



Proclamation

Whereas, Stroke Awareness Month is observed annually in May, and is intended to increase understanding and awareness of stroke symptoms and prevention strategies; and

Whereas, one in six people will have a stroke in their lifetime, and 80% of families are affected; additionally, strokes are the leading cause of long-term disability, putting a tremendous financial burden on individuals, families, as well as society; and

Whereas, anyone can be susceptible to a stroke regardless of age, sex, ability, ethnicity, or socioeconomic status and the Borough of Watchung is honored to take part in the annual observance of Stroke Awareness Month with the goal of encouraging the public to become more aware of the first signs of stroke and understanding the importance of calling 911 immediately to provide the patient with the best chance of a positive outcome; and

Whereas, learning that a stroke is largely preventable and treatable; and knowing the warning signs is essential to survival and better outcomes and recovery; remember F.A.S.T.: Face drooping, Arm weakness, Speech difficulty, it's Time to call 911; and

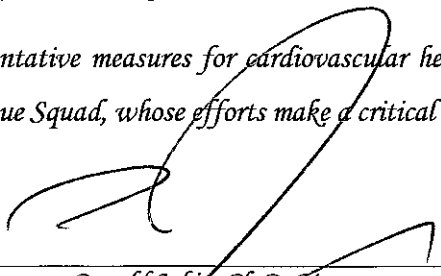
Whereas, a study by the American Stroke Association shows that the quick actions by EMS professionals are instrumental in saving lives from stroke and producing better outcomes for stroke survivors, but more than a third of stroke patients fail to use EMS; and

Whereas, Stroke Awareness Month provides an excellent opportunity for citizens to learn more about preventing and treating high blood pressure and leading a healthy lifestyle, and to show support for the local healthcare professionals who provide critical care, treatment services, and prevention assistance to those at risk of stroke and the general public at large; and

Now therefore, I, Ronald Jubin, Mayor of the Borough of Watchung, County of Somerset, along with Members of the Council, do hereby proclaim the month of May, 2025 as

National Stroke Awareness Month

and urge all residents to learn the signs of stroke, to take preventative measures for cardiovascular health, and to recognize and support the invaluable service of our Volunteer Rescue Squad, whose efforts make a critical difference in the lives of those affected by stroke.


Ronald Jubin, Ph.D. Mayor
May 6, 2025