



# Open Arms Senior Connection

## February 2017 Newsletter

# FEBRUARY

HEART AWARENESS MONTH



### ***Put Your Heart Health First***

February marks American Heart Month, a great time to commit to a healthy lifestyle and make small changes that can lead to a lifetime of heart health.

Heart disease is the leading cause of death for men and women. The perfect gift this Valentine's Day is the gift of heart health.

### **Small Changes Can Make a Big Difference**

You can make a big difference in your heart health by taking these small steps during the month of February and beyond.

- **Schedule a visit with your doctor to talk about heart health.** It's important to schedule regular check-ups even if you think you are not sick. Partner with your doctor and health care team to set goals for improving your heart health, and don't be afraid to ask questions and trust their advice.
- **Add exercise to your daily routine.** Start off the month by walking 15 minutes, 3 times each week. By mid-month, increase your time to 30 minutes, 3 times each week.
- **Increase healthy eating.** Cook heart-healthy meals at home at least 3 times each week and make your favorite recipe lower sodium. For example, swap out salt for fresh or dried herbs and spices.
- **If you smoke, take steps to quit.** If you currently smoke, quitting can cut your risk for heart disease and stroke.
- **Take medication as prescribed.** Talk with your doctor about the importance of high blood pressure and cholesterol medica

tions. If you're having trouble taking your medicines on time or if you're having side effects, ask your doctor for help.

<https://www.cdc.gov/features/heartmonth/>

### ***Know the Warning Signs of a Heart Attack***

Don't wait to get help if you experience any of these heart attack warning signs. Although some heart attacks are sudden and intense, most start slowly, with mild pain or discomfort. Pay attention to your body — and call 911 if you feel:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath** with or without chest discomfort.
- **Other signs** may include breaking out in a cold sweat, nausea or lightheadedness.

### **Symptoms Vary Between Men and Women**

As with men, women's most common heart attack symptom is **chest pain or discomfort**. But women are somewhat more likely than men to experience some of the other common symptoms, particularly **shortness of breath, nausea/vomiting, and back or jaw pain**.

### **Heart Attack Signs in Women**

- Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach.

- Shortness of breath with or without chest discomfort.
- Other signs such as breaking out in a cold sweat, nausea or lightheadedness.
- As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

### Act Fast

Learn the signs, but remember this: Even if you're not sure it's a heart attack, have it checked out. Minutes matter! Fast action can save lives — maybe your own. Don't wait - call 911 or your emergency response number.

### Call 911

Calling 911 is almost always the fastest way to get lifesaving treatment. Emergency medical services (EMS) staff can begin treatment when they arrive — up to an hour sooner than if someone gets to the hospital by car. EMS staff are also trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too. It is best to call EMS for rapid transport to the emergency room.

### If you have any of these signs, call 9-1-1 and get to a hospital right away.

[http://www.heart.org/HEARTORG/Conditions/HeartAttack/WarningSignsofaHeartAttack/Warning-Signs-of-a-Heart-Attack\\_UCM\\_002039\\_Article.jsp#.WHO-2k0zVdg](http://www.heart.org/HEARTORG/Conditions/HeartAttack/WarningSignsofaHeartAttack/Warning-Signs-of-a-Heart-Attack_UCM_002039_Article.jsp#.WHO-2k0zVdg)

### Come in and warm up!

So far the winter has been milder than usual, but there's still potential for snow and cold. We manage to stay warm and busy at Open Arms. In February, we have several things planned for you.

Leonard Buscemi will come to do a slide presentation about old area amusement parks, Walgreens will talk to us keeping track of our medications, and it's already time to be thinking about — and starting — our spring craft for Gracedale. Check the calendar for days we'll be 'crafting'.

Stop in and see us! ~ Alice and Karen

### Winter isn't over yet...

#### OPEN ARMS WEATHER CLOSING POLICY



There will be times that Open Arms will need to close due to weather. When the weather looks doubtful, please check your local TV or radio station for Easton Area School Districts closing. If schools are closed due to weather, we are closed! Questions:

Karen 610-252-2338 (home), 610-392-2840 (cell) or the church office at 610-253-3732.

