Henry Quarters



"And a bird overhead sang Follow,
And a bird to the right sang Here;
And the arch of the leaves was hollow,
And the meaning of May was clear."

-Algernon Charles Swinburne



HIDDEN QUOTATION
BY
Roland R. Kemler





The girls danced around the maypole on May day.

Know Your Risk for Stroke

REPRINT FROM NATIONAL CENTER FOR CHRONIC DISEASE PREVENTION AND HEALTH PROMOTION , DIVISION FOR HEART DISEASE AND STROKE PREVENTION

Anyone can have a stroke at any age. But certain things can increase your chances of having a stroke. The best way to protect yourself and your loved ones from a stroke is to understand your risk and how to control it.

While you can't control your age or family history, you can take steps to lower your chances of having a stroke.

What health conditions increase the risk for stroke?

Many common medical conditions can increase your chances of having a stroke. Work with your healthcare team to control your risk.

Previous stroke or transient ischemic attack (TIA)

If you have already had a stroke or a transient ischemic attack (TIA), also known as a "mini-stroke," your chances of having another stroke are higher.

High blood pressure

High blood pressure is a leading cause of stroke. It occurs when the pressure of the blood in your arteries and other blood vessels is too high.

There are often no symptoms of high blood pressure. Get your blood pressure checked often. If you have high blood pressure, lowering your blood pressure through lifestyle changes or medicine can also lower your risk for stroke.

High cholesterol

Cholesterol is a waxy, fat-like substance made by the liver or found in certain foods. Your liver makes enough

for your body's needs, but we often get more cholesterol from the foods we eat. If we take in more cholesterol than the body can use, the extra cholesterol can build up in the arteries, including those of the brain. This can lead to the narrowing of the arteries, stroke, and other problems.

A blood test can tell your doctor if you have high levels of cholesterol and triglycerides (a related kind of fat) in your blood.

Heart disease

Common heart disorders can increase your risk for stroke. For example, coronary artery disease increases your risk for stroke, because plaque builds up in the arteries and blocks the flow of oxygen-rich blood to the brain.

Other heart conditions, such as heart valve defects, irregular heartbeat (including atrial fibrillation), and enlarged heart chambers, can cause blood clots that may break loose and cause a stroke.

Diabetes

Diabetes increases your risk for stroke. Diabetes causes sugars to build up in the blood and prevent oxygen and nutrients from getting to the various parts of your body, including your brain. High blood pressure is also common in people with diabetes. High blood pressure is the leading cause of stroke and is the main cause of the increased risk of stroke among people with diabetes.

Talk to your doctor about ways to keep diabetes under control.

Signs of Stroke in Men And Women

If any of the following signs appear suddenly, call 9-1-1 right away.



Numbness or weakness in the face, arm, or leg, especially on one side of the body.



Confusion or trouble speaking or understanding speech.



Trouble seeing in one or both eyes.



Trouble walking, dizziness, or problems with balance.



Severe headache with no known cause.



Obesity

Obesity is excess body fat. Obesity is linked to higher "bad" cholesterol and triglyceride levels and to lower "good" cholesterol levels. Obesity can also lead to high blood pressure and diabetes.

Sickle cell disease

Sickle cell disease is a blood disorder linked to ischemic stroke that affects mainly Black children. The disease causes some red blood cells to form an abnormal sickle shape. A stroke can happen if sickle cells get stuck in a blood vessel and block the flow of blood to the brain.

What behaviors increase the risk for stroke?

Your lifestyle choices can increase your risk for stroke. The good news is that healthy behaviors can lower your risk for stroke.

Talk with your healthcare team about making changes to your lifestyle.

- Eating a diet high in saturated fats, trans fat, and cholesterol has been linked to stroke and related conditions, such as heart disease. Also, getting too much salt (sodium) in the diet can raise blood pressure levels.
- Not getting enough physical activity can lead to other health conditions that can raise the risk for stroke. These health conditions include obesity, high blood pressure, high cholesterol, and diabetes. Regular physical activity can lower your chances for stroke.
- Drinking too much alcohol can raise blood pressure levels and the risk for stroke. It also increases levels of triglycerides, a form of fat in your blood that can harden your arteries.
 - Women should have no more than one drink a day.
 - Men should have no more than two drinks a day.
- Tobacco use increases the risk for stroke.
 - Cigarette smoking can damage the heart and blood vessels, increasing your risk for stroke.
 - Nicotine raises blood pressure.
 - Carbon monoxide from cigarette smoke reduces the amount of oxygen that your blood can carry.
 - Exposure to secondhand smoke can make you more likely to have a stroke.

