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TRI-STATE FOOD BANK, INC
801 E MICHIGAN STREET
EVANSVILLE, IN 47711

Happy Memorial Day



From the Tri State Bank Employees



How many of you, your friends, or family can recognize the systems of a stroke? How many of us, really know what a stroke is? Or how to prevent it?

A stroke is when bleeding occurs in the brain or when blood flow is somehow blocked to the brain. It only takes minutes for the brain to become deprived of nutrients that the brain needs to operate. This condition can last for many hours. Medical personal are saying that if you know the signs of a stroke, the better chance of survival.

Some signs that you are actually having a stroke, are:

- Sudden numbness or weakness that occurs in your face, arm, leg or one side of your body
- Sudden dimness or blurring of your vision
- Loss of speech, or trouble talking
- Sudden, severe headaches
- Unexplained dizziness, unsteadiness, or a sudden fall

When these signs happen to you, you should call 911 or your local emergency number.

But what about when a stroke is happening to someone you are with? Would you know the signs? All you need to remember is the letters **S.T.R**

S: If you think someone you are with, is having or had a stroke, ask them to **SMILE**.

T: Ask the person you are with to **TALK**. Just have them speak sentences, or for them just to answer your questions.

R: Ask them to **Raise** both of their arms above their head.

Medical personal have also come out with one more sign of a person who might have had a stroke. **Have the person stick out his tongue**. If their tongue seems to be crooked or they cannot get there tongue out, seek immediate attention.

These signs are small, but visible. Look for them, and seek medical attention if you believe it does look like a stroke has or is occurring. Just remember the three letters **S. T. R.**

In the United States, strokes are the third leading cause of death among people. There really is no rhyme or reason why people suffer strokes. There is really no way of telling if you might suffer one. But there are many risk factors for possibly having one. These factors include but never limited too:

Family History

- * **Age**
- * **Sex**
- * **High Blood Pressure**
- * **Smokers**
- * **Diabetes**
- * **Obesity**
- * **Use of Birth Control and hormone therapy**

PREVENTION

These is no absolute solutions to stopping strokes. Just being able to know your own risks is the best way to be able to prevent a stroke. Look at your lifestyle. Do you smoke? Do you drink? Are you overweight? Has anyone in your family ever suffered a stroke? These are the questions you need to ask your self. If you smoke, try to quit. If you can't possible quit, at least cut back. If you are over weight, try to get some exercise. Walk around the block, go to the local school and walk their track. Anything to get your blood and heart rate pumping.

Nothing in life is a certainty, but we can live it as best as we can. And that is to take care of our selves.

MEMORIAL DAY WORD
SEARCH

AMERICA	FLAG	FREEDOM
HONOR	MAY	MONDAY
PARADE	PATRIOTIC	SOLDIERS
VETERAN	WAR	

H Z O I T T P K P N
O F M O C T B A W A
N Y A O Y L T M X R
O H X C N R O T Q E
R S R E I D L O S T
R A W O E R A Y R E
I A T E K F E Y A V
O I R E L K U M Y M
C F P A R A D E A Q
I L G K J Y K H S F

**The Center For Family Life of Evansville
St. Anthony Soup Kitchen
713 N. Second Ave
Evansville, In**

In 1989, the St. Anthony School closed for financial reasons, and after much consideration it was decided, among other things, that they would begin the St. Anthony Soup Kitchen in the kitchen/cafeteria of the school building.

Originally, St. Joanna Trainer lent her great expertise in organizing and running the operation. Since that time, many others have stepped up the plate and lent their expertise also to the running of the soup kitchen. Everyone had accepted the responsibility of running the soup kitchen on each Wednesday from 11:30-12:30. No one is turned away. Everyone is welcome to come and have a meal with us.

