

February 14 - Valentine's Day



For Cupid's sake, you must remember these quotations . . .

What better way to celebrate Valentine's Day than with a romantic movie? To get in the mood, match these quotations with the famous love story they came from:

- | | | | |
|------------------------------|------------------------------|------------------------|---------------------------------|
| 1. <i>Dr. Zhivago</i> | 2. <i>Gone With the Wind</i> | 3. <i>The Notebook</i> | 4. <i>Brief Encounter</i> |
| 5. <i>Romeo & Juliet</i> | 6. <i>Titanic</i> | 7. <i>Love Story</i> | 8. <i>An Affair to Remember</i> |
| 9. <i>Roman Holiday</i> | 10. <i>Casablanca</i> | | |

- a) "I don't know how to say good-bye. I can't think of any words."
- b) "Promise me you'll survive. That you won't give up, no matter what happens, no matter how hopeless."
- c) "What can you say about a twenty-five-year-old girl who died? That she was beautiful and brilliant? That she loved Mozart and Bach, the Beatles, and me?"
- d) "I think I was a little in love with her."
- e) "Winter must be cold for those with no warm memories. And we've already missed the spring."
- f) "It's gonna be really hard. We're gonna have to work at this every day, but I want to do that because I want you. I want all of you, forever, you and me, every day."
- g) "Kiss me. Kiss me as if it were the last time."
- h) "I know that this is the beginning of the end. Not the end of my loving you but the end of our being together. But not quite yet, darling. Please. Not quite yet."
- i) "And when I shall die, take him and cut him up in little stars, and he will make the face of heaven so fine that all the world will fall in love with night and pay no worship to the garish sun."
- j) "You should be kissed and often, and by someone who knows how."

Answers: 1 (d); 2 (j); 3 (f); 4 (h); 5 (i); 6 (b); 7 (c); 8 (e); 9 (a); 10 (g)



SERVICE COORDINATION NEWS

American Heart Month: February Means Heart Disease Awareness!

By Richard N. Fogoros, M.D., About.com Guide

Heart disease is the leading cause of death in the United States. The month of February is dedicated to raising awareness about heart disease and increasing knowledge about prevention. Educate yourself on the dangers of heart disease and get on track to better heart health here!

Key Symptoms of Heart Disease Chest Pain, Dizziness, Shortness of Breath and More

Because there are many possible conditions that follow under the umbrella of heart disease, the related symptoms are numerous. But here are some key symptoms to be aware of:

1. Chest Pain or Chest Discomfort

Few symptoms are more alarming than chest pain. In the minds of many people, chest pain equals heart pain. And while many other conditions can cause chest pain, cardiac disease is so common - and so dangerous - that the symptom of chest pain should never be dismissed out of hand as being insignificant.

"Chest pain" is an imprecise term. It is often used to describe any pain, pressure, squeezing, choking, numbness or any other discomfort in the chest, neck, or upper abdomen, and is often associated with pain in the jaw, head, or arms. It can last from less than a second to days or weeks, can occur frequently or rarely, and can occur sporadically or predictably. This description of chest pain is obviously very vague, and as you might expect, many medical conditions aside from heart disease can produce symptoms like this.



2. Heart Palpitations

Palpitations, an unusual awareness of the heartbeat, is an extremely common symptom. Most people who complain of palpitations describe them either as "skips" in the heartbeat (that is, a pause, often followed by a particularly strong beat,) or as periods of rapid and/or irregular heartbeats.

Most people with palpitations have some type of cardiac arrhythmia — abnormal heart rhythms. There are many types of arrhythmias, and almost all can cause palpitations, but the most common causes of

palpitations are premature atrial complexes (PACs), premature ventricular complexes (PVCs), episodes of atrial fibrillation, and episodes of supraventricular tachycardia (SVT). Unfortunately, on occasion, palpitations can signal a more dangerous heart arrhythmia, such as ventricular tachycardia.

