



Open Arms Senior Connection

February 2018

American



Heart Month

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.

Working with your doctor can help keep health problems under control. It's never too late to start living a healthy lifestyle and getting your heart disease risks in check.

<https://www.everydayhealth.com/senior-health/heart-healthy-habits-for-seniors.aspx>

Come in out of the colder

So far the winter has been colder than usual and there's still potential for snow and cold! We manage to stay warm and busy at Open Arms.

Winter is prime season for flu and other sicknesses. We have missed many of you because of illness and weather. Even though we miss you, we appreciate you making decisions for your own good, and are happy that you follow common sense rules when you believe you are sick.

In February, we have several things planned for you. We will be making valentines for our Arndt's Preschool children and our friends on the 5th floor at Gracedale. That means 50 valentines for Gracedale alone! Check the calendar for days we'll be 'crafting' and help us make simple paper valentines to spread some loving cheer.

On Thursday, Feb. 8th at 10:30 a.m., area musician, Bill Frey, will entertain us with song and guitar Plan to join us for the fun!

Stop in and see us! ~ Alice and Karen

Winter Weather Reminder:

When the Easton Area School District has closed school due to weather, Open Arms will also close. School closing information is available on **Channel 69 News/WFMZ**. If, however, the Easton Area School District has a one hour, or two hour delay, Open Arms **WILL OPEN** at the regular time.

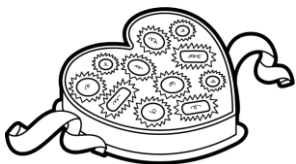
If you have any doubts as to whether we are closed – please call Karen at 610-252-2338 or 610-392-2840.

Special thanks to:

- **Pastor Jean** for faithfully leading our optional worship service each month
- **All** who helped with and donated food for our – Pork & Sauerkraut luncheon (special thanks to **Ruthann and Rich Siegfried** for donating the pork & sauerkraut, mashed potatoes, and vegetables)
- **Jackie** – for her "Sit & Be Fit" gentle chair exercise session
- **All** who showered us with 'goodies' throughout the holidays!

You won't want to miss:

- **Tuesday, Feb. 6th – 10:30 a.m. – Optional Worship** with Pastor Jean
- **Tuesday, Feb. 6th & Thursday, Feb. 8th – 1:00 p.m.** – make valentines for Arndt's Preschool and the 5th Floor at Gracedale.
- **Thursday, Feb. 8th – 10:30 a.m. – Special Music** with Bill Frey
- **Tuesday, Feb. 20th – 1:00 p.m. – "Merchandise Bingo"** – bring a small prize to share.
- **Thursday, Feb. 22nd – NOON** - lunch is provided
- **Tuesday, Feb. 27th – 12:30 p.m. – February Birthdays** celebrated



"All you need is love.
But a little chocolate now and then doesn't hurt."

~ Charles M. Schultz




Flu prevention tips reduce risk for older adults:

1. **Get the flu vaccine.** Getting a flu shot reduces the risk of getting the flu. It also reduces the severity of the illness and protects against complications.
2. **Wash or sanitize hands thoroughly and often.** Frequently washing hands with regular soap is an effective way to get rid of cold and flu germs.
3. **Exercise regularly.** Moderate exercise boosts the immune system and may reduce risk of a cold.
4. **Avoid touching the eyes, nose, and mouth.** We often touch our faces without thinking, which is a common way for cold and flu germs to enter the body. To reduce the risk of getting sick, minimize touching of the face.
5. **Clean the environment to eliminate germs.** Try to keep the environment as germ-free as possible, especially in the bathroom and kitchen (don't forget your phone or remote control).
7. **Stay away from people who are sick.** It might sound obvious, but it's worth repeating: keep your distance from people who are sick.
8. **Avoid crowds and unnecessary travel.**
9. **Drink plenty of liquids.** Drinking plenty of liquids, especially plain water or hot tea, helps the nasal passages stay moist and trap germs before they can spread into the body.
10. **Get added Vitamin C and protein through nutritious foods.** Some studies have shown that a little extra Vitamin C (but not too much) can reduce the risk of getting sick. Not getting enough protein can also lower the immune response, so try to add fish, eggs, or yogurt to your diet.



February 2018

Arndt's Open Arms Senior Connection

SUN.	MON.	TUESDAY	WED.	THURSDAY	FRI.	SAT.
				1 10:00 AM – “Gathering” 11:00 AM – Cards, games, socializing 1:00 PM – Cards, games, socializing	2	3
4	5	6 10:00 AM – “Gathering” 10:30 AM – * 1:00 PM – Making valentines for Arndt’s Preschool and the 5 th Floor at Gracedale	7	8 10:00 AM – “Gathering” 10:30 AM – Special Music by Bill Frey 1:00 PM – Making valentines for Arndt’s Preschool and the 5 th Floor at Gracedale	9	10
11	12	13 10:00 AM – “Valentine’s Day Puzzles & Trivia” 10:30 AM – Cards, games & socializing 1:00 PM – Cards, games & socializing	14  Valentine Day	15 10:00 AM – “Gathering” 10:30 AM – Cards, games, socializing 1:00 PM – Cards, games, socializing	16	17
18	19	20 10:00 AM – “Gathering” 10:30 AM – Cards, games, socializing 1:00 PM – Merchandise Bingo – bring a small prize to share	21 	22 10:00 AM – “Gathering” 10:30 AM – Cards, games & socializing 1:00 PM – Lunch provided	23	24
25	26	27 10:00 AM – “Gathering” 10:30 AM - Cards, games, socializing 12:30 – February Birthdays Celebrated 1:00 PM – Cards, games, socializing	28 			

*Optional Worship Service – an optional worship service with communion is offered the 1st 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 Karen at 610-392-2840 (cell phone), or the church office at 610-253-3732.