



Supporting Unlimited Possibilities, Inc.
 P.O. Box 52978
 Riverside, CA 92517
 (951) 784-7280 office
 (951) 784-7351 fax
 www.supincservices.com

What' S.U.P.?



Supporting Unlimited Possibilities, Inc.

September 2016

Volume VIII, Issue IX

STROKE Act F.A.S.T. to Save lives.

Strokes are the third leading cause of death. It is the leading cause of adult disability in the United States.

A stroke occurs when a blood flow carrying oxygen and nutrients to your brain is either stopped by clots or the vessels bursts. If blood and oxygen is unable to reach the brain, the brain cells start to die and brain damage occurs.

Signs of a Stroke

It is crucial to recognize the sudden signs of a stroke:

- Numbness or weakness of the arm, leg or face, especially on one side of the body
- Confusion, trouble speaking or understanding
- Trouble seeing in one or both eyes
- Trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no apparent cause.

Women may report unique stroke symptoms:

- Face and limb pain
- Hiccups
- Nausea
- General weakness
- Chest pain
- Shortness of breath
- Palpitations

Did you know Strokes are a leading cause of serious long-term disability



If you or someone you know experience these signs do this simple test and act F.A.S.T.

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

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

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

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

For more information visit the National Stroke Association website at stroke.org.

The above information came from Preferred Care at Home



Labor Day is held in honor of working people in the United States and Canada. This is celebrated on the first Monday in September.

Ideas for this month's Newsletter came from Debbie Moore.

Happy Birthday For the Month of September:



- Larrissa Bandura 09/09
- Chenoalani Davis 9/15
- Crisheona Roberts 9/15
- Josh Oakes 9/16
- Genoveva Salazar 9/16
- Deanna Andrews 9/22
- Estella Adame 9/25
- Cooky Vice 9/27
- Gayle Blaunt 9/27
- Daoma Freeman 9/28



Employee Incentive Winners For the Month of August:

- Verenda Rosado
Broken Arrow
- Catlin Staff
Catlin
- Zachary Zuccolotto
Chicago
- Cindy Church
Mack
- Mayberry Staff
Mayberry
- Rebecca Williams-Turner
White
- Derrena Frelow
Day Program

Each employee received a gift card!!