

Meeting Minutes
AHNA General Membership Meeting
Monday February 15, 2010

Meeting called to order by Makenzie Carpenter.

Speaker

Makenzie introduces Allene Brown, Stroke Program Educator at Harris Methodist Hospital, HEB.

Kelly Jo shares a story about a friend who called to ask questions about symptoms her father was having. After listening, Kelly Jo recommended they go to the hospital, and it turned out that the father had a stroke.

A stroke is an interruption of blood flow that can be caused by a clot or hemorrhagic bleeding. Twice as many women die of strokes than breast cancer, and women are more likely than men to have a stroke.

Symptoms of a stroke:

- Headache
- Trouble seeing in one or both eyes
- Sudden dizziness
- Facial droop or uneven smile
- Arm numbness or weakness
- Slurred speech or difficulty speaking

Call 911 immediately if you have any of these symptoms. It is important to get to a hospital right away if you think you are having a stroke because there are medicines that can be administered in the first 4 hours that can prevent or lessen the effects of a stroke.

Up to 80% of strokes are preventable if you reduce your risk factors.

Risk Factors include:

- High blood pressure
- High cholesterol
- Heart disease
- Diabetes
- Smoking
- Irregular Heartbeat

25% of stroke victims die or need full time care. The other 75% need some form of physical therapy to help them re-learn life activities.

Q: Does garlic and fish oil vitamins help reduce cholesterol?

A: Yes, it can help, but so can prescription medicines. Different things work for different people. Which ever works best for you!

Announcements

Seismic Testing

Seismic testing has resumed in the neighborhood this past week. If you have any questions or concerns, please contact Makenzie or the Seismic Company whose signs will be posted in the neighborhood. Although they will run the equipment all over the

neighborhood, only the seismic information from the people who consented will be submitted to the gas company. So even though you may have a box in front of your house, that doesn't mean your mineral information will be given to the gas company. Only if you signed a consent form, will your mineral information be sent to the gas company.

Upcoming Zoning Meeting

A special zoning meeting on Wednesday, February 17, 2010 at 6:30 pm at the Fireman's Association building. This meeting will have representation from the City of Fort Worth and will give residents the opportunity to ask questions about the council initiated rezoning effort.

Free Federal Tax Return Help Available

Free Federal Tax Return Help is available at Fort Worth Public Libraries.

Snow Storm Clean Up

Trash collections will be altered this week, the regular schedule will resume next week. For information about tree limb collection, see the City of Fort Worth's website.

Crime Report

Officer Teri Majors – There have been 20 fewer offenses this year compared to last year at this time. Yeah! But still keep on the lookout for suspicious activity and call when you see it!

There were 7 cars burglarized. All happened after 8 pm. 3 of the cars were unlocked! Please lock your cars and homes!!!

There have been complaints about dogs roaming the neighborhood off leash. Please keep your dogs on your property, unless they are on a leash. Animal control will be called out and you will be issued a citation, or your animal may be quarantined, if you animals are running loose. It is a danger to your animals and others to have dogs running loose.

Meeting Adjourned