In early October the Alzheimer's Association held its annual Memory Walk. Once again, Companions for Living proudly participated in the walk. This year however, we participated in a much greater capacity than in years past. Not only were we there on walk day with 4 team members (including one of our own clients!) but Julianne participated on the planning committee and volunteered at the event this year as well.

In addition, CFL held a wine tasting benefit, also in October, with all proceeds being donated to the Alzheimer's Association. The wine tasting was co-sponsored by Wine Cellars 4 in West Hartford. Ten wine vendors participated offering a total of over 40 different types of wine and other spirits to sample. Whole Foods generously sponsored cheese platters for our guests. The event was well attended by over 40 people and raised a significant portion of the total donation to the Memory Walk from CFL.

Companions for Living is always pleased and proud to assist the Alzheimer's Association and further the cause for the valuable work that they do.

Caregiver Spotlight
Caregiver Excellence Quarterly Award Winner

We are pleased to announce that Barbara Johnson is our quarterly award winner for Winter 08/09. Barbara has been with Companions for Living since February 2007 and always proves to be an excellent caregiver. Caring is one of the most descriptive words for Barbara. She is extremely loyal to her client’s best interest. She also always goes the extra mile to make sure that her clients are well cared for and engaged. Barbara is extremely proactive with both the agency and her client’s family. She keeps everyone in the loop and takes initiative wherever she sees a need. Congratulations Barb and thank you for all of your hard work!
Warning Signs of a Stroke
By Liz Van Loon

Liz Van Loon is a nursing student at University of Pennsylvania. She works as a caregiver for Companions for Living when she is on breaks from school. Recently she wrote this article as an assignment in school and we believe it is relevant and should be published in our newsletter. Thanks for your submission Liz!

Strokes are caused by bleeding into the brain tissue. They are more common in the elderly but can happen to a person of any age. Some warning signs of stroke are

- Sudden weakness or numbness in any part of the body.
- Sudden confusion or trouble speaking.
- Sudden trouble seeing in one or both eyes.

You can remember these symptoms by remembering “Droopy, Drifty, Dog”. A person displaying at least one of these symptoms has a 72% probability of having a stroke.

THREE warning signs of stroke

- **Droopy** - one side of the person’s face suddenly droops and their face expression is not symmetrical.
- **Drifty** - ask the person to close their eyes and hold their arms out in front of them. If the person's arms fall or the person can not hold them steady, this is another sign of stroke.
- **Dog** - the person can not repeat a word like “dog”.

If you think some one is having a stroke, act immediately to get them to a hospital. After the original onset of symptoms “Droopy, Drifty, Dog” there is only a three hour window of opportunity for the person to be treated without suffering permanent brain damage.