

SPRING CREEK SENIOR PARTNERS NEWS – MAY 20, 2022

MAY IS NATIONAL BLOOD PRESSURE EDUCATION MONTH

Ways to control high blood pressure without medication (Mayo Clinic)

1. Lose extra pounds and watch your waistline

Blood pressure often increases as weight increases. Being overweight also can cause disrupted breathing while you sleep (sleep apnea), which further raises your blood pressure. Weight loss is one of the most effective lifestyle changes for controlling blood pressure. Losing just 10 pounds can help reduce your blood pressure. You generally should also keep an eye on your waistline. Carrying too much weight around your waist can put you at greater risk of high blood pressure.

2. Exercise regularly

Regular physical activity — at least 30 minutes most days of the week — can lower your blood pressure by 4 to 9 millimeters of mercury (mm Hg). It's important to be consistent. The best types of exercise for lowering blood pressure include walking, jogging, cycling, swimming or dancing. Strength training also can help reduce blood pressure.

3. Eat a healthy diet

Eating a diet that is rich in whole grains, fruits, vegetables and low-fat dairy products and skimps on saturated fat and cholesterol can lower your blood pressure by up to 14 mm Hg. This eating plan is known as the Dietary Approaches to Stop Hypertension (DASH) diet.

- *Keep a food diary.*
- *Consider boosting potassium.*
- *Be a smart shopper.*

4. Reduce sodium in your diet

A small reduction in the sodium in your diet can reduce blood pressure by 2 to 8 mm Hg.

The effect of sodium intake on blood pressure varies among groups of people. In general, limit sodium to less than 2,300 milligrams (mg) a day or less. However, a lower sodium intake — 1,500 mg a day or less — is appropriate for people with greater salt sensitivity, including:

- *African-Americans*
- *Anyone age 51 or older*
- *Anyone diagnosed with high blood pressure, diabetes or chronic kidney disease*

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.

Join us for

- 1) Walk-A-Thon – Every Monday Morning***
- 2) Technology Hybrid – Monday (in-person), Wednesday and Friday (Virtual)***
- 3) Intergenerational Group every Monday & Thursday (Hybrid) from 3:00pm to 3:45pm***
- 4) ARTS/CRAFTS (CROCHET) & GARDENING every Thursday (in-person)***
- 5) Steelpan music class every Thursday with Instructor Gregory Lezema (in-person)***
- 6) Painting class every Tuesday with Instructor Alicia Aberdeen (in-person)***
- 7) Pottery class every Friday with Instructor Charles Watts (in-person)***
- 8) BINGO every Friday (in-person)***
- 9) Tai Chi for Arthritis every Thursday and Friday***
- 10) Stay Active and Independent for Life (SAIL) every Tuesday & Wednesday***
- 11) Blood Pressure Monitoring – Monday, Tuesday, Friday from 9:30am to 12:30pm***

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.

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.