

HEALTHY LIFESTYLE

February is American Heart Month, National Wise Health Consumer Month
&
Foster Grandparent and Senior Companions

In this issue

American Heart
Month

National Wise
Health Consumer
Month

Foster
Grandparent &

Senior
Companions

The Colorado Department of Human Services, Aging and Adult Services Division is encouraging all Coloradans to live healthier lives. Healthy living can prevent diseases and certain disabilities, and it can ensure that today's older persons, as well as future generations, not only live longer, but better.

American Heart Month

Cardiovascular Diseases, including stroke, are our nation's No.1 killer. To urge Americans to join the battle against these diseases, since 1963 Congress has required the president to proclaim February "American Heart Month" (Note this is not "Heart Month" or "National Heart Month"). The American Heart Association led initial efforts to develop Annual American Heart Month. To learn more about the American Heart Month go to www.americanheart.org.

National Wise Health Consumer Month

In an effort to help members of our community to be better health care consumers, Aging and Adult Services, is promoting Wise Health Consumers Month. During February, Aging and Adult Services will be passing out 10 Tips for Being a Wise Care Consumer. The primary goal is to teach people how to be more involved in their own health care. To learn more go to www.aipm.net/wise/.

Foster Grandparent & Senior Companions

These are volunteer programs that connect persons over 55 years of age with volunteer opportunities. Some volunteers may qualify to earn a tax-free, hourly stipend. To learn more about the programs go to www.seniorcorps.gov.

We are interested in your thoughts about our Healthy Lifestyle Campaign. Please contact Viola McNeace, Aging and Adult Services, via e-mail Viola.Mcneace@state.co.us or phone 303-866-2836. All proclamations can be found on our website. Check out our website www.coloradoaging.com.





Heart diseases is the leading cause of death in the United States. Learn about heart disease prevention.

Heart Disease is the Number One Cause of Death

About every 25 seconds, an American will have a coronary event.

[Heart disease](#) is the leading cause of death in the United States and is a major cause of disability. The most common heart disease in the United States is coronary heart disease, which often appears as a heart attack. In 2009, an estimated 785,000 Americans had a new coronary attack, and about 470,000 will have a recurrent attack. About every 25 seconds, an American will have a coronary event, and about one every minute will die from one.¹

The chance of developing coronary heart disease can be reduced by taking steps to prevent and control factors that put people at greater risk. Additionally, knowing the signs and symptoms of heart attack are crucial to the most positive outcomes after having a heart attack. People who have survived a heart attack can also work to reduce their risk of another heart attack or a stroke in the future. For more information on heart disease and stroke, visit [CDC's Division for Heart Disease and Stroke Prevention](#) at <http://www.cdc.gov/DHDSP/>

Diseases and Conditions That Put Your Heart at Risk

Other conditions that affect your heart or increase your risk of death or disability include arrhythmia, heart failure, and peripheral artery disease (PAD). High cholesterol, high blood pressure, obesity, diabetes, tobacco use, and secondhand smoke are also risk factors associated with heart disease. For a full list of diseases and conditions along with risk factors and other health information associated with heart disease, visit the [American Heart Association](#) at http://www.heart.org/HEARTORG/Conditions/Conditions_UCM_001087_SubHomePage.jsp.

Know Your Signs and Symptoms

Some heart attacks are sudden and intense; however, most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- **Shortness of breath.** May occur with or without chest discomfort.
- **Other signs.** These may include breaking out in a cold sweat, nausea, or lightheadedness.

The American Heart Association, the National Heart, Lung, and Blood Institute, the American Red Cross, and the National Council on Aging have launched a new "Act in Time" campaign to increase people's awareness of heart attack and the importance of calling 9-1-1 immediately at the onset of heart attack symptoms go to <http://www.nhlbi.nih.gov/actintime/index.htm>.

