



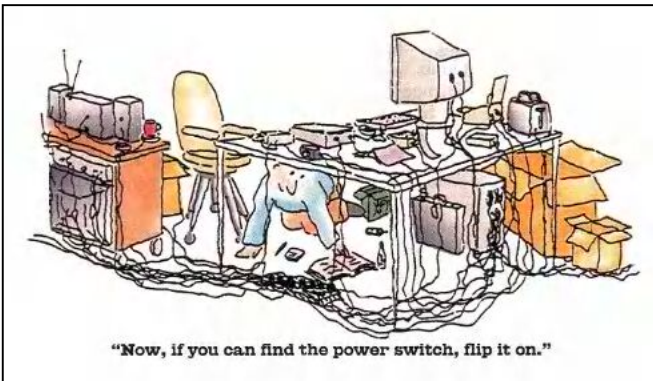
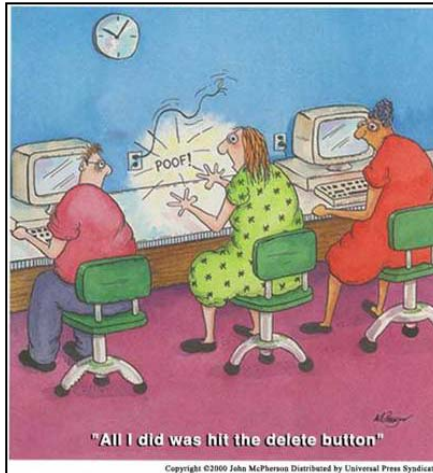
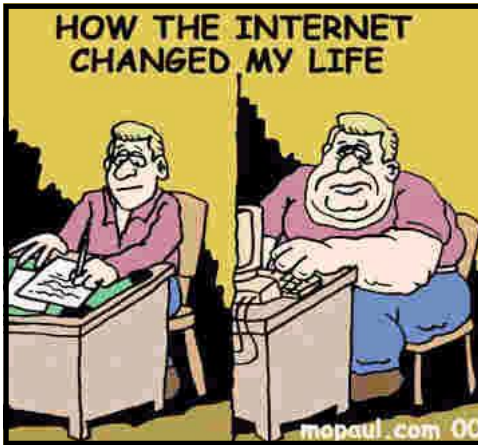
JANUARY 2012

JESPY HEALTH NEWSLETTER

COMPUTER HUMOR

**GROUPRX
MEDICATION
DELIVERY
WEDNESDAY
JANUARY 11TH**

JESPY 3 3:30-5 PM



LIFE BEFORE THE COMPUTER

- * Memory was something that you lost with age
- * An application was for employment
- * A program was a TV show
- * A cursor used profanity
 - * A keyboard was a piano
 - * A web was a spider's home
 - * A virus was the flu
 - * A CD was a bank account
- * A hard drive was a long trip on the road
- * A mouse pad was where a mouse lived
- * And if you had a 3 1/2 inch floppy
....you just hoped nobody found out



Ever notice, the older we get, the more we're like computers?



We start out with lots of MEMORY and DRIVE then we become outdated, and eventually have to get our parts replaced...;)



Computers really have changed our access to information in our homes. If you have a computer- here is a fire safety reminder you can watch:

http://www.youtube.com/watch?v=V5X-mO_WRkU&feature=related

It is filmed in the United Kingdom- so remember here we call 9-1-1 for all emergencies.

Watch the video with your case manager or DLS counselor before you practice your fire drill this month. If you don't have staff in your apartment-watch and practice on you own. FIRE SAFETY is always important. Start the 2012 right—look for fire hazards in your apartment today.

Remember, computers are available for use and / or instruction. Ask your case manager if you are interested.

A QUIZ- TEST YOUR KNOWLEDGE (Brain Exercise)

1. Name the one sport in which neither the spectators nor the participants know the score or the leader until the contest ends.
2. What famous North American landmark is constantly moving backward?
3. Of all vegetables, only two can live to produce on their own for several growing seasons. All other vegetables must be replanted every year. What are the only two perennial vegetables?
4. What fruit has its seeds on the outside?
5. Only three words in standard English begin with the letters 'dw' and they are all common words. Name two of them.
6. There are 14 punctuation marks in English grammar. Can you name at least half of them?
7. Name 6 or more things that you can wear on your feet beginning with the letter 'S.'

1. Boxing.
2. Niagara Falls ...The rim is worn down about two and a half feet each year because of the millions of gallons of water that rush over it every minute.
3. Asparagus and rhubarb.
4. Strawberry
5. Dwarf, dwell and dwindle...
6. Period, comma, colon,, semicolon, dash, hyphen, apostrophe, question mark, exclamation point, quotation mark, brackets, parenthesis, braces, and ellip- ses.
7. Shoes, socks, sandals, sneakers, slippers, skis, skates, snowshoes, stockings, stilts.

STROKE: Remember the 1st Three Letters..... S. T. R.

A STROKE can happen to anyone— young and old. Some of the reasons why people have strokes are high blood pressure, irregular heart actions (fibrillation) and from medications-especially birth control pills. A stroke happens when a blood clot gets stuck in an artery so the blood can't pass through. When this happens in neck or head arteries, the brain doesn't get enough blood and this is called a stroke.

Sometimes signs of a stroke are hard to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe 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:

S * Ask the individual to SMILE.

T * Ask the person to TALK and SPEAK A SIMPLE SENTENCE (Coherently-I.e. It is sunny out today.)

R * Ask him or her to RAISE BOTH ARMS.

If he or she has trouble with ANY ONE of these tasks, call emergency number —9-1-1 immediately and describe the symptoms to the dispatcher.

New Sign of a Stroke ----- Stick out Your Tongue

NOTE: Another 'sign'

of a stroke is this: Ask the person to 'stick' out his tongue. If the tongue is "crooked" if it goes to one side or the other that is also an indication of a stroke.

SEE THE CLOT IN THE CAROTID ARTERY IN THIS PERSONS NECK. 1/4 OF HIS BRAIN WILL NOT GET BLOOD WITH THIS TYPE OF CLOT

