



# Ageless

*"Your weekly guide to compassionate care"*

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**Stroke Awareness:  
Detecting the Signs and  
Acting Quickly to Save  
Lives**

**The Critical Moments That  
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**Also read- Simple Checklist  
for Stroke Prevention**

*Dear Reader,*

*At CareSync, we understand how deeply you care for your loved ones and how tough it can be. That's why we created Ageless, a weekly newsletter to support you and help you find joy again.*

*This newsletter is a part of your monthly membership package which also includes-*



**Chat Support**

*Get answers from  
Dr. Okoli.*



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*Exclusive personalized  
sessions  
(\*Additional costs apply)*

*So go on and book your session today.*

## ➤ Explore Your Stroke Awareness: Take the Quick Quiz!

If you're having trouble with your family because of caregiving, take this quick quiz to help fix things:

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Do you know the common signs of a stroke (e.g., numbness or weakness on one side)?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
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Do you know the FAST acronym (Face drooping, Arm weakness, Speech difficulty, Time to call 911)?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
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Are you aware of stroke risk factors (e.g., high blood pressure, smoking, diabetes)?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
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Do you take steps to reduce stroke risk (e.g., healthy diet, exercise, no smoking)?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
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Do you have regular check-ups to monitor stroke risk factors?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
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If you answered "No" to any of the questions above, consider taking steps to increase your awareness and preparedness regarding stroke. Being informed and ready to act can save lives. Consult with healthcare providers, participate in educational programs, and encourage others to learn about stroke signs and prevention.

Facilitating family discussions on stroke awareness and response strategies, including seeking external support from healthcare professionals or support groups, can significantly enhance preparedness and foster a proactive approach to managing stroke risks within the family unit.

## ➤ The Critical Moments That Matter

Imagine you're busy with work when your mom calls in a panic. Your dad seems strange, talking funny and having trouble moving one side of his body. It might be signs of a stroke. Knowing what to do right away can save your dad's life. This guide will help you learn about strokes and how to act fast to help your loved one. CareSync Family Caregiver Support Services can give you the tools and confidence you need.

### Understanding Stroke: A Silent, Swift Attacker

Strokes happen when blood flow to the brain stops. Without enough blood, brain cells can die fast. Knowing the signs and getting help quickly can save lives and help people recover better.

### Types of Strokes

**Ischemic Stroke:** When blood clots block brain blood vessels.

**Hemorrhagic Stroke:** When a brain blood vessel bursts.

**Transient Ischemic Attack (TIA):** Like a mini-stroke that warns of a bigger stroke.

### The FAST Acronym: Quick Recognition Saves Lives

FAST is an easy way to know if someone might be having a stroke:

**F - Face Drooping:** Ask them to smile. Does one side of their face look different?

**A - Arm Weakness:** Ask them to raise both arms. Does one arm drift down?

**S - Speech Difficulty:** Ask them to say a simple sentence. Is their speech strange?

**T - Time to Call 911:** If you see any of these signs, call 911 right away, even if they go away.



## Detailed Symptoms and What to Look For

Besides FAST, watch for:

- Confusion or trouble speaking
- Numbness or weakness on one side of the body
- Trouble seeing
- Trouble walking or feeling dizzy
- Sudden bad headache with no reason

## Acting Swiftly: What To Do When a Stroke Occurs

**Call 911 Now:** The faster they get help, the better.

**Note the Time:** When did the signs start?

**Keep Them Safe:** Lay them down on their side with their head up.

**No Food or Drink:** They might choke.

## The Emotional Toll: Managing Stress and Anxiety

Seeing a loved one have a stroke is scary. It can make you feel stressed and sad. Caregivers worry a lot about what will happen next and how to care for their loved one.

