



# Senior Health & Wellness Newsletter



## YOUR HEART MATTERS

Every February is recognized as Heart Health Awareness month. There are many different ways to ensure your heart is taken care of: following a healthy lifestyle (including both physical activity and healthy food options) as well as annual physical exams with lab work. Other things to keep in mind are being trained in CPR and learning if and where Automated External Defibrillator (AED) Devices are located in some facilities (especially if you or others are participating in physical activities). By taking care of your heart health, you are more likely to prevent or delay the onset of heart disease, including stroke.

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# Your Heart Matters

Healthy lifestyle consists of at least 30 minutes of physical activity 5 days a week that increases your heart rate for a period of time. Please consult with your physician if you are looking to incorporate physical activity into your daily schedule to ensure it is appropriate. The healthy lifestyle also includes the foods you eat. Heart healthy foods should be low in saturated and trans fats and in sodium. Choosing whole foods and those without sauces/gravies, will be lower in fat and sodium. Choosing meats like chicken, turkey, fish and seafood are great options for lower fat. Fish and seafood are a great source for the health unsaturated fats that need to be incorporated throughout your meals. Try choosing less processed foods to help decrease excessive amount of sodium. If you choose to purchase canned food items, look for those labeled lower sodium, or no salt added. Avoid smoking and being around second-hand smoke as much as possible to help with healthy heart lifestyle.

If you are receiving annual physicals that includes blood pressure level and cholesterol levels lab work, it is important you understand your lab values. See the below chart for the different levels of cholesterol. Talk with your physician if you have questions about your blood pressure and/or lab values.

Another way to be proactive about heart health is being trained in CPR and how to use an AED. CPR teaches life-saving chest compressions and rescue breaths. An AED is a device that can read a person's heart rhythms and deliver electric shock if necessary. If you may be interested in becoming trained on either of these, look for local resources like the YMCA or a local American Red Cross for more information.

At Risk Levels		
<u>Total Cholesterol</u>	<u>HDL Cholesterol</u>	<u>LDL Cholesterol</u>
200 or higher	Below 40 (males) Below 50 (females)	100 or higher

Heart Healthy Levels		
<u>Total Cholesterol</u>	<u>HDL Cholesterol</u>	<u>LDL Cholesterol</u>
Below 200	40-80 (males) 50-80 (females)	Below 100

Sources: <https://my.clevelandclinic.org/health/articles/11920-cholesterol-numbers-what-do-they-mean>

<https://www.heart.org/en/health-topics/cholesterol/about-cholesterol>

[https://www.redcross.org/take-a-class/aed/using-an-aed/what-is-aed?](https://www.redcross.org/take-a-class/aed/using-an-aed/what-is-aed?srsltid=AfmBOorcZykHJ6atdg0IEZb_S95EOpV5qhVz94xEKHIAFLWJqzLfCtE1)

[srsltid=AfmBOorcZykHJ6atdg0IEZb\\_S95EOpV5qhVz94xEKHIAFLWJqzLfCtE1](https://www.redcross.org/take-a-class/aed/using-an-aed/what-is-aed?srsltid=AfmBOorcZykHJ6atdg0IEZb_S95EOpV5qhVz94xEKHIAFLWJqzLfCtE1)

# Health Promotion!

## Ten Tips to Improve Your Heart Health:

1. Balance calorie intake with physical activity.
2. Add a variety of fruits and vegetables to your diet.
3. Incorporate whole grains.
4. Focus on healthy protein sources, mostly from plants and seafood.
5. Use non-tropical liquid plant oils such as canola, sunflower, olive, or corn oil.
6. Eat minimally processed food.
7. Minimize added sugars.
8. Cut down on salt.
9. Limit alcohol.
10. Follow these recommendations whether eating at home or dining out.

Bonus tip: Move more for whole body health. Move more, sit less. Aim for at least 150 minutes of moderate-intensity aerobic activity each week. Try an exercise program at your senior center such as Drums Alive to get your heart pumping!