Family history and other characteristics that increase risk for stroke

Family members share genes, behaviors, lifestyles, and environments that can influence their health and their risk for disease. Stroke risk can be higher in some families than in others, and your chances of having a stroke can go up or down depending on your age, sex,

and race or ethnicity. The good news is you can take steps to prevent stroke. Work with your healthcare team to lower your risk for stroke.

Genetics and family history

When members of a family pass traits from one generation to another through genes, that process is called heredity.

- Genetic factors likely play some role in high blood pressure, stroke, and other related conditions. Several genetic disorders can cause a stroke, including sickle cell disease. People with a family history of stroke are also likely to share common environments and other potential factors that increase their risk. The chances for stroke can increase even more when heredity combines with unhealthy lifestyle choices, such as smoking cigarettes and eating an unhealthy diet. Find out more about genetics and disease on CDC's Office of Public Health Genomics website.
- Family health history is a record of the diseases and health conditions that happen in your family. Family health history is a useful tool for understanding health risks and preventing health problems. To help people collect and organize their family history information, CDC's Office of Public Health Genomics worked with the U.S. Surgeon General and other federal agencies to develop a web-based tool called My Family Health Portrait.

Age

The older you are, the more likely you are to have a stroke. The chance of having a stroke about doubles every 10 years after age 55. Although stroke is common among older adults, many people younger than 65 years also have strokes.

In fact, about one in seven strokes occur in adolescents and young adults ages 15 to 49.³ Experts think younger people are having more strokes because more young people have obesity, high blood pressure, and diabetes.

Sex

Stroke is more common in women than men, and women of all ages are more likely than men to die from stroke. Pregnancy and use of birth control pills pose special stroke risks for women.² Learn more about stroke in men and stroke in women.

Race or ethnicity

People who are Black, Hispanic, American Indian, and Native Alaskan may be more likely to have a stroke than non-Hispanic Whites or Asians. The risk of having a first stroke is nearly twice as high for Blacks as for Whites. Blacks are also more likely to die from stroke than Whites are.



MAY WORD SEARCH

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

By Jimmy and Evelyn Johnson - www.gets.com

Anther	Dandelion	Sage
Bark	Floret	Seed
Blossom	Genus	Snapdragon
Boquet	Larkspur	Stem
Bud	Leaf	Sunflower
Clover	Lilac	Vines
Corolla	Root	Zinnia





May Crossword

ACROSS

- 1) Quench
 6) Beach locale
 10) Issue a caveat to
 14) Personnel director, often
 15) Sometime today
 16) Cookie brand
 17) It might be jumpin'
 20) Lay waste to
 21) When the expectant are expecting
 22) Type of whale
 23) Permitted
 24) Certain beach bird
 27) " ____ will be done"
 29) Taro root
 33) St. kin
 34) Chinese dynasty (Var.)
 36) Worthy of a medal
 38) It's not proof of future success
- 41) Parting words
 42) Complain pettily
 43) When you might come down
 44) Transmit
 45) Suffix for a world record
 46) Expression of praise (Var.)
 47) Personals, e.g.
 49) Select carefully
 52) Like some elephants
 56) Scared, to a stereotypical hayseed
 60) From Methuselah's time
 62) Connive
 63) Common canine name
 64) Garden bulb
 65) About half of all deliveries
 66) Addition column
 67) All in

DOWN

- 1) Certain herring
 2) "That's ____"
 3) Music and dance are two
 4) Continue
 5) Baseball miscue
 6) One who quarantines
 7) Former French coin
 8) Like an aristocrat
 9) Follow afterward
 10) Furniture material
 11) La Scala solo
 12) Cost of living?
 13) School jotting
 18) Soused one's sound
 19) Boeing 757, e.g.
 24) Spanish finger foods
 25) Avoid doing
 26) Fir tree exudation
 28) Angry fits
 29) Good bit of history
 30) Beneficiary
 31) Pronouncements
 32) Indian or Atlantic
 34) PC "brain"
 35) Spell
 36) Many mins.
 37) Pair of jammies?
 39) One of the Kennedys
 40) Shunned ones
 45) Break out of jail
 46) Emphasize the importance of
 47) Consumed
 48) Performed, in Shakespeare
 50) Alien craft
 51) Some boxing blows
 52) Dangerous snakes
 53) It holds plenty of fodder
 54) Get ____ a good thing
 55) Play divisions
 57) Part in a sitcom
 58) One of "The Waltons"
 59) U.S. govt. subgroup
 61) "Hither" partner

