



Communications Workers of America — Local 9509, AFL-CIO

Dear CWA Retiree,

January 9, 2019

The January meeting will be held on the third Wednesday of the month at the CWA Local 9509 Union Hall, 7548 Trade Street San Diego, on January 16th. Our business meeting will start at 10am. Lunch will be immediately. Lunch is \$4.00.

Hope everyone had happy and safe holidays.

It's RMC dues time again. The dues are \$12 per year. The dues are what keep the RMC going. You can send your dues in to the Local made payable to CWA 9509 RMC attention RMC. Thank you in advance.

CWA District 9 will be having their district meeting January 27-30th in Oakland. Our Vice President Anthony Catanese will be attending. He will be providing information to us at our February meeting.

The Annual Telco Retirees Meeting will be February 7th at 2pm. Please see attached information for directions. These meetings do provide interesting retiree information.

Foxyne Hinton
President RMC

Anthony Catanese
Vice President RMC

Lyle Wright
Treasurer RMC Secretary RMC

7548 Trade Street • San Diego, CA 92121 • 858-695-1509 • FAX 858-695-2074

www.local9509.org





Communications Workers of America — Local 9509, AFL-CIO

Attached is some information regarding strokes. Familiarize yourself with the warning signs. Time is a factor and early treatment is imperative.

If you need to contact the RMC, please call into the Local number at 858-695-1509. Someone will get back to you.

If you are a retiree who has a service to offer others, please let us know and we will list it in our newsletter. Please support our retirees. (see attached)

I hope you find all the attachments helpful.

If we have missed listing your birthday, please call the Local and leave a message when it is and I will make sure it gets in the newsletter.

We would really like to grow the club. We invite you to attend the meetings and bring a friend. If you would like to mention anyone in the newsletter, please leave a message at the Local. We also welcome any articles or information you think would be of interest to our retirees.

Foxyne Hinton
President RMC

Anthony Catanese
Vice President RMC

Lyle Wright
Treasurer RMC Secretary RMC





Communications Workers of America — Local 9509, AFL-CIO

Happy Birthday to the following retirees: Patricia Donahue 1/1; Priscilla Caswell 1/3; Marie Rayos 1/5; Aldolph Rodriquez 1/12; Sharyn Wilson 1/24; Timothy Page 1/30; Janine Turner 1/30 and Myra Wilson 1/32.

Sincerely,

Foxyne Hinton
President RMC

Anthony Catanese
Vice President RMC

Lyle Wright
Treasurer RMC Secretary RMC



Services Offered by our Local Retirees

Bird Rock Travel

Penni Kai

11128 Avenida Del Gato

San Diego, CA 92126

858-566-7778

travelbug@sbcglobal.net

Bon Bon The Clown

Bonita Love

619-282-9668

bonbonsandiego@yahoo.com

InteleTravel.com

Algredia Roberson (Rita)

P.O.Box 741711

San Diego, Ca 92174

619-431-3151

travelaway@gmail.com

Carole's Handmade Scarves

619-583-6844



The Warning Signs of Stroke

When you have a stroke, your brain isn't getting the blood it needs. You need treatment right away to lower your chances of brain damage, disability, or even death.

Use the FAST test to check for the most common symptoms of a stroke in yourself or someone else.

Face: Smile and see if one side of the face droops.

Arms: Raise both arms. Does one arm drop down?

Speech: Say a short phrase and check for slurred or strange speech.

Time: If the answer to any of these is yes, call 911 right away and write down the time when symptoms started.

Minutes matter in treating stroke. Calling a doctor or driving to the hospital yourself wastes time. Ambulance workers can judge your situation sooner, and that boosts your chance of getting the treatment you need as soon as possible.

Depending on the type of stroke, doctors may give you aspirin or powerful clot-busting drugs. The treatment works best when you get this medication within 3 hours of when your symptoms started. If your stroke was caused by a burst blood vessel, doctors will try to stop the bleeding as soon as possible.

