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VILLAGE TIMES

Heart-Healthy Habits for Seniors

Many seniors believe that heart disease risks are inevitable in old age. In truth, there are plenty of ways to keep your heart in great shape; start with these seven. Heart disease is a major threat to senior health — in fact, 84 percent of people age 65 years and older die from heart disease. Though heart disease risks increase with age, it doesn't have to be an inevitable part of getting older. The right lifestyle habits and a heart-healthy diet can help protect you. What exactly is heart disease? It's the term given to a group of different health conditions that affect the heart. In the United States, the most common form of heart disease is called coronary artery disease (CAD). CAD is often responsible for serious cardiovascular events like a heart attack, heart failure, chest pain, and irregular heartbeat, also called arrhythmia.

Know the Symptoms of Heart Disease

The warning signs of heart disease often don't appear until you're having a heart attack. Symptoms of an emergency or impending heart attack may include:

Feeling faint

Weakness or a sensation of light-headedness

Having a hard time catching your breath

Feeling nauseous or vomiting

Feeling very full or having indigestion

Pain in the chest or an uncomfortable pressure in the chest

Unusual pains in the back, shoulders, or neck

Sweating

An irregular heartbeat

How to Reduce Your Heart Disease Risks

Many health conditions can contribute to heart disease and increase your risk of having a heart attack. Heart disease treatment and heart attack prevention requires that you treat all other contributing health problems and keep them under control. To treat heart disease you should:

Lower high blood pressure and high cholesterol levels

Keep diabetes under control

Take medication to treat angina (chest pain)



There are medications that can help treat the various aspects of heart disease. To manage chest pain, nitrates, beta-blockers, and calcium channel blockers may be recommended. Your doctor may also suggest taking a daily aspirin to help reduce the risk of a heart attack. **7 Steps to Heart Disease Prevention**

You can keep your heart healthy no matter how old you are, but it does take effort — possibly even changes in your everyday habits, such as eating a heart-healthy diet and increasing your activity level. Here's how to get started:

Get enough exercise. This means at least 30 minutes of exercise almost every day of the week. **Quit smoking.** If you do smoke, it's time to quit. **Eat a heart-healthy diet.** Load up on fresh fruits and vegetables while limiting saturated fats, salt, and foods containing cholesterol, like fatty meats. **Watch your numbers.** Get regular check-ups to monitor health conditions that affect the heart, including high blood pressure, high cholesterol, and diabetes, and make sure they're under control with medication. **Reduce your alcohol intake.** Excess alcohol consumption can worsen health conditions that contribute to heart disease, like blood pressure, arrhythmias, and high cholesterol levels. **Minimize stress in your life.** Stress can compound many heart disease risks that seniors already face, steering you toward an unhealthy lifestyle. Find healthy outlets to relieve stress and lower your heart disease risk. **Watch your weight.** Too many pounds can add up to increased heart disease risk. To help prevent heart disease, maintain a healthy body weight for your size.

It's Black History Month Trivia!

There are a lot of African Americans that have made a difference throughout history, and to ensure that we do not forget their contributions to the culture, we celebrate them in black history month. Take this quiz and learn more about black history, the heroes we have had and those whose presence is still felt.

Arthur Ashe was a famous

- a. Basketball player
- b. Tennis player
- c. Track star

Charles Drew, is responsible for which of the following?

- a. Refrigerator
- b. Blood banks
- c. Plastic surgery

Jackie Robinson, was the first African American to do what?

- A .Play major league football
- b. Play major league baseball
- c. Hit a home run at Yankees Stadium

Who was the American singer, actress and civil rights leader who got her start singing at the Cotton Club in New York City at age 16?

- a. Dionne Warwick
- b. Lena Horne
- c. Diana Ross



FEBRUARY IS HEART HEALTH MONTH

Affordable Heart-Healthy Eating

GREEN PEAS AECS LERAW SPINACH
BOCEHTNONROCNEZORFLRASASE
ARISNUBLEYEFFNESRAPMRNAPS
BARAEERSOTAMOTDENNACNPNDN
YNNETRSGOTODEIRLOARELCESP
CGWEIPUEFAZSLBPORDNESSBN
AEOPGRNRAERASSAPPBGPGAARO
RSRNTYELRABDELRAEPPGTNEOR
RLBRPENREGULAROATMEALATCG
OENOMAI PNASOTENEMTOEONPCL
TYGIONAPOBASASWEETPOTATOS
SELBATEGEVDEXIMNEZORFBELT
SKLELOSM L LIAENAGAARALCAIS

APPLES
BROCCOLI
CANNED TOMATOS
FROZEN CORN ON THE COB
LENTILS
PEARS
SWEET POTATO

BABY CARROTS
BROWN RICE
EGGS
FROZEN MIXED VEGETABLES
ORANGES
RAW SPINACH
YOGURT

BANANAS
CANNED BEANS
FAT FREE MILK
GREEN PEAS
PEARLED BARLEY
REGULAR OATMEAL

Be active every day and
your heart will be happy!
Happy Valentine's Day



Vegetables are plants that give
your heart lots of love!
Happy Valentine's Day



Don't forget to have some milk!
Happy Valentine's Day



Give your heart some love
with 100% whole wheat!
Happy Valentine's Day



Your heart loves to be active.
Get up and play after lunch!
Happy Valentine's Day



Fruits make a tasty dessert!
Happy Valentine's Day



**NON - MAINTENANCE RELATED PLEASE CALL
(850) 933-6009 (Ms. Parrish - On-Site Monitor)
ALL MAINTENANCE EMERGENCIES PLEASE CALL
(850) 933-3019 (Mr. Gavin)**

THE HAPPENINGS IN THE VILLAGE

February 14th - Massey Exterminator

February 20th - TMH Heart Health Seminar

February 27th - Tenant Meeting - 2:00 pm

**OFFICE HOURS
MONDAY - FRIDAY
8:30 AM - 3:30 PM**

Key to Independent Living