At the present time, Janice and Joe Childers have taken up the challenge of making the Soup Kitchen a standard to be emulated. They have many volunteers from various churches across the Evansville area. These churches include, St. Anthony Catholic Church, St. Phillips Catholic Church, Nativity Catholic Church and Holy Redeemer Catholic Church. The Churches take turns in preparing and serving meals each month. The number of meals served each week vary from 160 to as many as over 300. Sometimes, during months, there is a fifth Wednesday, the New Harmony volunteers take up the slack.

Janice has been doing this ministry since 1999 and Joe joined her in 2000. WE are lucky to have totally dedicated people like Janice and Joe and all the Volunteers from all the churches.

Sent by St. Anthony's

Happy Mother's Day: For Mom

She was there at the beginning
When the world was new to you -
She was there to turn to happy times
Those when, you were hurt or blue.

She was there to listen to your thoughts
And when you asked, to give advice -
She was there to tell you, "Those don't
match!"
Or Hon, you sure look nice."

She was there with you at nighttime
To help you say your prayers _
She was there to tell you, "It's alright."
When you had a dream that scares.

She was there at morning time
To get you up and out of bed -
She was there when you didn't feel good (or
did)
To say, "You'd best stay home, instead."

She was there when you were hungry
And when you had those dirty clothes -
She was there when you needed her
(How she knew? Only heaven knows.)

She was there at the beginning
And she'll be there your whole life through -
She'll be there in your mind and heart
Just like a mother is supposed to do.

DEL ABE JONES



Memorial Day

As the flowers rest on the decorated graves and the sunlight shines on the beautiful sailboats, Uncle Sam whispers in my ear about how we should care for the soldiers and remember the ones that have died. Swimming pools open, BBQs fry. Today is the day to think of what they have done for us. There are blurs of red, white and blue marching down the street and flags are lowered at half-mast. But we should always remember and never forget what set us free, from this very day on.

Written by Ali B 3rd Grader in Madison, Connecticut



We will be closed on May 26 to observe Memorial Day. We will reopen on the 27th of May. If you are scheduled for a pickup on the 26th, please call and reschedule your appointment.

Mays Monitoring Sites

- Bethany Village
- Church of God-Norris City
- Crossroad Bible Church
- Helping Hand
- St Anthony's
- Goodwill Family Center

NEWBURGH FOOD PANTRY

The Newburgh Area Food Pantry is a grass-root organization started in the late 70's and serves the Newburgh-Yankeetown Community. It is staffed with volunteers from all areas of the community, who come to help serve their community. As many as 21 churches contribute to the support of this outreach program.

The criteria to be served is simple. They must live in the area with the 47630 Postal Zip Code and meet some income eligibility guidelines. The clients may come every 30 days, at which time they can shop for themselves with volunteer assistance or take the pre-bagged food that has been put together. Either way, they receive four bags of groceries, including meat, cheese, margarine and bread. We call this Clients Choice. We also give laundry detergent, toilet paper, misc. paper products, shampoo, deodorant, toothpaste, and toothbrush and hand soap items that cannot be purchased with food stamps.

In 2002, with funding from the Duncan Foundation, the Children's Corner was developed to help parents with children under twelve. This area has items for special needs of children-diapers, wipes, formula, baby & toddler food, shampoo, baby wash, small toothbrushes and toothpaste. Hair brushes, barrettes, and socks-small things that can help a child through the difficult times their parents are experiencing.

Before school begins for the new year, paper supplies are given to every child of school age and at Christmas, small stocking stuffers is offered to each member of the family.

On average, the Newburgh Food Pantry serves 130 households a month. As you can see this is a labor of love that takes many hours and many hands to keep it running, but the Director, Kathy Hedge has pulled it all together and keeps it running.

Sent in By Newburgh Food Pantry

Just a reminder:

When we give you a scheduled appointment time to pick up, please come at that scheduled time.

Please do not come early. This throws the warehouse off and makes them do extra work. There could also be a possibility that your order is not filled yet. We would not want you to waste your time. This would also be respectable to the agencies that were scheduled before you.

NEW ITEMS

- Grape Jelly**
- Instant Mash Potato**
- Flakes**
- Soft Peppermint Candies**