

Region 8 Veterans Newsletter



February, March and April 2019

How to identify a Stroke Victim!

What Is a Stroke?

Someone once described a stroke as “a heart attack in the brain,” and that’s a good description of what happens. A stroke occurs when a blood vessel supplying the brain with nutrients and oxygen either ruptures (hemorrhagic stroke) or becomes blocked by an obstruction, such as a blood clot (ischemic stroke). In either case, brain cells and tissues deprived of oxygen die and cannot be rejuvenated. About 80 percent of all strokes are ischemic; 20 percent are hemorrhagic.

Depending on the location of the brain cells and the extent of damage, the stroke could cause limited mobility, speech difficulties, or some memory loss. Roughly two-thirds of people who experience a stroke are left with a disability of some type. A small stroke, for example, might affect one leg, making walking tricky, while a larger stroke could result in full or partial paralysis and other devastating complications.

Both hemorrhagic and ischemic strokes have several things in common, including *a sudden onset of symptoms*. These may include:

- Dizziness or balance problems.
- Numbness on one side of the body or face.
- Weakness in a leg, arm, or hand on one side of the body.
- Loss of vision or dimness, especially in only one eye.
- Extremely painful headache.

Remember, if these symptoms occur gradually, they are most likely due to another condition. It’s when they hit suddenly — out of the blue — that a stroke is the likeliest suspect. When stroke symptoms develop quickly, getting treatment as fast as possible is one of the most important things you can do to avoid complications. Ischemic strokes (not hemorrhagic strokes) are often treated with TPA (tissue plasminogen activator) to break up blood clots, but this remedy works best when administered as soon as possible, ideally within an hour from the onset of symptoms. For every minute a stroke is not treated, nearly 2 million nerve cells and 14 billion synapses (nerve-cell connections) are destroyed. Therefore, speed is of the essence in stroke treatment.

Stroke has a new indicator!

They say if you forward this to ten people, you stand a chance of saving one life. Will you send this along? Blood Clots/Stroke - They Now Have a Fourth Indicator, the Tongue:

During a BBQ, a woman stumbled and took a little fall - she assured everyone that she was fine (they offered to call paramedics) ...she said she had just tripped over a brick because of her new shoes.

They got her cleaned up and got her a new plate of food. While she appeared a bit shaken up, Jane went about enjoying herself the rest of the evening.

Jane's husband called later telling everyone that his wife had been taken to the hospital - (at 6:00 PM Jane passed away.) She had suffered a stroke at the BBQ. Had they known how to identify the signs of a stroke, perhaps Jane would be with us today. Some don't die. They end up in a helpless, hopeless condition instead.

It only takes a minute to read this.

A neurologist says that if he can get to a stroke victim within 3-hours, he can totally reverse the effects of a stroke...totally. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.

>>RECOGNIZING A STROKE<<

Thank God for the sense to remember the '3' steps, **S.T.R.** Read and Learn!

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking three simple questions:

*Ask the individual to **SMILE**.

*Ask the person to **TALK and SPEAK A SIMPLE SENTENCE (Coherently)**
(i.e. Chicken Soup)

*Ask him or her to **RAISE BOTH ARMS**.

If he or she has trouble with ANY ONE of these tasks, call emergency number immediately and describe the symptoms to the dispatcher.

**New Sign of a Stroke ----- Stick out Your Tongue

**NOTE: Another 'sign' of a stroke is this: Ask the person to 'stick' out his tongue. If the tongue is 'crooked', if it goes to one side or the other, that is also an indication of a stroke.

A cardiologist says if everyone who gets this e-mail sends it to 10 people; you can bet that at least one life will be saved.

I have done my part. Will you?

DID YOU KNOW:

Interesting Facts about the U.S. Military

- The United States Department of Defense is considered the largest employer in the country, with over (3) three million employees. In second place is Walmart, with 1.3 million employees, and 3rd is Exxon-Mobil with 950,000 employees.
- Each year, about 79,000 people join the United States Military. If the United States Army were a city, it would be the 10th largest in the United States, having more people than popular cities such as San Francisco, California, Jacksonville, Florida, and Austin, Texas.
- The US Army Special Forces has 450,000 soldiers deployed to 135 of the 195 recognized countries of the world. Some of the tasks they perform in these countries include unconventional warfare, foreign internal defense, direct action, counterinsurgency, special reconnaissance, counterterrorism, information operations, counter proliferation of weapons of mass destruction, and security force assistance.
- The Pentagon serves as the headquarters of the US Department of Defense. It is one of the world's largest office buildings, with (3) three times the floor space of the Empire State Building in New York City. Built during WWII, the Pentagon has a distinct, five-sided shape and 17.5 miles of corridors.
- The United States Army is older than the United States itself. The Continental Army, officially established and led by future first president George Washington in 1775, helped lead to victory over the British in the Revolutionary War allowing the establishment of the United States of America in 1776.
- The Defense Advanced Research Projects Agency (DARPA) of the U. S. Military is working on a chip that can be implanted into the brain to directly connect soldiers to computers. The chip is no larger than a cubic centimeter, or two nickels placed back-to-back, and will be used to improve a soldier's hearing and vision. DARPA is also credited with inventing GPS, speech translation, the Internet, and many more useful technologies.
- The U. S. Army uses nearly 1 billion gallons of fuel per year. For the year 2011, each soldier alone required 22 gallons of fuel per day on average, whereas a soldier during World War II only required 1 gallon of fuel per day on average.
- During the start of the Civil War in 1861, John Lincoln Clem attempted to enlist in the Union Army at the age of 9. After being rejected once, Clem succeeded in joining the 22nd Michigan Volunteer Infantry, who sawed down his musket to make it more kid-friendly. Clem was promoted to sergeant and became a national hero before his discharge in 1864 at the age of 12. He rejoined the U. S. Military in 1871 and went on to become a major general before his final retirement in 1915
- Arlington National Cemetery in Arlington, Virginia, is the final resting place for more than 400,000 US active duty veterans. It is also home to "The Tomb of the Unknown Soldier," which holds the remains of unidentified US Military soldiers from World War I,

World War II, and the Korean War. The Vietnam War tomb has been empty since 1998 when DNA testing identified the unknown remains as Air Force 1st Lieutenant Michael Joseph Blassie.

