



Members of the Colchester Stroke Club greet customers at their yard sale during the summer. Over \$700.00 was raised. (D Brown Photo)

## Colchester Stroke Club Since 1980

The Colchester Stroke Club has been serving Colchester since 1980. The main focus is providing ongoing support for individuals surviving a stroke, family members and caregivers. Located at Douglas Street Recreation Centre on 14 Douglas Street in Truro, the Club meets every Tuesday from 10am to 2pm. All stroke survivors and volunteers are welcome.

The programs include fellowship, activities, therapy, hot lunch and guest speakers.

Music, crafts, bingo and based outings are just a few of the fun activities everyone enjoys. Guest speakers bring new ideas, knowledge and resources to motivate and inspire members.

Funding comes in the from service groups, fund raising activities and membership fees. Anyone wanting more information about the Colchester Stroke Club contact: Sheila Osmond at 902-893-2756 or visit them on Facebook.

### Colchester Legion Stadium 14 Lorne St., Truro

**ICE RENTALS AVAILABLE.**  
For inquiries and booking  
email: [jdawe@truro.ca](mailto:jdawe@truro.ca)  
or text: 902-956-1442

### SCHEDULE:

Check mid-September for complete skating schedule:  
[www.truro.ca/colchester-legion-stadium.html](http://www.truro.ca/colchester-legion-stadium.html)

#### FREE SENIOR SKATING

- Monday . . . 2:15 to 3:15 pm
  - Thursday . . . 9:30 to 10:30 am
- #### ADULT RECREATIONAL SKATE
- Tuesday . . . 10:00 to 11:30 am
  - Friday . . . 1:15 to 2:40 pm
- #### FREE PRE-SCHOOL SKATE
- Monday . . . 1:15 to 2:15 pm
  - Thursday . . . 10:30 to 11:30 am
- #### SUPERVISED FAMILY SKATE
- Friday . . . 6:00 to 7:00 pm



## What Is A Stroke?

Stroke is a disorder of the nervous system caused by the onset of interruption of the blood supply to an area of the brain, resulting in malfunction or loss of the use of parts of the body that the damaged area controls.

Some of the Warning Signs:

**Loss of Balance:** Some victims of stroke experience trouble walking and may lose their balance and coordination completely.

**Weakness:** You may experience a sudden lose in the muscles of the face, arm and or leg. Many victims complain of numbness or tingling in the arms or shoulders.

**Facial Paralysis:** You may experience facial paralysis on one side of the face. The face on one side seems to droop or goes totally numb.

**Difficult Speech:** Your ability to speak may become difficult. Slurred speech is another warning. You experience an inability to communicate and putting words together.

**Impaired Vision:** If you are experiencing double vision, blind spots or have trouble focusing, this could signal the onset of a stroke.

**Lack of Understanding:** Inability to understand what is being said or certain statements, or trying to carry on a conversation, and putting sentences together.

**Headache:** The sudden onset of a severe headache or migraine that

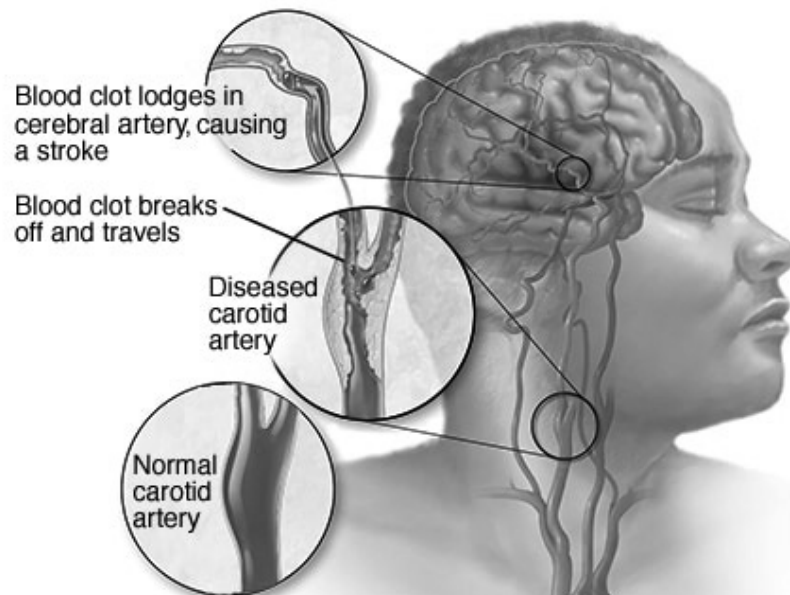
is not normal – excruciating pain. This pain may cause nausea or bring on blind spots.

**Loss of Sensation:** You may experience the lose of sensation, causing complete lose or reduced sensation. It's common for gradual lose or reduced sensation in one or several areas of the body.

**Dizziness:** You may feel dizzy to the point of being nauseous. You may experience difficulty walking, sitting down and trying to get your balance.

**Lack of Reflex:** Some people experience a decrease or lose of reflex. Stroke victims will often complain of their lack of ability to swallow when eating.

If you have any of these symptoms singularly or together seek medical help immediately.



Graphic courtesy Mayo Clinic

# NEW Away For The Day Adult Day Program for Seniors Opening at Wynn Park

Away For The Day is designed for adults 50 years of age or older who are independent in Activities of Daily Living (age exceptions may be made for individuals who have early onset Alzheimer's Disease or Vascular type Dementia). Our program is an opportunity for the participants to engage in meaningful activities that stimulate them physically, cognitively and socially, while also giving them the opportunity for companionship. Our program also offers respite for caregivers, so they can take a break from their responsibilities to attend to their personal needs, knowing they can depend on us to care for their loved one.

With an aging population, we recognize a need for more options for seniors. With over 40 years experience in the sector, we want to support seniors and their families or caregivers. Away For The Day is a private Day Program, it will offer seniors with memory loss, depression, loneliness, as well as physical limitations, a safe and

secure environment. The Program will operate from 9:30 am to 3:30 pm, two snacks and a nutritious meal will be provided. Friendly and engaging staff will oversee the Program. Stimulating activities throughout the day will be tailored to each individual. Use of memory aids and strategies to enhance cognitive function will be part of the Program. Keeping seniors engaged and independent is a key goal. Away For The Day is committed to giving seniors an opportunity to live life to the fullest while giving caregivers and families respite.

The Program will open on Tuesday, September 11th.

If you are interested in the Program, want information or wish to apply, please contact us at:

32 Windsor Way, Truro, NS, B2N 0B4  
Phone: (902) 843-2902  
Email: [awayforthedaytruro@gmail.com](mailto:awayforthedaytruro@gmail.com)

