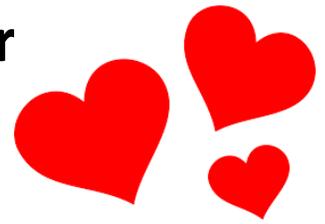


# **A Grandparents Newsletter**

*was mailed separately this month  
for February 2019.*



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## **Upcoming Wellness Programs**

### **Chronic Disease Self-Management in SCIOTO COUNTY**

*Tuesdays from March 5th - April 9th*

*12:30 pm - 3:00 pm*

*Southern Ohio Medical Center East Campus, Portsmouth*

### **Chronic Disease Self-Management in PIKE COUNTY**

*Wednesdays from March 6th - April 10th*

*1:30 pm - 4:00 pm*

*Bristol Village, Waverly*

### **Falls Management in PIKE COUNTY**

*Thursdays and Fridays from March 21st - April 12th*

*1:00 pm - 3:00 pm*

*Pike County Senior Center*

### **Falls Management in SCIOTO COUNTY**

*Thursdays and Fridays from March 21st - April 12th*

*10:00 am - 12 Noon*

*Kings Daughters, Portsmouth*

### **Falls Management in LAWRENCE COUNTY**

*Thursdays and Fridays from March 21st - April 12th*

*1:00 pm - 3:00 pm*

*Proctor's Landing, Proctorville*

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***Classes are free, but pre-registration is required.  
Call 1-800-582-7277 to register or to learn more information.***

*February is American Heart Month, a federally designated event. It is an ideal time to remind Americans to focus on their hearts. While you can't change age and family history, the good news is that even modest changes to your diet and lifestyle can improve your heart health and lower your risk by as much as 80 percent. Answer True or False to the questions below.*

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1. *The normal healthy heart is the body's engine. T F*
2. *A blood clot blocking the blood flow through a blood vessel that feeds the heart causes a heart attack, possibly damaging or destroying a part of the heart muscle. T F*
3. *Sudden cardiac arrest is the sudden, unexpected loss of heart function, breathing and consciousness. It does not have to be treated immediately. T F*
4. *People with heart disease and their caregivers have depression at much higher rates than the general public. T F*
5. *Stroke happens when the arteries to your brain are narrowed or blocked so that too little blood reaches your brain. T F*
6. *Cardiovascular disease kills more people than all cancers combined and is the Number One cause of death and disability in the U.S. T F*
7. *People with diabetes are more than twice as likely to develop heart failure as people without diabetes. T F*
8. *When a person consumes too much sodium (salt), extra fluid builds up in the body, which causes the heart to work harder. T F*
9. *Warning signs of a heart attack can be both sudden and intense or they can start out with mild aches and pains and develop slowly. T F*
10. *Snow shoveling does not put more demands on the cardiovascular system. T F*

**KEY:** 1. T 2. T 3. F 4. T 5. T 6. T 7. T 8. T 9. T 10. F