



**June 2017**

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## ***PRO TEAM NEWSLETTER***

*[www.inanutshell.ca](http://www.inanutshell.ca)*



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## June is Stroke Awareness Month in Canada

Strokes are often called brain attacks because of the similarities to heart attacks. A heart attack is when there is a lack of blood flow to the heart and a stroke is when there is a lack of blood flow to the brain.

There are two types of strokes. One is when there is a blood clot blocking the artery. An artery is a type of tube that takes blood to different parts of your body. The other type of stroke is when a blood vessel bursts and there is blood moving around freely in the brain. A blood vessel is another type of tube that carries blood to your body.

Stroke; Overview. N.p.: GALE Cengage Learning, n.d. Health and Wellness Resource Center. 22 Feb. 2016.

Medical risk factors include: high blood pressure, smoking, high cholesterol, diabetes, obstructive sleep apnea and heart disease. Other factors include: physical inactivity, heavy drinking and use of substances.

<http://www.mayoclinic.org/diseases-conditions/stroke/symptoms-causes/dxc-20117265>

## Warning Signs of a Stroke

### STROKE KNOW THE WARNING SIGNS

If you experience any of these symptoms, CALL 9-1-1 or your local emergency number immediately.



#### Weakness

Sudden loss of strength or sudden numbness in the face, arm or leg, even if temporary.



#### Trouble speaking

Sudden difficulty speaking or understanding or sudden confusion, even if temporary.



#### Vision problems

Sudden trouble with vision, even if temporary.



#### Headache

Sudden severe and unusual headache.



#### Dizziness

Sudden loss of balance, especially with any of the above signs.

SEE WHAT HAPPENS WHEN  
YOU PUT YOUR HEART INTO IT.™



[heartandstroke.ca](http://heartandstroke.ca)

### Quick way to remember the signs

STROKE is an Emergency.  
Every minute counts.  
**ACT F.A.S.T!**



#### FACE

Does one side of the face droop?  
Ask the person to smile.



#### ARMS

Is one arm weak or numb?  
Ask the person to raise both arms. Does one arm drift downward?



#### SPEECH

Is speech slurred?  
Ask the person to repeat a simple sentence. Is the sentence repeated correctly?



#### TIME

If the person shows any of these symptoms, Call 911 or get to the hospital immediately.

# *June Dinner Social*

**6-9PM**



**If you plan to attend, kindly RSVP to Lana Duss,  
Program Coordinator, Supportive Independent Living Program  
613-729-0911, x40 or [lane@brucehouse.ca](mailto:lane@brucehouse.ca)**

**Hope you can join us.**

**Location:  
Somerset West CHC, 3<sup>rd</sup> floor  
55 Eccles St. Ottawa**

## National Aboriginal History Month

Declared in 2009, National Aboriginal History Month is a time to acknowledge the role Indigenous peoples played in the development of Canada, to honour Indigenous heritage and to celebrate Indigenous cultures. It is also an opportunity to reflect on the strength of present day First Nation, Métis and Inuit communities, and their hopes for the future.

<https://news.ontario.ca/mirr/en/2016/05/celebrate-national-aboriginal-history-month-this-june.html>

### June 21 is National Aboriginal Day

June 21<sup>st</sup> is a day to recognize and celebrate the unique heritage, diverse cultures and outstanding contributions of First Nations, Inuit and Métis peoples. The Constitution recognizes these three groups as Aboriginal peoples, also known as Indigenous Peoples.

Although these groups share many similarities, they each have their own distinct heritage, language, cultural practices and spiritual beliefs.

For generations, many Indigenous Peoples and communities have celebrated their culture and heritage on or near this day due to the significance of the summer solstice as the longest day of the year. <https://news.ontario.ca/mirr/en/2016/05/celebrate-national-aboriginal-history-month-this-june.html>

For updates on the events taking place in **Ottawa**, please visit

<https://www.ottawasummersolstice.ca/>





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 <i>Pro Team Hours 10-4</i>	2 <i>Pro Team Hours 10-4</i>	3
4	5 <i>Pro Team Hours 10-4</i>	6 <i>Pro Team Hours 10-4</i>	7 <i>Pro Team Hours 10-4</i>	8 <i>Pro Team Hours 10-4</i>	9 <i>Pro Team Hours 10-4</i>	10
11	12 <i>Pro Team Hours 10-4</i>	13 <i>Pro Team Hours 10-4</i>	14 <i>Acu-Detox Session 2-3</i> <i>Dinner Social 6-9</i>	15 <i>Pro Team Hours 10-4</i>	16 <i>Pro Team Hours 10-4</i>	17
18	19 <i>Pro Team Hours 10-4</i>	20 <i>Pro Team Hours 10-4</i>	21 <i>Pro Team Hours 10-4</i>	22 <i>Pro Team Hours 10-4</i> <i>Community Kitchen 10-2</i>	23 <i>Pro Team Hours 10-4</i>	24
25	26 <i>Pro Team Hours 10-4</i>	27 <i>Pro Team Hours 10-4</i>	28 <i>Pro Team Hours 10-4</i>	29 <i>Pro Team Hours 10-4</i>	30 <i>Pro Team Hours 10-4</i>	31