

# I am a Stroke Survivor

It was not a good year for me in the year of 2014. I was working as a cosmetologist manager for the Atria in St Matthew for PS Salons. My late husband Albert Caples was diagnosed with stage 4 cancer of the pancreas. My mother had been sick and died September 14, 2014. I quick my job to take my late husband to his treatments. I was under a lot of stress.

My cosmetology chapter gave a Xmas party on December 13, 2014. On December 14, 2014 I had a stroke. I did not recognize the symptoms but when

I think back earlier that day I was feeling exhausted, very hot and then cold. It took me an hour to get to the Xmas party when it only would take 15 minutes. I was so confused. Later when I returned home from the Xmas party that night I went straight to bed. My dog Sasha woke me up about 4:00 AM to let her out. I noticed I had to hold on my bed because I couldn't walk straight. When it was time to bring her in I couldn't say her name loud.

Meanwhile, Albert woke up when I came in the room he noticed that my face was twisted to the right side. He called 911. The ambulance took me to St Mary Elizabeth Hospital. I stay overnight and was out December 15, 2014.

I lost my functions on my right side and had to go to rehab. I was invited to attend a stroke support group that meets every month. There are speakers that represent agencies and talk about their services the company offers.

In the month of September Ms. Cindy Boone (Director of Home Care) which represent Elder Serve she was very through in explaining the services the company offers for stroke and sick patients. I took an interest in wanting to become a caregiver. God gave me a second chance and I would like the

**opportunity to help the people in our community.**