## Self-Care for Caregivers: Your Well-being Matters Too

**Get Help:** Join a group or talk to other caregivers.

**Learn More:** Keep learning about strokes and caregiving.

**Take Breaks:** Rest when you can and ask for help.

**Relax:** Try calming things like deep breathing or yoga.

## Long-term Care: Rehabilitation and Recovery

After a stroke, people might need:

**Physical Therapy:** To get stronger.

**Occupational Therapy:** To do daily tasks.

**Speech Therapy:** To talk better.

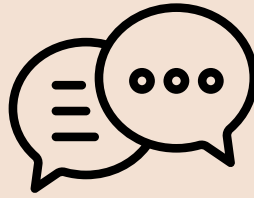
**Therapy:** To feel better emotionally.

## ➤ Your Essential CareSync Support Services

CareSync helps caregivers like you:



*Newsletter*



*Text Support*



*Coaching*

### **Real-Life-Inspired Stories: Inspiration and Lessons from Fellow Caregivers**

Meet Jessica, who saved her mom's life by knowing the signs of a stroke and acting fast. Her story shows how important it is to be ready and have help.

### **Conclusion: Empower Yourself, Empower Your Loved Ones**

Strokes can happen fast and change lives. Knowing what to do can save a life and help people get better. Learn more and get help with CareSync Family Caregiver Support Services. Sign up now to get the support and tools you need for caregiving. Let's work together to make caregiving easier and better for everyone.

### **Ready to Learn More?**

Join CareSync now and get the help you need for caregiving. Sign up and start making a difference today.

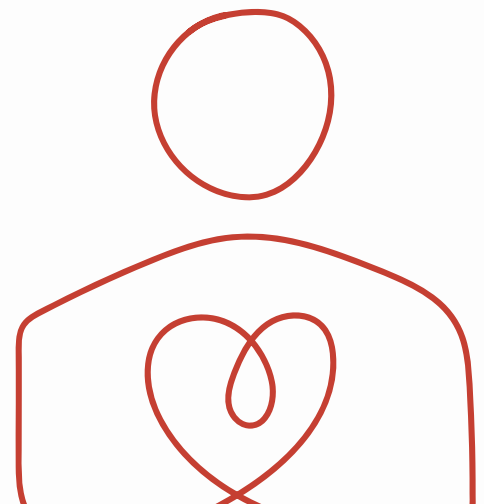
## ➤ Catch A Breath: It's Bingo time!

Take this fun bingo challenge created to keep to going happily through the week. Try to complete as many squares as you can. When you get a bingo (5 in a row, column, or diagonal), reward yourself with something special!

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Take a 10-minute walk	Share a caregiving tip	Try a new healthy recipe	Write in a gratitude journal	Call a friend for support
Practice deep breathing	Listen to your favorite song	Have a family meeting	Take a 15-minute nap	Do a fun activity with your loved one
Drink 8 glasses of water	Spend 5 minutes stretching	Finish a good book	Try a mindfulness exercise	Share a caregiving story
Prepare a meal in advance	Take a break and relax	Watch a funny video	Ask for help from a friend or family member	Organize a small space
Do a hobby you love	Compliment someone	Plan a fun outing	Make a to-do list for the week	Spend time in nature

Share your bingo progress with us for a chance to be featured in next week's newsletter!

"Taking care of yourself is part of taking care of your loved ones."



## ➤ Simple Checklist for Stroke Prevention

Strokes can be very serious, but many can be stopped by making good choices about your health and going to the doctor regularly. Use this easy checklist to help lower your chances of having a stroke.

### **Check Your Blood Pressure**

See your doctor to check your blood pressure often.

Do what your doctor says to keep your blood pressure normal.

Eat less salt.

Eat lots of fruits and vegetables.

Exercise often.

### **Control Your Diabetes**

Keep track of your blood sugar like your doctor says.

Eat foods with less sugar and carbs.

Exercise to keep your blood sugar in check.

Take your medicine as your doctor tells you.

### **Keep a Healthy Weight**

Try to stay at a good weight.

Eat a balanced diet with the right amount of food.

Exercise most days for at least 30 minutes.

### **Quit Smoking**

Get help to quit smoking, like talking to someone or using nicotine patches.

