



SERVICE COORDINATION NEWS

Heart Attacks Waiting To Happen

Heart attacks waiting to happen: Don't ignore risk factors

Are you a few years away from a heart attack? Or maybe just a few minutes? No one can tell you for sure, but you can evaluate your risk for suffering a coronary. Just be on the lookout for these health and life-style factors that can indicate the likelihood of having a heart attack at some point in your life:

- Age. The older you are, unfortunately, the higher your risk. Men who are 45 or older and women 55 or older are more likely to suffer heart attacks than younger people.
• Gender. Men are more at risk than women, although at older ages women are more likely to die within a few weeks of a heart attack than men are.
• Family history. Heart disease can have a genetic component. If your parents, grandparents, or siblings have suffered heart attacks, your own risk rises. Race may also play a role: Heart disease seems to be more common among African-Americans, Mexican-Americans, Native Americans, and some other ethnic groups.
• Smoking. Cigarettes, cigars, and second-hand smoke can increase your risk of heart attack. Cigarette smoking doubles the threat.
• Cholesterol. High levels of low-density lipoprotein

(LDL) raise your risk, as does an excess amount of triglycerides.

- High blood pressure. The harder your heart has to work, the greater your chances of suffering a heart attack, as well as stroke and kidney failure.
• Diabetes. Your body's inability to produce enough insulin to process glucose in your blood can contribute to heart disease.
• Weight issues. Obesity, which is often linked to the three factors listed above, places stress on your heart.
• Lack of physical activity. Regular exercise can alleviate many of the risk factors associated with heart attack, controlling weight, blood pressure, and cholesterol.
• Alcohol and drug use. Yes, a moderate amount of alcohol can limit your risk, but the key word is "moderate." And drugs like cocaine and amphetamines can trigger muscle spasms in your heart that could cause an attack.
• Stress. Stress and anger can elevate your blood pressure and tempt you toward overeating and drinking too much.

Homemade Bread



Ingredients:

- 1 package of active dry yeast
1 cup warm water
1 teaspoon of salt
1 egg
1/8 cup olive oil
3 to 3-1/2 cups all-purpose unbleached flour

Directions:

- 1. In large mixing bowl, dissolve yeast in water. Whisk in salt, egg, and olive oil; stir in 1-1/2 cups of flour. Beat until smooth. Stir in enough remaining flour to make the dough easy to handle.
2. Turn dough onto floured surface and knead until smooth and elastic (4 to 5 minutes). Put back in mixing bowl and cover with plastic wrap and let rise in warm place until double (about 1/2 hour).
3. Punch dough down and pat or roll into rectangle (roughly 18 x 9 inches). Roll up tightly beginning at shorter side; pinch seams together; fold ends under loaf. Place seam side down in greased baking pan (9 x 5 x 3 inches). Cover with plastic wrap and let rise in warm place until double (about 1/2 hour).
4. Remove plastic wrap but leave loaf in pan. Heat oven to 375° F. and bake for 30 to 35 minutes. The bread loaf should appear golden brown and sound hollow when tapped. Remove from pan.

Surprising sources of pain

It's an old joke: "Doctor, it hurts when I lift my left arm over my head!" "Well then, don't do that!" The causes of pain aren't always obvious. Consider these unexpected sources:

- Back pain. Taking your vitamins? Chronic back pain can be caused by low levels of vitamin D. Another possibility: constipation caused by blockage in the colon. Eat more fruits, vegetables, and fiber for better digestion. (Source: Prevention magazine)
• Achy feet. Wearing sandals or flip-flops can cause pain in your feet, ankles and knees due to poor arch support. (Source: the Web MD website)
• Headache. Cheese may be the culprit. A substance called tyramine in cheese can trigger headaches. Also, low blood sugar can create a headache even before you realize you're hungry. A snack like whole-grain crackers with peanut butter can bring quick relief. (Source: the Web MD website)

TAKE THE 'GENERIC' ROUTE TO SAVE MONEY AT THE STORE

The word "generic" has sort of a bad reputation. Many people think of it as synonymous with bland, boring, ordinary. But at the grocery store and pharmacy, "generic" can mean saving money without giving up on quality. Here are some generic products that the consumer finance website WalletPop counsels shoppers to embrace:

- Medicine. The Food and Drug Administration requires pharmaceutical makers to include the same ingredients in generic medications that are used in name brands, making them just as effective and safe—and less expensive.
• Cereal. Generic breakfast cereal generally runs about 25-50 percent less than the name brand, and it frequently has the same taste and comes in larger boxes.
• Basic cooking staples. Flour, salt, sugar, and other pantry items are exactly the same no matter what name is on the package, making generic flour more economical than a name brand.
• Electronic cables. Your brand-new big screen plasma TV doesn't really need the most expensive brand of cables on the market. Salespeople may suggest a particular manufacturer, but you'll get the same signal transfer with a generic.
• Cosmetics. Makeup and other beauty products aren't patented, so drugstores and manufacturers can offer duplicates at about half the price.

EAT MORE BEEF



THANKSGIVING QUOTES



Albert Schweitzer: "To educate yourself for the feeling of gratitude means to take nothing for granted, but to always seek out and value the kind that will stand behind the action. Nothing that is done for you is a matter of course. Everything originates in a will for the good, which is directed at you. Train yourself never to put off the word or action for the expression of gratitude."

French Proverb: Gratitude is the heart's memory.