RUNNING BEHIND

By Henry Quarters

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17					18					19				
20							21							
			22					23						
24	25	26				27	28				29	30	31	32
33				34	35				36	37				
38			39					40						
41						42					43			
44					45				46					
			47	48			49	50	51					
52	53	54	55				56				57	58	59	
60						61								
62					63				64					
65						66			67					





NOTICIAS

ABUELITOS UNIDOS DEL CONDADO DE WISE



Boletín de Noticias



FIESTA DEL CINCO DE MAYO

¡Te invitamos a celebrar el cinco de mayo con nosotros! Tendremos ricos tacos cortesía de Patio Tacos y bailable mexicano cortesía de los estudiantes de Bridgeport.

MENU DEL MES

Viernes 5	Viernes 12	Viernes 19	Viernes 26
Carne de Puerco	Jamon	Meatloaf	BBQ
Granos de pozole ensalada	Macaroni con queso	papas brocoli con queso vegetales	papas rojas elote



Manualidades con Margarita

ACTIVIDADES

- Viernes 5- Festividades del Cinco de Mayo
- Viernes 12-Nutrición
- Viernes 19-Manualidades
- Viernes 26- pastel y cardio



Cumpleaños del mes de marzo

Cada último viernes del mes tendremos pastelito para los cumpleaños del mes. En el mes de marzo celebramos a los Abuelitos Luevanos, Whiddon y Lara. Muchas felicitaciones a estos Abuelitos!

Sigue nuestra Pagina en el Facebook:
Abuelitos Unidos del Condado de Wise

ABUELITOS UNIDOS DEL CONDADO DE WISE

EDICIÓN 4

MAYO

SOCIEDAD

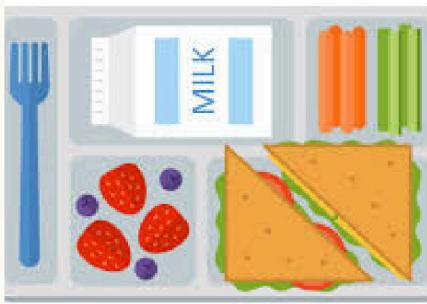


CARDIO CON MRS. LARA

Cardio con Mrs. Lara es una clase divertida que combina la diversión con el ejercicio y música. Te invitamos el 26 de abril. ¡No te lo pierdas!

NUTRICIÓN

Conoce los hechos sobre etiquetas nutricionales, grasas, sodio y azúcares con Mrs. Jackie el 12 de mayo.



ABUELITOS DE LA SEMANA

Abuelitos Unidos del Condado de Wise lanza un nuevo proyecto llamado "Abuelitos de la semana." Esta iniciativa para festejar a nuestros Abuelitos es conducida por Alex Austin y Abuelita Nina Núñez.



Abuelitos de la semana incluyen:
Nina Núñez,
Jacinto Juárez,
Margarita Sierra,
Alberto Lara,
Margarita
Gallegos y Ubaldo
Luevanos

GANADORES DEL MES

Los Abuelitos divirtiéndose mucho jugando lotería. Felicidades a todos los ganadores.



Conozca su riesgo de accidente cerebrovascular

IMPRIMIR DE NATIONAL CENTER FOR CHRONIC DISEASE PREVENTION AND HEALTH PROMOTION, DIVISION FOR HEART DISEASE AND STROKE PREVENTION

Cualquiera puede tener un accidente cerebrovascular a cualquier edad. Pero ciertas cosas pueden aumentar las probabilidades de sufrir uno. La mejor manera de protegerse y de proteger a los seres queridos de un accidente cerebrovascular es comprender el riesgo y cómo controlarlo.

Si bien no se puede controlar la edad o los antecedentes familiares, se pueden adoptar medidas para disminuir las probabilidades de tener un accidente cerebrovascular.

¿Qué afecciones de salud aumentan el riesgo de accidente cerebrovascular?

Muchas afecciones médicas frecuentes pueden aumentar las probabilidades de sufrir un accidente cerebrovascular. Trabaje con su equipo de atención médica para controlar su riesgo.