### Special thanks to:

- **All who helped** with our January Pork and Sauerkraut luncheon. A special thank you to Rich and Ruthann Siegfried who provided the pork, sauerkraut and mashed potatoes!
- **Nancy Walters** for leading us in a "Gentle Chair Yoga" session
- **Joyce** for entertaining us on a regular basis with her beautiful piano playing, and especially for leading our Kitchen Band/Sing Along
- **All of you** for your generous donations at holiday time and throughout the year — those donations warm our hearts and keep our doors open — thank you all!

### You won't want to miss:

- **Tuesday, Jan. 3<sup>rd</sup> – 10:30 a.m.** – "Optional Worship" with communion
- **Tuesday, Feb. 21<sup>st</sup> – 10:30** – "Amusement Parks of the Easton Area" – Leonard Buscemi
- **Thursday, Feb. 23<sup>rd</sup> – NOON** – Lunch is provided
- **Thursday, Feb. 23<sup>rd</sup> – 1:00 p.m.** – s"Brown Bag Program" offered by Walgreen Pharmacy. Bring in your medicines in a bag (if you wish) and have the pharmacist take a look at them and answer your questions.
- **Tuesday, Feb. 28<sup>th</sup> – 12:30 p.m.** – February Birthdays are celebrated
- **TBD – "Sit & Be Fit" with Jackie** (gentle chair exercise) – Jackie has been traveling, so we'll let you know when she can fit us in to her calendar when she returns☺

Open Arms Senior Connection  
A Ministry of Arndt's Lutheran Church  
1851 Arndt Road  
Easton, PA 18040



***“There is nothing on this earth more  
to be prized than true friendship.”***

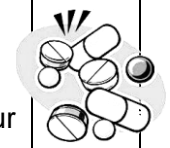
Thomas Aquinas

***Happy Valentine's Day,  
to all our dear  
Open Arms friends!***

# February 2017

# Arndt's Open Arms Senior Connection

SUN.	MON.	TUESDAY	WED.	THURSDAY	FRI.	SAT.
			1	2 10:00 AM – “Gathering” 11:00 AM – “Health Check” – Country Meadows 1:00 PM – Cards, games & socializing	3	4
5	6	7 10:00 AM – “Gathering” 10:30 AM – * 1:00 PM – Cards, games & socializing	8	9 10:00 AM – “Gathering” 10:30 AM – Help assemble valentines for Arndt’s Preschool children 1:00 PM – Cards, games, socializing	10	11
12	13	14 VALENTINES DAY! 10:00 AM – “Gathering and Valentines Day Fun” 11:00 AM – Cards, games & socializing 1:00 PM – Merchandise Bingo – bring a small prize to share	15	16 10:00 AM – “Gathering” 10:30 AM – Cards, games, socializing 1:00 PM – Wii bowling	17	18
19	20	21 10:00 AM – “Gathering” 10:30 AM – “Amusement Parks of the Easton Area” – Leonard Buscemi 1:00 PM – Cards, games, socializing 1:00 PM – Spring craft for Gracedale	22	23 10:00 AM – “Gathering” 10:30 AM – Cards, games & socializing NOON – Lunch provided 1:00 PM – “Brown Bag Presentation” by Walgreen Pharmacy (bring your medicines in a bag for the pharmacist to check – and bring your questions, too!)	24	25
26	27	28 10:00 AM – “Gathering” 10:30 AM – Cards, games, socializing 12:30 – February Birthdays Celebrated 1:00 PM – Spring craft for Gracedale				



**\*Optional Worship Service** – an optional worship service with communion is offered the 1<sup>st</sup> Tuesday of the month  
**PLEASE BRING A BAG LUNCH** unless the calendar says that lunch is provided.

**Bad weather?** Check your local TV or radio station for Easton Area School Districts closing.

**Questions?** Call Karen at 610-252-2338 (home) or 610-392-2840 (cell phone), or the church office at 610-253-3732.