Secondhand Smoke Exposure and Cardiovascular Effects

A new report by The Institute of Medicine finds even brief exposure to secondhand smoke can trigger a heart attack. Tobacco smoke can cause health problems not only for smokers, but also for people around them. Breathing secondhand smoke increases a person's risk for a heart attack and other heart conditions.²

Visit the [CDC Office on Smoking and Health Web site](http://www.cdc.gov/tobacco/basic_information/health_effects/heart_disease) at http://www.cdc.gov/tobacco/basic_information/health_effects/heart_disease for more detailed information about the IOM Report on Secondhand Smoke Exposure and Cardiovascular Effects including:

- Analysis of the report findings.
- Animation of how secondhand smoke affects the cardiovascular system.
- CDC statement on report findings.

Healthy Lifestyle: Diet and Nutrition, Exercise and Fitness

A healthy diet and lifestyle are the best weapons you have to fight heart disease. Many people make it harder than it is. It is important to remember that it is the overall pattern of the choices you make that counts. As you make daily food choices, base your eating pattern on these recommendations:

- Choose lean meats and poultry without skin and prepare them without added saturated and trans fat.
- Select fat-free, 1% fat, and low-fat dairy products.
- Cut back on foods containing partially hydrogenated vegetable oils to reduce trans fat in your diet.
- Cut back on foods high in dietary cholesterol. Aim to eat less than 300 mg of cholesterol each day.
- Cut back on beverages and foods with added sugars.
- Choose and prepare foods with little or no salt. Aim to eat less than 2,300 mg of sodium per day. All persons who have hypertension, all middle-aged and older adults, and all blacks should consume no more than 1,500 mg of sodium per day.
- If you drink alcohol, drink in moderation. That means no more than one drink per day if you're a woman and two drinks per day if you're a man.
- Keep an eye on your portion sizes.

See [CDC's Division of Nutrition, Physical Activity, and Obesity Web site](http://www.cdc.gov/nutrition/index.html) at <http://www.cdc.gov/nutrition/index.html> for more tips on nutrition

Physical activity in your daily life is an important step to preventing heart disease. You can take a few simple steps at home, at work, and at play to increase the amount of physical activity in your life. [See CDC's physical activity Web site for tips and more information](http://www.cdc.gov/physicalactivity/index.html) <http://www.cdc.gov/physicalactivity/index.html> .

Women and Heart Disease: Quick Facts

Although heart disease is sometimes thought of as a "man's disease," it is the leading cause of death for both women and men in the United States, and women account for nearly 50% of heart disease deaths.

In 2006, heart disease was the cause of death in nearly 316,000 females.³

Heart disease is often perceived as an "older woman's disease," and it is the leading cause of death among women aged 65 years and older. However, heart disease is the third leading cause of death among women aged 25-44 years and the second leading cause of death among women aged 45-64 years. Remember that many cases of heart disease can be prevented!⁴

For more information and facts on women and heart disease, see the [Women and Heart Disease Fact Sheet](http://www.cdc.gov/DHDSP/library/fs_women_heart.htm) at http://www.cdc.gov/DHDSP/library/fs_women_heart.htm .

CDC's WISEWOMAN Program

The mission of CDC's WISEWOMAN program is to provide low-income, under- or uninsured 40- to 64-year-old women with the knowledge, skills, and opportunities to improve diet, physical activity, and other lifestyle behaviors to prevent or delay cardiovascular and other chronic diseases.

WISEWOMAN provides these additional services:

- Screening for chronic disease risk factors.
- Dietary, physical activity, and smoking cessation interventions.

- Referral and follow-up as appropriate.

For more information on how you can take advantage of these services, visit [WISEWOMAN](http://www.cdc.gov/wisewoman/index.htm) at <http://www.cdc.gov/wisewoman/index.htm> and click on program locations.

Women and Heart Disease Campaigns

Go Red For Women is the American Heart Association's nationwide movement that celebrates the energy, passion, and power women have to band together and wipe out heart disease. Thanks to the participation of millions of people across the country, the color red and the red dress have become linked with the ability all women have to improve their heart health and live stronger, longer lives.