- The 3rd U.S. Infantry Regiment, also known as "The Old Guard," is the oldest active-duty infantry unit in the army. Began in 1784, the infantry is an official ceremonial unit and escort to the president of the United States, is also in charge of the "Changing of the Guard Ceremony" at the Tomb of the Unknown Soldier.
- Currently, the US Military has deployed 2,700 Military Working Dogs (MWDs) worldwide to 600 war zones. In the five years between 2005 and 2010 in Iraq and Afghanistan, MWDs found 12,500 lbs. of explosives. It is estimated that each dog is responsible for saving anywhere from 150 to 1,800 lives.
- Poverty, lack of support from groups or networks, and substandard housing are often contributing factors to veteran homelessness in the United States. About 50% of homeless veterans suffer from disabilities, and two thirds have substance abuse problems.
- From 1972 to 1995, the US Military funded paranormal research called "remote viewing" for the Stargate Project. The project gathered psychics to perform parapsychic intelligence and research operations. In 2009, a movie based on a 2004 book about the project was released, entitled *The Men Who Stare at Goats*.
- The budget for the Department of Defense was \$601 billion in 2015, which is the largest military budget in the world. China has the second largest at \$216 billion, and Russia is third at \$84.5 billion. The military budget also makes up 16% of the total budget of the United States government making it the largest budget, with Education in second with a budget of \$102.3 billion.

"The soldier above all others prays for peace, for it is the soldier who must suffer and bear the deepest wounds and scars of war."

- Douglas MacArthur

Where I got this information: <https://www.factretriever.com/us-military-facts>

While attending the Four State CAP Meeting in Kentucky, I was given this piece of information, I found it most informative and a sense of WOW. It was most overwhelming for it was before my service time, however powerful all the same, please take a moment to read this,,

HISTORY ON THE VIETNAM WALL...

A little history most people will never know. Interesting Veterans Statistics off the Vietnam Memorial Wall. There are 58,267 names now listed on that polished back wall, including those added in 2010.

The names are arranged in the order in which they were taken from us by date and within each date the names are alphabetized. It is hard to believe it is 63 years since the first casualty.

The first known casualty was, Richard B. Fitzgibbon, of North Weymouth, Mass. Listed by the U. S. Department of Defense as having been killed on June 8, 1956. His name is listed on the Wall with that of his son, Marine Corps LCpl Richard B. Fitzgibbon III, who was killed on September 7, 1965.

There are three sets of fathers and sons on the all.

39,996 on the Wall were just 22 or younger.

8,283 were just 19 years old.

The largest age group, 33,103 were 18 years old.

12 soldiers on the Wall were 17 years old.

5 soldiers on the wall were 16 years old.

One soldier, PFC Dan Bullock was 15 years old.

997 soldiers were killed on their first day in Vietnam.

1,448 soldiers were killed on their last day in Vietnam.

31 sets of brothers are on the Wall.

Thirty-one sets of parents lost two of their sons.

54 soldiers attended Thomas Edison High School in Philadelphia. I wonder why so many from one school.

8 women are on the Wall, Nursing the wounded.

244 soldiers were awarded the Medal of Honor during the Vietnam War, 153 of them are on the Wall.

Beallsville, Ohio with a population of 475 lost 6 sons.

West Virginia had the highest casualty rate per capita in the nation. There are 711 West Virginians on the Wall.

The Marines of Morenci – They led some of the scrappiest high school football and basketball teams that the little Arizona copper town of Morenci (population 5,058) had ever known and cheered. They enjoyed roaring beer busts. In quieter moments, they rode horses along the Coronado Trail, stalked deer in the Apache National Forest. And in the patriotic camaraderie typical of Morenci's mining families, the nine graduates of Morenci High enlisted as a group in the Marine Corps. Their service began on Independence Day, 1966. Only 3 returned home.

The Buddies of Midvale – LeRoy, Jimmy Martinez, Tom Gonzales were all boyhood friends and lived on three consecutive streets in Midvale, Utah on Fifth, Sixth and Seventh Avenue. They lived only a few yards apart. They played ball at the adjacent sandlot ball field and the all went to Vietnam. In a span of 16 dark days in late 1967, all three would be killed. LeRoy was killed on Wednesday, November 22, the fourth anniversary of John F. Kennedy's assassination. Jimmy died less than 24 hours later Thanksgiving Day. Tom was shot dad assaulting the enemy on December 7, Pearl Harbor Remembrance Day.

The most casualty deaths for a single day was on January 31, 1968, 245 deaths.

The most casualty deaths for a single month was May 1968, 2,415 casualties incurred.

For most Americans who read this, they will only see the numbers that the Vietnam War create. To those who survived the war, and to the families of those who did not, we see the faces, we feel the pain with those numbers, because they were our friends, fathers, husbands, wives, sons and daughters. ***There are no noble wars, just noble warriors!***

Please pass this on to those who served during this time, and those who DO CARE. I've also sent this to those what I KNOW do care very much and I thank you for caring as you do!

Reminder:

So, what's going on in your local? Please share to spark ideas for others to help make their local a success!

If you have any cool facts to share, Flyers and/or pictures for any event(s), upcoming or past...

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