



May

Wellness Newsletter

Stroke Awareness

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May is National Stroke Awareness Month—a time to **educate, empower, and take action**. Stroke is a leading cause of long-term disability, but early recognition and intervention can make all the difference in preserving independence and saving lives.

We're also proud to recognize **Better Hearing and Speech Month**, celebrating the critical role of our **Speech-Language Pathologists (SLPs)** who help stroke survivors **regain communication, address swallowing disorders & reconnect with loved ones**.




Featured Activities

 **"Paint and Post" Wellness Wall** Residents decorate stroke awareness ribbons and post messages of hope and recovery.

 **May 4 – May the Fourth Be With You!** Have residents color fun *Star Wars*'s pages and watch the *Star Wars* movies!

Speech Therapy Thank-You Notes Encourage residents and staff to write thank-you notes or share stories of success they have had in Speech Therapy. Display them proudly.

 **Stroke Awareness Session** Partner with therapy staff to host an informative session for residents and families. A customizable PowerPoint is available at AYOW.com.

May 24 – National Scavenger Hunt Day Organize a community-wide scavenger hunt to celebrate "Finding Some Fun in Your Community!"

Therapy Corner


Know the Warning Signs of Stroke

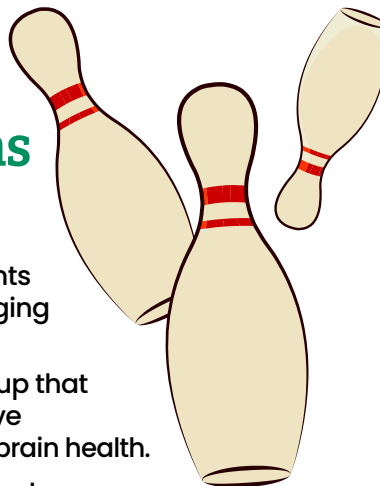
Our therapy teams are on the front lines of stroke recovery and prevention. Help residents and families stay informed with these engaging therapy-based activities:

Balance & Brain Bootcamp A dual-task group that pairs light balance work with simple cognitive challenges to support stroke prevention and brain health.

Strike Out Against Stroke A bowling game that reinforces the **BE FAST** acronym and signs of stroke.

May 10 – National Golf Day Set up a putting green in your gym and incorporate stroke awareness trivia into the activity.

 **Gyms in Bloom** Continue celebrating the season with this creative spring-themed snack craft.



Marketing & Outreach

Stroke Awareness Education Booth Offer stroke facts, **BE FAST** posters, and fun giveaways (pens, bookmarks, flyers). Partner with nursing for free **blood pressure screenings**.

Stroke Survivor Celebration Host a recognition event honoring stroke survivors in your community. Invite families, share therapy journeys, and celebrate milestones in recovery.

Share Outcome Reports with Referral Partners Highlight your facility's stroke recovery outcomes and share insights into your clinical programs and protocols.



Social Media & Promos

- **#BEFAST #StrokeAwareness #BetterHearingAndSpeechMonth**
- Share photos of stroke survivor success stories (with consent)
- Create a video reel introducing your SLP team and the role they play in stroke recovery
- Feature an "Ask a Therapist" weekly Q&A on Facebook or Instagram

Share the fun! **Send your photos to** SocialMedia@reliant-rehab.com