Accidente cerebrovascular previo o accidente isquémico transitorio (AIT)

Si ya tuvo un accidente cerebrovascular o un accidente isquémico transitorio (AIT), también conocido como "mini accidente cerebrovascular", las probabilidades de tener otro accidente cerebrovascular son más altas.

Presión arterial alta

La presión arterial alta es una de las principales causas de accidente cerebrovascular. Aparece cuando la presión de la sangre en las arterias y otros vasos sanguíneos es demasiado alta.

A menudo la presión arterial alta no tiene síntomas. Controle su presión arterial con frecuencia. Si tiene presión arterial alta, bajar la presión arterial mediante cambios en el estilo de vida o con medicamentos también puede reducir su riesgo de sufrir un accidente cerebrovascular.

Colesterol alto

El colesterol es una sustancia cerosa parecida a la grasa que produce el hígado o que se encuentra en determinados alimentos. El hígado produce la cantidad suficiente que el cuerpo necesita, pero a menudo recibimos más colesterol de los alimentos que comemos. Si ingerimos más colesterol que el que el cuerpo puede usar, el colesterol extra puede acumularse en las arterias, incluidas las arterias del cerebro. Eso puede conducir a un estrechamiento de las arterias, a un accidente cerebrovascular o a otros

problemas.

Mediante un análisis de sangre, su médico puede saber si usted tiene niveles altos de colesterol y triglicéridos (un tipo de grasa relacionada) en la sangre.

Enfermedad cardíaca

Algunos trastornos cardíacos frecuentes pueden aumentar el riesgo de accidente cerebrovascular. Por ejemplo, la arteriopatía coronaria aumenta el riesgo de accidente cerebrovascular, porque se acumula placa en las arterias y obstruye el flujo de sangre con alto contenido de oxígeno hacia el cerebro.

Otras afecciones cardíacas, como los defectos de las válvulas del corazón, los latidos irregulares (incluida la fibrilación auricular) y un agrandamiento de las cámaras del corazón, pueden producir coágulos de sangre que pueden desprenderse y provocar un accidente cerebrovascular.

Diabetes

La diabetes aumenta el riesgo de accidente cerebrovascular. La diabetes produce una acumulación de azúcares en la sangre e impide que el oxígeno y los nutrientes lleguen a diversas partes del cuerpo, incluido el cerebro. La presión arterial alta también es habitual en personas que tienen diabetes. La presión arterial alta es la principal causa de accidente cerebrovascular y es la principal causa de aumento del riesgo de accidente cerebrovascular en personas con diabetes.

Hable con su médico acerca de las maneras para mantener su diabetes bajo control.

Obesidad

La obesidad es un exceso de grasa corporal. La obesidad está vinculada a niveles más altos de colesterol "malo" y triglicéridos y a niveles más bajos de colesterol "bueno". La obesidad también puede llevar a presión arterial alta y diabetes.

Enfermedad de células falciformes.

La enfermedad de células falciformes es un trastorno de la sangre vinculado al accidente cerebrovascular isquémico que afecta principalmente a los niños negros. La enfermedad hace que algunos glóbulos rojos desarrollen una forma anormal de hoz. Se puede producir un accidente cerebrovascular si las células falciformes quedan atrapadas en un vaso sanguíneo y obstruyen el flujo de sangre al cerebro.

¿Qué comportamientos aumentan el riesgo de accidente cerebrovascular?

Algunas elecciones del estilo de vida pueden aumentar el riesgo de accidente cerebrovascular. La buena noticia es que los comportamientos saludables pueden reducir el riesgo de accidente cerebrovascular.

Hable con su equipo de atención médica acerca de hacer cambios en su estilo de vida.