3. Light-headedness or Dizziness

Episodes of light-headedness or dizziness can have many causes, including anemia (low blood count) and other blood disorders, dehydration, viral illnesses, prolonged bed rest, diabetes, thyroid disease, gastrointestinal disturbances, liver disease, kidney disease, vascular disease, neurological disorders, dysautonomias,

vasovagal episodes, heart failure and cardiac arrhythmias. Because so many different conditions can produce these symptoms, anybody experiencing episodes of light-headedness or dizziness ought to have a thorough and complete examination by a physician. And since disorders of so many organ systems can cause these symptoms, a good general internist or family doctor may be the best place to start.

4. Syncope (Fainting/Loss of Consciousness)

Syncope is a sudden and temporary loss of consciousness, or fainting. It is a common symptom - most people pass out at least once in their lives - and often does not indicate a serious medical problem. However, sometimes syncope indicates a dangerous or even life-threatening condition, so when syncope occurs it is important to figure out the cause. The causes of syncope can be grouped into four major categories: neurologic, metabolic, vasomotor and cardiac. Of these, only cardiac syncope commonly leads to sudden death.

Continued from page 1

5. Fatigue, Lethargy or Daytime Sleepiness

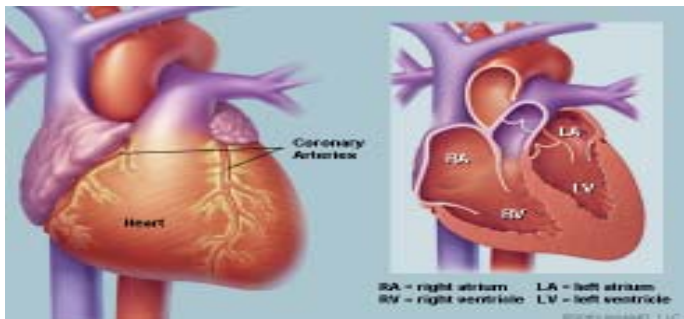
Fatigue, lethargy or somnolence (daytime sleepiness) are very common symptoms. Fatigue or lethargy can be thought of as an inability to continue functioning at one's normal levels. Somnolence implies, in addition, that one either craves sleep - or worse, finds oneself suddenly asleep, a condition known as narcolepsy - during the daytime.

While fatigue and lethargy can be symptoms of heart disease (particularly, of heart failure), these common and nonspecific symptoms can also be due to disorders of virtually any other organ system in the body. Similar to light-headedness and dizziness, individuals with fatigue and lethargy need a good general medical evaluation in order to begin pinning down a specific cause. Somnolence is often caused by nocturnal sleep disorders such as sleep apnea, restless leg syndrome or insomnia. All these sleep disturbances, however, are more common in patients with heart disease.

6. Shortness of Breath

Shortness of breath is most often a symptom of cardiac or pulmonary (lung) disorders. Heart failure and coronary artery disease frequently produce shortness of breath. Patients with heart failure commonly experience shortness of breath with exertion, or when lying flat on their backs. They also can suddenly wake up at night gasping for breath, a condition known as paroxysmal nocturnal dyspnea. Other cardiac conditions such as valvular heart disease or pericardial disease can produce this symptom, as can cardiac arrhythmias.

Numerous lung conditions can produce shortness of breath including asthma, emphysema, bronchitis, pneumonia, or pleural effusion (a fluid accumulation between the lung and chest wall). Shortness of breath is almost always a sign of a significant medical problem, and should always be evaluated by a doctor.



Grins & Giggles

Help wanted

A neighborhood pet shop needed some office help, so the owner posted a sign in the window: "HELP WANTED: Must be able to sort mail and use the computer. Must be bilingual."

In the afternoon, a dog trotted into the store, wagging his tail, and barked at the sign repeatedly. The owner finally realized he wanted the job. Perplexed, he said, "Sorry, boy. You have to be able to sort mail."

The dog hopped up on the counter where the day's mail was stacked, and used his nose to sort the packages and envelopes into separate piles—junk mail, invoices, checks, and the like.

The owner didn't know what to do, so he took the dog in back to the office and showed him the computer. The dog hopped on the chair, logged on, and began surfing the Web for pet sites.

Stunned, the owner sat down and tried to think. The dog waited patiently. Then the owner said, "But you have to be bilingual."