Stay away from smoke from others.

### **Limit How Much Alcohol You Drink**

Follow the rules: only one drink a day for women and two for men.

### **Stay Active**

Aim for 150 minutes of moderate exercise each week, like walking.

Do activities that make your muscles stronger on two or more days each week.

## ➤ Simple Checklist for Stroke Prevention

### **Eat Healthy Foods**

Eat lots of fruits, veggies, whole grains, and lean meats.

Eat less fats that can hurt your heart.

Cut back on sugar and foods with lots of carbs.

### **Check Your Cholesterol**

Get your cholesterol checked often.

Eat a diet that's good for your heart.

Take medicine if your doctor says you need it.

### **Know About Atrial Fibrillation (AFib)**

Know the signs: your heart beats funny, you feel fluttery, or you can't catch your breath.

Talk to your doctor if you think you have AFib.

Do what your doctor says, like taking medicine.

### **Relax and Lower Stress**

Do things like deep breathing, meditation, or yoga.

Have family and friends who support you.

Make time for hobbies you enjoy.



## ➤ Simple Checklist for Stroke Prevention

### Keep Learning

Know the signs of a stroke (FAST: Face drooping, Arm weakness, Speech problems, Time to call 911).

See your doctor often and get tests to stay healthy.

Learn more about how to stop strokes.

### Take Medicine Correctly

Follow what your doctor says for taking any medicine.

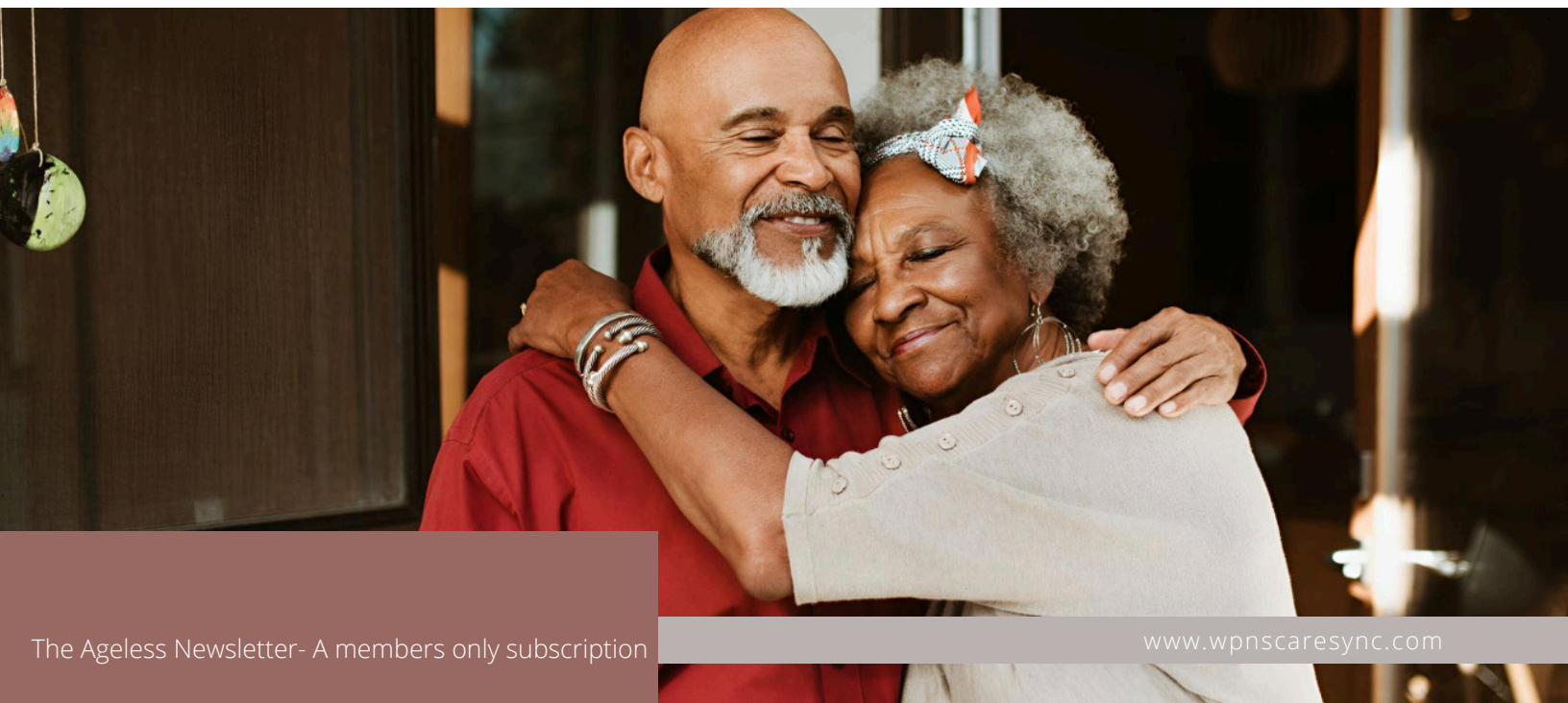
Don't skip doses or stop taking medicine without talking to your doctor.