Source: <https://heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/the-ten-ways-to-improve-your-heart-health>



# Sudoku Puzzle!

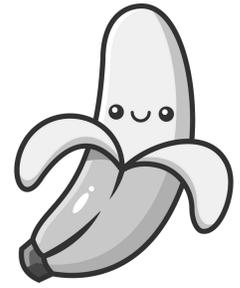
	4	3				1		
8			9				4	
2		9			3	6		
		6	7	1			3	5
		7		8	4	9		
					9	7	8	
7			2			5	1	
	9		4	5	1			6
		2		3				4

Can you find it? Somewhere in the newsletter is a tiny Kentucky. Did you spot it?



LAST MONTH'S WAS LOCATED ON PAGE 4 AS ONE OF THE DOTS IN THE TOP FIREWORKS.

# Recipe



## Chocolate Banana Bread for One

- 2 tbsp all-purpose flour
  - 2 tbsp unsweetened cocoa powder
  - ¼ tsp baking soda
  - ¼ tsp cinnamon
  - ⅛ tsp salt
  - 1 medium banana-mashed
  - 2 tbsp granulated sugar
  - 1 tbsp salted butter, melted
  - 1 large egg yolk
  - ½ tsp vanilla extract
  - 2 tbsp mini chocolate chips
- Heat oven to 350 degrees. Lightly grease a 10-ounce ramekin and place it on a baking sheet with raised edges to catch any spills.
  - In a medium bowl, whisk together the flour, cocoa powder, baking soda, cinnamon and salt. Set aside.
  - Mash banana in a medium bowl. Add the sugar and whisk until smooth. Whisk in the melted butter, egg yolk, and vanilla until fully combined.
  - Gently fold in the dry ingredients into the banana mixture until just combined. Do not overmix. Stir in chocolate chips.
  - Pour the batter into the prepared ramekin.
  - Bake for 30-35 minutes, or until a toothpick inserted into the center comes out clean. Cool slightly before serving.

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## IMPORTANT DATES IN FEBRUARY

February is Heart Health Month!  
 Feb 02 ... Groundhog's Day  
 Feb 12 ... Lincoln's Birthday  
 Feb 14 ... Valentine's Day  
 Feb 16 ... Washington's Birthday/President's Day  
 Feb 18 ... Ash Wednesday



## Solution

6	4	3	8	7	5	1	2	9
8	1	5	9	2	6	3	4	7
2	7	9	1	4	3	6	5	8
9	8	6	7	1	2	4	3	5
5	2	7	3	8	4	9	6	1
4	3	1	5	6	9	7	8	2
7	6	4	2	9	8	5	1	3
3	9	8	4	5	1	2	7	6
1	5	2	6	3	7	8	9	4

# *Dementia Corner*

## **February is a Perfect Time to Love your Heart and your Brain**

February is American Heart Month, and it is a great time for Kentuckians to learn how taking care of the heart also helps protect the brain. Many health problems that affect the heart can also affect memory, thinking, and overall brain health.

### **How the Heart Helps the Brain**

Your brain needs a steady flow of blood to work well. The heart pumps blood that carries oxygen and nutrients to the brain. When the heart is healthy, the brain gets what it needs to stay strong. Problems like high blood pressure, high cholesterol, diabetes, and smoking can damage blood vessels. This can raise the risk for stroke and memory loss.

In Kentucky, heart disease and stroke are common health concerns. That is why learning healthy habits is important for people of all ages.

### **Healthy Habits for a Healthy Heart and Brain**

Small changes can make a big difference. Being active helps both the heart and brain. Activities like walking, dancing, or working in the yard help blood flow and improve mood. Eating healthy foods such as fruits, vegetables, whole grains, lean meats, and fish helps protect the heart and brain.

Getting enough sleep and managing stress are also important. Too much stress can hurt the heart and make it harder to think clearly. Spending time with family, friends, church groups, or community activities helps keep the brain active and supports emotional health.

### **Know Your Numbers**

Doctors encourage people to know their blood pressure, cholesterol, and blood sugar levels. Many communities across Kentucky offer health screenings and wellness programs. Managing these numbers can lower the risk of heart disease, stroke, and some types of dementia.

By taking care of our hearts, we are also taking care of our brains. This February, Kentuckians are encouraged to move more, eat better, stay connected, and visit their healthcare provider. These steps can help support a healthier future for individuals, families, and communities across the Commonwealth.

Sources: <https://www.cdc.gov/heartdisease> ; <https://www.cdc.gov/stroke> ;  
<https://www.nia.nih.gov/health/cognitive-health>