- Una alimentación con alto contenido de grasas saturadas, grasas trans y colesterol se ha vinculado al accidente cerebrovascular y a afecciones relacionadas, como la enfermedad cardíaca. También el consumo de demasiada sal (sodio) en la dieta puede aumentar los niveles de presión arterial.
- No hacer suficiente actividad física puede conducir a otras afecciones de salud que pueden aumentar el riesgo de accidente cerebrovascular. Esas afecciones de salud incluyen obesidad, presión arterial alta, colesterol alto y diabetes. La actividad física regular puede reducir las probabilidades de sufrir un accidente cerebrovascular.
- Tomar demasiado alcohol puede aumentar los niveles de presión arterial y el riesgo de accidente cerebrovascular. También aumenta los niveles de triglicéridos, una forma de grasas en la sangre que puede endurecer las arterias.
 - Las mujeres no deben consumir más de una bebida al día.
 - Los hombres no deben consumir más de dos bebidas al día.
- El consumo de tabaco aumenta el riesgo de accidente cerebrovascular.
 - Fumar cigarrillos puede dañar el corazón y los vasos sanguíneos, y eso aumenta el riesgo de accidente cerebrovascular.
 - La nicotina aumenta la presión arterial.
 - El monóxido de carbono del humo del cigarrillo reduce la cantidad de oxígeno que puede transportar la sangre.
 - La exposición al humo de segunda mano puede aumentar las probabilidades de que sufra un accidente cerebrovascular.

Antecedentes familiares y otras características que aumentan el riesgo de accidente cerebrovascular

Los integrantes de las familias comparten genes, comportamientos, estilos de vida y ambientes que pueden influir en su salud y su riesgo de enfermedad. El riesgo de accidente cerebrovascular puede ser más alto en algunas familias, y las probabilidades de tener un accidente cerebrovascular pueden aumentar o disminuir según la edad, el sexo y la raza u origen étnico.

La buena noticia es que se pueden tomar medidas para prevenir el accidente cerebrovascular. Trabaje con su equipo de atención médica para disminuir su riesgo de accidente cerebrovascular.

La genética y los antecedentes familiares

Cuando los miembros de una familia transmiten rasgos de una generación a otra a través de los genes, ese proceso se denomina herencia.

- Es probable que los factores genéticos tengan algún rol en la presión arterial alta, el accidente cerebrovascular y otras afecciones relacionadas. Varios trastornos genéticos pueden causar un accidente cerebrovascular, incluida la enfermedad de células falciformes. También es probable que las personas con antecedentes familiares de accidente cerebrovascular compartan entornos y otros posibles factores que aumentan su riesgo. Las probabilidades de un accidente cerebrovascular pueden aumentar todavía más cuando la herencia se combina con elecciones poco saludables del estilo de vida, como fumar cigarrillos y tener una alimentación poco saludable. Vea más información acerca de la genética y las enfermedades en el sitio web de la Oficina de Genómica en Salud Pública de los CDC.
- Los antecedentes médicos familiares consisten en un registro de las enfermedades y afecciones de salud presentes en su familia. Los antecedentes médicos familiares son una herramienta útil para comprender los riesgos para la salud y prevenir problemas de salud. Para ayudar a las personas a recopilar y organizar su información sobre antecedentes familiares, la Oficina de Genómica en Salud Pública de los CDC colaboró con la Dirección General de Salud Pública de los EE. UU. y otras agencias federales para crear una herramienta en línea llamada Mi retrato de salud familiar.

Edad

A medida que la edad aumenta, es más probable sufrir un accidente cerebrovascular. Las probabilidades de tener un accidente cerebrovascular aproximadamente se duplican cada 10 años a partir de los 55 años. Aunque el accidente cerebrovascular es frecuente entre los adultos mayores, muchas personas menores de 65 también tienen accidente cerebrovascular.

De hecho, alrededor de uno de cada siete accidentes cerebrovasculares ocurren en adolescentes y adultos jóvenes, de 15 a 49 años.³ Los expertos creen que las personas más jóvenes están sufriendo más accidentes cerebrovasculares porque hay más jóvenes con obesidad, presión arterial alta y diabetes.

Más información en:

https://www.cdc.gov/stroke/risk_factors_esp.htm

Menu is subject to change due to availability.
We apologize for any inconvenience.