### Conclusion

If you follow this checklist, you can take big steps to lower your chance of having a stroke. Regular check-ups, a healthy life, and learning about strokes are all important ways to stop strokes. Make your health a top priority today!

### Remember:

It's better to stop a problem before it starts. Keep up with your health and stay safe!



## ➤ Checklist for Making Delicious Meals with Special Textures

It's important for stroke survivors with swallowing problems to enjoy tasty meals that also keep them healthy. Here's a checklist to help caregivers make yummy and appealing meals:

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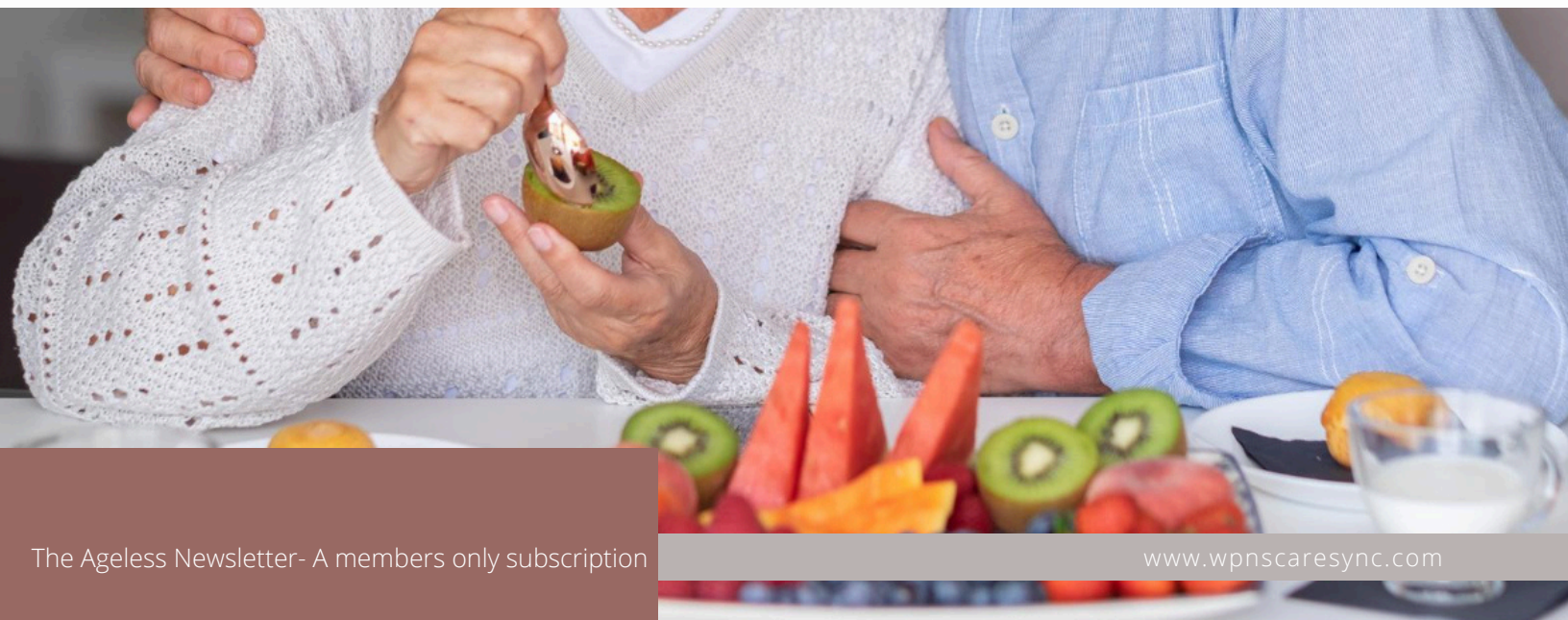
### Know What Texture is Needed

