



1-800-AGE-LINE
1-800-243-5463

www.EastAlabamaAging.org

Spring Severe Weather

Did you know Spring is a common time for severe thunderstorms and tornadoes in Alabama? Now is the time to make sure you are prepared for when those storms pop up. Be sure you have a **disaster supply kit** that is filled with enough food, water, and other supplies to last **at least 72 hours**. You also need to make sure you have a **family communication plan**. This plan should include how your family will stay informed, where your family should seek safety, and how you will inform other loved ones that you are safe. When severe weather is possible, always **stay tuned to your local news sources** and follow their instructions. For more information on thunderstorms and lightning, [click here](#). For more information on tornadoes, [click here](#).



Remember F.A.S.T. to Spot a Stroke

Did you know that about once every 40 seconds someone in the U.S. has a stroke? The American Heart Association says that **80% of strokes can be prevented**. One study showed that in 2 of every 3 strokes reported “someone other than the patient made the decision to seek treatment”. Studies also show that 1 in 3 Americans don’t remember the warning signs of a stroke.

Remember the acronym **F.A.S.T.** if you suspect someone is having a stroke, and you could save their life. Just one of these symptoms means there is a 75% chance they are having a stroke!

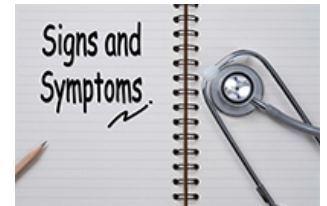
F = Face Drooping

A = Arm Weakness (does one arm drift downward?)

S = Speech Difficulty

T = Time to Call 9-1-1. AND you need to remember when the symptoms started so the Doctor can decide which medicine is best for the patient.

For more information, [click here](#).



Are You Turning 65 This Year or Are You NEW to Medicare?

Medicare can be confusing and sometimes a little overwhelming. Join us at one of our upcoming **“Medicare Birthday Bash”** events. Our SHIP program offers **FREE, unbiased information** as your health care advocate. We will have an educational seminar on Medicare and other related programs. Let us help answer your questions about Medicare and choosing a plan.

Come to one of our March events from 10 a.m. – 2 p.m.:

- March 1, 2017 in Talladega, AL
- March 22, 2017 in Anniston, AL

[Click here for more information!](#)