Warning Signs

Sometimes a stroke happens gradually, but you're likely to have one or more sudden symptoms like these:

- Numbness or weakness in your face, arm, or leg, especially on one side
- Confusion or trouble understanding other people
- Difficulty speaking
- Trouble seeing with one or both eyes
- Problems walking or staying balanced or coordinated
- Dizziness
- Severe headache that comes on for no reason

If you have these symptoms, call 911 even if you're not sure you're having a stroke.

Be Prepared

Each year, some 800,000 people in the U.S. have a stroke. They can happen to anyone at any time. Planning for an emergency can make a big difference.

- Learn the warning signs of a stroke and let your family and friends know, too.
- If you have any medical conditions, wear a medical bracelet or other identification that lists them, your allergies, and any medication you take.
- Teach your children the FAST test, plus how to call 911, give your address, and describe what's happening.

WebMD Medical Reference | Reviewed by Neha Pathak, MD on November 03, 2017

Sources ^

SOURCES:

American Stroke Association: "Impact of Stroke," "Types of Stroke," "Stroke Warning Signs," "Act FAST," "6 Ways You Can Prepare for an Emergency."

American Academy of Family Physicians: "Stroke: Warning Signs and Tips for Prevention."

American Heart Association: "Stroke Warning Signs."

National Institute of Neurological Disorders and Stroke: "NINDS Atrial Fibrillation and Stroke Information Page."

Neurology Today: "Calls to Physicians' Offices May Delay Stroke Care."

National Heart, Lung, and Blood Institute: "What Is a Stroke?"

Circulation: Cardiovascular Quality and Outcomes: "Patterns of Emergency Medical Services Use and Its Association With Timely Stroke Treatment."

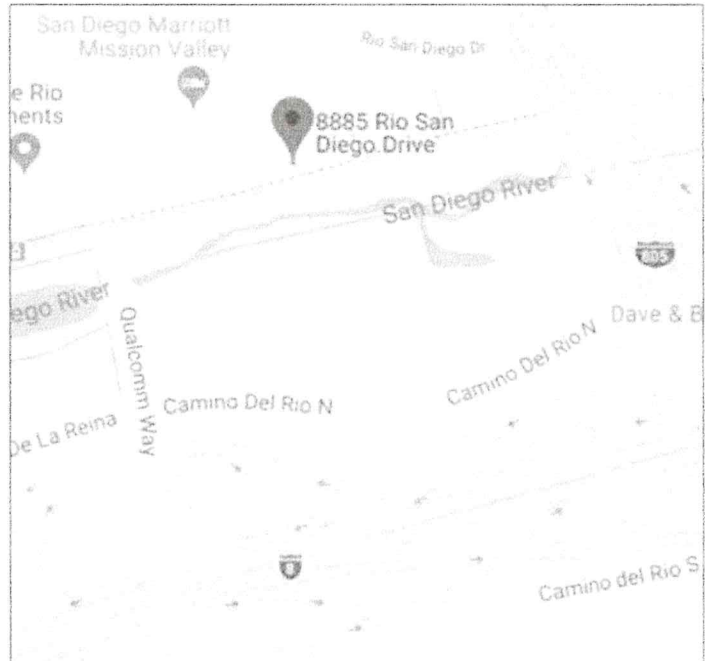
Lancet: "Effect of treatment delay, age, and stroke severity on the effects of intravenous thrombolysis with alteplase for acute ischaemic stroke: a meta-analysis of individual patient data from randomized trials."

© 2017 WebMD, LLC. All rights reserved.

Directions to the Annual Meeting

Hera Hub is just 2 blocks off the 8 freeway at the Qualcomm Way exit, next to the Marriott hotel. The building is set back behind the USE Credit Union. There is plenty of free parking in front of the building.

Hera Hub
8885 Rio San Diego Drive
Suite 237
San Diego



3

Telco Retiree Meeting

Feb. 7th 2PM