

## **FEBRUARY IS HEART HEALTH MONTH**

According to the National Heart, Lung, and Blood Institute (NHLBI), [Heart Disease](#) is the leading cause of death for both men and women in the United States. About 90 percent of middle-aged people and more than 74 percent of young adults have one or more risk factors for heart disease, such as diabetes, high blood pressure, high blood cholesterol, or being a smoker or overweight. Having multiple risk factors increases your risk for heart disease. Did you know that people who have close relationships at home, work, or in their community tend to be healthier and live longer? One reason, according to the National Heart, Lung, and Blood Institute (NHLBI), is that we're more successful at meeting our health goals when we join forces with others. NHLBI launched the #OurHearts movement to inspire us to protect and strengthen our hearts with the support of others.

Follow these [heart healthy lifestyle tips](#) with your friends, family, coworkers, and others in your community and you'll be heart healthier:

- *Be more physically active.*
- *Maintain a healthy weight.*
- *Eat a nutritious diet.*
- *Quit smoking.*
- *Reduce your stress.*
- *Get enough quality sleep.*
- *Track your heart health stats.*

Invite family, friends, colleagues, or members of your community to join you in your efforts to be more physically active:

- *Ask a colleague to walk with you on a regular basis, put the date on both your calendars, and text or call to make sure you both show up.*
- *Join an exercise class at your local community center and bring a neighbor along. Carpool or walk there together to make it a regular date.*
- *Grab your kids, put on music, and do jumping jacks, skip rope, or dance.*
- *Make your social time active and encourage everyone—family and friends alike—to think of fun activities that get you off the couch and moving.*

How much is enough? Aim for at least 2½ hours of physical activity each week—that's just 30 minutes a day, 5 days a week.

### **STAYING HEALTHY YEAR-ROUND**

*Tips on how to increase your chances for a long and healthy life:*

- *Be active – walk; exercise; if possible, take the stairs instead of the elevator.*
- *Eat lots of fruits, vegetables, whole grains and little or no fatty foods.*
- *Don't smoke and limit your alcohol consumption*

- *Go for annual medical checkup. Take advantage of preventive screenings and immunizations like flu and pneumonia shots.*
- *Pay attention to your mental health – ongoing sadness, loss of interest, anxiety, feeling overwhelmed, changes in sleep pattern, loss of appetite, excessive crying, irritability and so on. If you experience any of the above-mentioned symptoms, please contact NYC WELL at 1-888-692-9355.*

*Spring Creek Senior Partners offers many events and activities to help keep you active, informed and healthy.*

*For more information, call the office of Spring Creek Senior Partners and speak to one of NORC Nurses at 718-348-7620 for an appointment.*

*Join us for*

*Technology Class every Monday, Wednesday and Friday (Virtual)*

*Arts/Crafts (Crochet) and Gardening every Thursday (in-person)*

*Game Day/Bingo every Friday (in-person)*

*Dancersize every Friday (in-person)*

*Concert In Motion (Virtual) February 28, 2022 @1:00pm*

*Heart Presentation (in Person) with our NORC RN February 14, 2022 at 1:30pm (English)*

*Heart Presentation (in Person) with our NORC RN February, 23, 2022 @1:30pm (Russian)*

*Snacks, refreshments, GIVE-AWAYS are served for in-person activities*

*The staff of Spring Creek Senior Partners is here to assist those living in Spring Creek Towers who are 60 years and older. You are always welcome to participate in our many events and activities.*

*If you need to see one of our case workers or the NORC Nurse, please call for an appointment. Our number is 718-348-7620.*

*\*\*\*\*\*Every Monday, Wednesday and Thursday FROM 9:30am to 12:30pm, Spring Creek Senior Partners offers free blood pressure, Body Mass Index, Weight and Oxygen Level screenings. Call our office at 718-348-7620 to schedule an appointment.*

#### **ABOUT SPRING CREEK SENIOR PARTNERS**

*Spring Creek Senior Partners is a Naturally Occurring Retirement Community/Supportive Service Program (NORC/SSP) and we serve all residents who are 60 years or older. Our services are free and open to all residents of Spring Creek Towers. You can visit Monday through Friday 9:00 am to 5:00 pm at 160 Schroeders Ave. (G5) or call us 718-348-7620.*