1. **Talk to a Pro:** Ask a speech therapist or dietitian what kind of texture (like smooth or finely chopped) is best.
2. **Read the Rules:** Learn about the rules for each texture so you can cook safely.

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### Plan Meals that are Healthy

1. **Pick Different Foods:** Choose foods from all groups (like fruits, veggies, and proteins) to give good nutrition.
2. **Special Needs:** Get advice about what to do and the rules.





## Make Food Taste Great

1. **Add Flavor:** Use spices, herbs, and seasonings to make pureed or chopped foods taste better.
  2. **Change Textures:** Make foods softer or moister without making them unsafe.
- 

## Cook with Care

1. **How to Cook:** Use ways to cook that keep food soft and wet (like steaming or slow cooking).
  2. **Same Texture:** Make sure all foods have the right texture (like smooth purees or finely chopped foods).
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## Serve Food in a Fun Way

1. **How It Looks:** Make food look nice with colors or decorations.
  2. **Change Textures:** Make foods softer or moister without making them unsafe.
- 

## Check and Change

1. **Ask:** Use ways to cook that keep food soft and wet (like steaming or slow cooking).
  2. **Check Texture:** Always see if the food's texture is right for swallowing.
- 

## Keep Safe and Drink Enough

1. **Thick Drinks:** Make sure drinks are thick enough to stop problems with breathing in.
2. **Drink Water:** Offer small sips of thick drinks during meals to stop dehydration.

## Let the Stroke Survivor Choose

1. **Choice and Doing:** Let them pick from foods with the right texture to feel more in control.
  2. **What They Like:** Respect what foods they like and change recipes to make meals better.
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## Teach and Help Caregivers

1. **Learn:** Teach caregivers how to make food safe and follow texture rules.
  2. **Get Help:** Ask pros or others for more ideas and help.
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## Celebrate Good Meals

1. **Good Job:** Say well done for making good meals and when they like what you made.
  2. **Always Get Better:** Keep making meals better with what you learn and what they like.
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Making yummy and healthy meals with special textures is possible with planning, creativity, and help. By using this checklist and getting support, caregivers can make meals better and help stroke survivors feel good.

CareSync Family Caregiver Support Services knows how hard caregiving can be and is here to help you all the way. Sign up today to get special help, smart advice, and a group that understands what you're going through.

Remember, with love and working hard, you can make a big difference in the lives of your loved ones every day.

*That's it for this week's edition. We hope you enjoyed this newsletter and found it helpful.*

*See you next week*

*Warm regards,*

*The CareSync Team*

## Do you like our newsletter?

[Click if Yes](#)

[Click if No](#)

### Checkout Our Upcoming Events:

## Weekly Talk Session With Dr Okoli

*Join us for invaluable caregiving tips in our exclusive virtual talk session!*



Wednesday, July 10th 2024



12 PM EST

[Click to Register](#)

### Contact Us:

We are here to help you. Contact us anytime if you have questions or need support.

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