The dog opened his mouth and replied, "Moooooooooo."

FEBRUARY 2010 Birthstone for February

Birthstone: Amethyst

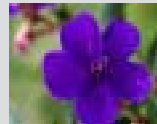


Amethyst is the purple variety of quartz and the most valued member of the quartz family. It must be purple to be amethyst, but it can display a range of shades including deep purple, light lilac, lavender and mauve. Top quality amethyst is a deep medium purple with rose-colored flashes. Its purple color made it a stone of royalty for many thousands of years.

Flower for February

Violets

Meaning: Modesty, Virtue and Faithfulness



Take a nice, safe walk

Walking is good exercise—unless you get hit by a car. The most common accidents between pedestrians and motor vehicles are caused by:

- Darting out in front of a vehicle in the middle of the block.
- Running—not walking—across intersections.
- Vehicles turning without seeing pedestrians in their way.
- Pedestrians crossing multi-lane streets.
- Vehicles backing up.

Stay safe wherever you wander by following these safety practices:

- **Use the walkways.** Stay on the sidewalk and cross at intersection with well-marked crosswalks.
- **Stand out.** Make sure drivers can see you. Don't dash out into traffic suddenly. Wear bright, noticeable colors, especially at night.
- **Follow the rules.** Obey traffic signals. Be aware of stop signs at intersections without traffic lights.
- **Watch out for blind spots.** Big trucks with wide loads may not see you when turning or backing up. Smaller cars, too, can have significant blind spots. Don't assume the driver can see you just because you can see the vehicle.
- **Give cars time to stop.** Don't take chances with moving vehicles. If the driver doesn't see you right away, or if you stumble, he or she may not be able to stop in time to avoiding hitting you.
- **Be careful in parking lots.** The traffic flow in a parking lot may not be obvious to either drivers or pedestrians, and visibility is more limited by the packed cars around you.
- **Walk facing traffic.** If for some reason you must walk along the side of a road without sidewalks, walk toward the traffic so you can see and avoid cars better—and vice versa.

Service Coordination is a service of the Area Agency on Aging District 7, Inc. under the direction of the Ohio Department of Aging. The **Area Agency on Aging District 7, Inc.** serves Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto, and Vinton Counties. For assistance from the Area Agency on Aging District 7, Inc., please call 1-800-582-7277.

For information on **Ohio Medicaid** programs or to report suspected Medicaid fraud, you may call the Ohio Medicaid Consumer Hotline: 1-800-324-8680 or 614-466-6742.

The **Ombudsman** program can handle your concerns about areas such as elder abuse, client care, consumer rights, etc. For more information, call 1-800-582-7277.

"Services provided on a non-discriminatory basis."

February is . . .

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AMD/Low Vision Awareness Month

Prevent Blindness America
211 West Wacker Drive, Suite 1700
Chicago, IL 60606
(800) 331-2020 (312) 363-6001 (847) 843-8458 Fax
info@preventblindness.org
www.preventblindness.org
Contact: PBA Consumer and Patient Hotline

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National Wise Health Consumer Month

American Institute for Preventive Medicine
30445 Northwestern Highway, Suite 350
Farmington Hills, MI 48334
(248) 539-1800 x220 (248) 539-1808 Fax
hwest@healthylife.com
www.aipm.net/wise
Contact: Hope West

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American Heart Month

American Heart Association
7272 Greenville Avenue
Dallas, TX 75231
(800) 242-8721
karyn.cameron@heart.org
www.americanheart.org/presenter.jhtml?identifier=4441
Contact: Karyn Cameron

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National Wear Red Day

National Heart, Lung, and Blood Institute Health Information Center
Attention: The Heart Truth
P.O. Box 30105
Bethesda, MD 20824-0105
(301) 592-8573 (240) 629-3255 TTY (301) 592-8563 Fax
nhlbiinfo@nhlbi.nih.gov
www.nhlbi.nih.gov/health/hearttruth

Give Kids A Smile Day

American Dental Association
211 East Chicago Avenue
Chicago, IL 60611-2637
(800) 621-8099
gkas@ada.org
givekidsasmile.ada.org