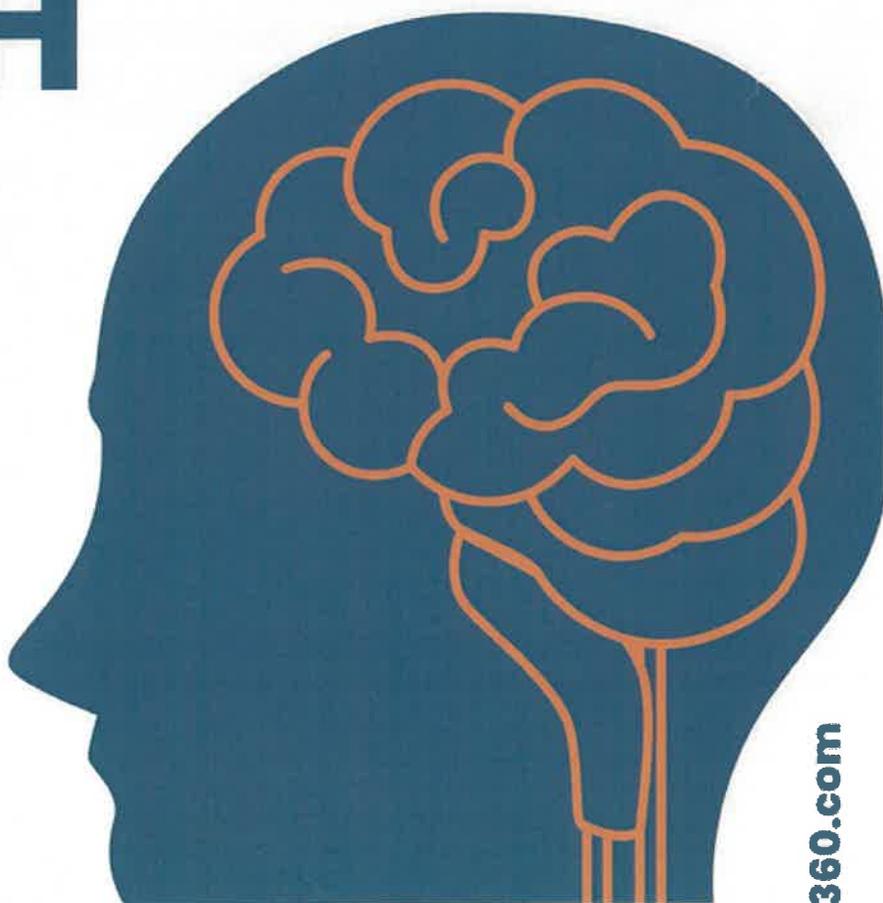


**CHR NEWSLETTER**  
**March 2026**



# **BRAIN INJURY AWARENESS MONTH**

**Brain Injury Awareness Month, recognized each March, provides an important opportunity to bring attention to the prevention of traumatic brain injury (TBI) and to promote strategies to improve the quality of life for persons living with TBI**





## Leading Causes of Traumatic Brain Injury

Falls are the leading cause of traumatic brain injury, particularly in children under four and people over the age of 75. Other leading causes of traumatic brain injury include:

**Motor Vehicle Accidents**

**Being struck by a moving object or pushed against a stationary object**

**Intentional Acts of Violence**

## Common Signs of Traumatic Brain Injury

As mentioned earlier, the signs of traumatic brain injury can take days or weeks to manifest. Seek medical attention if you experience:



- **Headaches**
- **Neck pain**
- **Difficulty concentrating**
- **Trouble reading or speaking**
- **Fatigue**
- **Changes in sleep patterns**
- **Dizziness**
- **Nausea**
- **Blurred vision**
- **Increased noise or light sensitivity**
- **Loss of senses**  
(e.g., smell, taste)

## Effects of Traumatic Brain Injury

Traumatic brain injuries can affect a number of daily living activities, including:



# ST. PATRICK'S DAY WORD SEARCH

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

- |            |          |         |
|------------|----------|---------|
| Saint      | Ireland  | Clover  |
| Patrick    | Wishes   | Parade  |
| Leprechaun | Shamrock | March   |
| Rainbow    | Green    | Pinch   |
| Gold       | Lucky    | Emerald |





# PISTACHIO CAKE

## INGREDIENTS

- 1 package white cake mix
- ¾ cup vegetable oil
- ¾ cup lemon-lime flavored carbonated beverage
- 3 eggs
- 2 envelopes whipped topping mix
- 1 ½ cups milk



## DIRECTIONS

1. Preheat oven to 350F degrees. Spray a 9x13- inch baking dish with non-stick spray.
2. Then add in 3 large eggs, 1 cup oil and milk . Stir just until combined, this next part is optional. Add a few drops of green food coloring. About 6 to 8 drops. Stir until the food coloring is totally incorporated.