John Fitzgerald Kennedy: "As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

REDUCE YOUR UTILITY BILLS DURING THE HOLIDAYS

Holiday time usually means higher utility bills for most households, especially if you are preparing large meals. But you can help reduce those extra costs with the following practices:

- **Don't preheat your oven.** Roasting a turkey or ham is a long, slow process, so preheating is usually unnecessary.
- **Keep the oven closed.** When you open your oven door, a significant amount of heat can escape and your oven temperature can drop by 25 degrees. Use the oven light to peek inside instead.
- **Bake more than one item at a time.** Just make sure you leave enough room around each dish for air to circulate in your oven. If you use glass or

ceramic pans in your oven instead of metal ones, you can reduce your baking temperature by 25 degrees.

- **Match the pan to the burner on electric stoves.** If you use a 6-inch pan on an 8-inch burner, you can waste up to 40 percent of the energy used.
- **Keep your refrigerator closed.** Your refrigerator can account for up to 15 percent of your home's total energy use. Keep the door closed as much as possible. It is more efficient to keep the door open a little longer and retrieve several items at once than it is to open the door several times for shorter periods.
- **Use your dishwasher efficiently.** When you use your dishwasher, run it only when you have a full load, and use cold water to rinse the dishes before you put them in the dishwasher.

NOVEMBER Birthstones
Topaz and Citrine - meaning Fidelity
Flowers
Chrysanthemum

A TEACHABLE MOMENT

A kindergarten teacher was helping one of her students put his boots on. It was quite a struggle, but after a lot of pulling and pushing, they succeeded in getting one boot on, and then the other.



Then the little boy said, "But they're on the wrong feet!" The teacher looked and sure enough, he was right. Pulling the boots off wasn't any easier than putting them on was, but she managed to stay calm as they worked together to get the boots back on—this time on the right feet.

"Why are your boots so hard to get on?" she asked when they were finished. "But these aren't my boots," the boy said. "Why didn't you say so? Take them off." And they worked up a sweat getting the boots off again.

"Now, where are your boots?" the teacher asked. "They're at home. These are my brother's boots. My mom made me wear them."

"OK . . ." the teacher sighed, and again they fought to get the boots back on the little boy's feet. "Now, where are your mittens?"

"I stuffed them in the toes of my boots," the little boy said.

TIPS FOR STAYING AWAKE AT THE WHEEL

A nap can be pleasant and relaxing—unless you're at the wheel of a car when it happens. The U.S. Department of Transportation estimates that sleep-related driving accidents cause 40,000 injuries and 150 deaths every year. Don't be one of them. Follow these tips for staying awake and alert on the road:

- **Get enough sleep.** If you know you'll be driving a long distance, plan to get the sleep you need ahead of time. Take a nap before you leave if you'll be driving late—but avoid driving late at night if at all possible, as you'll be naturally sleepy anyway no matter how rested you feel.
- **Take breaks.** Don't try to drive for hours at a time. Stop about every two hours for 10-15 minutes of rest, brisk exercise, and stretching.
- **Get proper nutrition.** Stay hydrated—drink lots of water. Coffee, tea, and energy drinks may provide a temporary boost, but remember that they can wear off quickly and leave you with less energy than before. The same goes for candy. Eat fruit, sunflower seeds, or high-carb granola bars, and don't gobble them down in a few bites. Eating slowly forces you to keep your attention level up.
- **Don't get too comfortable.** Open the window to keep cold air blowing on your face, or adjust your seat just enough to be noticeable as you drive (but not enough to distract you). Listen to loud music—maybe music you don't like—or talk radio, as long as it doesn't get you too upset.
- **Pull over.** If all else fails, find a safe spot to pull over and take a nap. Fifteen or 20 minutes may be enough to get you through the rest of your trip safely.

A FUNNY BY ERMA BOMBECK
No One Diets on Thanksgiving What we're really talking about is a wonderful day set aside on the fourth Thursday of November when no one diets. I mean, why else would they call it Thanksgiving?

NOVEMBER is....

American Diabetes Month. In the United States, 23.6 million people have diabetes—children and adults. That's 7.8 percent of the population. For years, the American Diabetes Association has used this month as an opportunity to communicate the seriousness of diabetes and the importance of diabetes prevention and control.

Epilepsy Awareness Month. More than 3 million people in the United States have epilepsy, and 200,000 new cases develop each year. The purposes of Epilepsy Awareness Month are to dispel common myths about the disorder, promote public awareness, and inform people with seizure disorders and their families about service programs and informational resources.

Peanut Butter Lovers' Month. Peanut butter is one of America's favorite foods, and it's found in about 75 percent of American homes. For more information and ideas, browse www.peanutbutterlovers.com.

Vegan Month. Just about every food made from dairy products or eggs has an animal-friendly alternative, with products easily available in shops and supermarkets. Go to www.veganmonth.com for information and ideas on cutting meat and other animal products out of your diet.

Election Day, Nov. 2. Exercise your right to vote.

Diwali, Nov. 5. The Indian Festival of Lights, a five-day festival of Hinduism, Sikhism, and Jainism.

Sadie Hawkins Day, Nov. 6. Widely observed in the United States, usually the first Saturday in November. An American event that originated in the comic strip Li'l Abner, encouraging young girls to take the initiative in inviting the boy of their dreams on a date.

Thanksgiving Day, Nov. 25. Give thanks for family, friends, health, and turkey.