Wise County Committee on Aging May 2023

Wise County Committee on Aging May 2023					
Monday 5/1/2023		Tuesday 5/2/2023		Wednesday 5/3/2023	
Chicken and Sausage Gumbo Fluffy Rice Okra Cornbread Mandarin Oranges	Chicken Parmesan Egg Noodles Italian Green Beans Garlic Bread Fresh Baked Cookie	Beef Steak Fingers Cream Gravy Mashed Potatoes Carrots Wheat Bread	Charbroiled Beef Patty Baked Beans Oven Baked French Fries Lettuce, Tomato, Onion Hamburger Bun	BBQ Ribs Baked Beans Oven Baked French Fries Lettuce, Tomato, Onion Hamburger Bun	Santa Fe Pork Cutlet Southern Hominy Tossed Salad Dressing Wheat Roll Fruit Crisp
Monday 5/8/2023	Tuesday 5/9/2023	Wednesday 5/10/2023	Thursday 5/11/2023	Friday 5/12/2023	Friday 5/13/2023
Chicken Salad on Lettuce Pasta Salad Wheat Roll Chunky Fruit Medley Oatmeal Raisin Cookie	Pork Loin Red Roasted Potatoes Green Beans Mandarin Orange Fluff	Beef Tips Bowtie Pasta Steamed Baby Carrots Wheat Roll	Chicken Fried Steak Cream Gravy Mashed Potatoes Green Beans	Sliced Ham Macaroni & Cheese Greens Cornbread Assorted Yoghurt	Southern Hominy Tossed Salad Dressing Wheat Roll Fruit Crisp
Monday 5/15/2023	Tuesday 5/16/2023	Wednesday 5/17/2023	Thursday 5/18/2023	Friday 5/19/2023	Friday 5/20/2023
Orange Glazed Pork Chops Herb Roasted Potatoes Carrots Wheat Roll Apricots	Rosemary Chicken Breast Yams French Cut Green Beans Wheat Rolls Pineapple Chunks	Beef Stroganoff Parsley Noodles Brussels Sprouts Wheat Rolls Angel Food Cake w/Strawberry Topping	Sweet & Sour Chicken Fried Rice Oriental Vegetables Vegetable Pork Egg Roll Mandarin Orange & Cherries	Glazed Meatloaf Mashed Potatoes Parmesan Cheese w/Broccoli Dinner Roll Cinnamon Apples	Southern Hominy Tossed Salad Dressing Wheat Roll Fruit Crisp
Monday 5/22/2023	Tuesday 5/23/2023	Wednesday 5/24/2023	Thursday 5/25/2023	Friday 5/26/2023	Friday 5/27/2023
Chicken Taco Salad w/ Shredded Cheese Pinto Beans Tortilla Chips Picadillo, Dressing Fresh Fruit	Hamburger w/ Bin & slice of cheese French Fries Chuck Wagon Beans Lettuce, Tomato, Onion Seasonal Fresh Fruit	Grilled Chicken Breast Red Beans & Rice Okra Cuts Cornbread Mandarin Orange Fluff	Spaghetti & Meat Sauce Italian Green Beans Fresh Tossed Salad Dressing Garlic Bread Hot Cinnamon Apples	BBQ Beef on Bun Roasted Red Potatoes Buttered Corn Strawberries & Peaches	Southern Hominy Tossed Salad Dressing Wheat Roll Fruit Crisp
Monday 5/29/2023	Tuesday 5/30/2023	Wednesday 5/31/2023			
Breaded Baked Fish Southwest Lentils Coleslaw Wheat Roll Escalloped Peaches	Lemon Pepper Chicken Rice Pilaf Broccoli Wheat Roll Angel Food Cake	BBQ Riblet Chuckwagon Corn Squash Medley Wheat Roll Banana Pudding w/Wafers			





MAY 2023



Don't let allergies and colds slow you down! Some things to remember especially if you are feeling unwell:

- Wash your hands!
- Keep social distance (six feet apart)
- Wear a mask/cover your nose & mouth in public if you can!
- If you're sick, stay home!
- If you have the flu or COVID, tell us so we know!

Highlights from April
Did you get snapped last month?
Check below and also on our social media to see if you were snapped!



nami
National Alliance on Mental Illness

Mental Health Awareness Month

MORE THAN enough

All people, no matter where they are on their mental health journey, are deserving of support, resources, fulfillment and a community that cares.

nami.org/mentalhealthmonth



How You Can Help the WCCA

- Donate to the WCCA.
- Donate to United Way of Wise County through your work and ask it to be earmarked for WCCA.
- Donate through your workplace's HR Department. Did you know that many national companies have a Super PAC matching your donation? Your \$100 becomes \$200 and helps that many more seniors!
- Volunteer to help deliver meals once a month, weekly, or as often as possible! Every extra person delivering meals means a senior that gets a hot meal that day.
- Volunteer at the OWLS Activity Center.

You are welcome to join us at Congregate Meals! Monday through Friday. We are at the OWLS Activity Center in Decatur. Activities begin at 9 AM. Meals are always served at 11:30 AM!