The Heart Truth Campaign is a national awareness campaign for women about heart disease. The campaign created and introduced the Red Dress as the national symbol for women and heart disease awareness in 2002 to deliver an urgent wakeup call to American women. The Red Dress alerts women of The Heart Truth message: "Heart Disease Doesn't Care What You Wear– It is the #1 Killer of Women."

National Wear Red Day is a day when Americans nationwide will wear red to show their support for women's heart disease awareness. This observance promotes the Red Dress symbol and provides an opportunity for everyone to unite in this life-saving awareness movement by showing off a favorite red dress, shirt, or tie, or Red Dress Pin.

Participate in National Wear Red Day—Everyone (men too) can support the fight against heart disease in women by wearing red on February 5, 2010. See [CDC's Office of Women's Health, Wear It Well: Women and Heart Disease Prevention](http://www.cdc.gov/women/heart/) at <http://www.cdc.gov/women/heart/>.

Men and Heart Disease: Quick Facts

- In 2006, heart disease was the cause of death in 315,706 American men.³
- The average age for a first heart attack for men is 66 years.
- Almost half of men who have a heart attack under age 65 die within 8 years.
- Between 70% and 89% of sudden cardiac events occur in men.

For more information and facts about men and heart disease, visit the [Men and Heart Disease Fact Sheet](http://www.cdc.gov/DHDSP/library/fs_men_heart.htm) at http://www.cdc.gov/DHDSP/library/fs_men_heart.htm.

Interactive Tools to Help Guide Your Everyday Choices

- [Know your heart numbers](http://www.goredforwomen.org/hcu/index.aspx). Find out what you can do to improve and maintain these numbers—and live a longer, stronger life at <http://www.goredforwomen.org/hcu/index.aspx>.
- [Learn and Live Quiz](http://www.americanheart.org/presenter). Take our quiz to learn your risk for heart disease. Register after the quiz and we'll send you a free cookbook at <http://www.americanheart.org/presenter>.
- [Interactive Menu Planner](http://hp2010.nhlbihin.net/menuplanner/menu.cgi) at <http://hp2010.nhlbihin.net/menuplanner/menu.cgi>.

More Information go to:

- [CDC's Division for Heart Disease and Stroke Prevention](http://www.cdc.gov/DHDSP/index.htm) at <http://www.cdc.gov/DHDSP/index.htm>
- [Heart Disease](http://www.cdc.gov/HeartDisease) at <http://www.cdc.gov/HeartDisease>
- [High Blood Pressure](http://www.cdc.gov/bloodpressure) at <http://www.cdc.gov/bloodpressure>
- [Cholesterol](http://www.cdc.gov/cholesterol/index.htm) at <http://www.cdc.gov/cholesterol/index.htm>
- [Genomics and Heart](http://www.cdc.gov/genomics/resources/diseases/heart.htm) at <http://www.cdc.gov/genomics/resources/diseases/heart.htm>

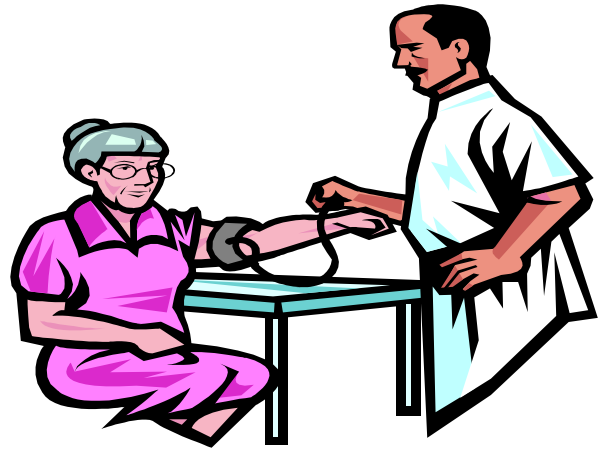


Wise Consumer Health Month Activity Tips

February is Wise Consumer Health Month. Teaching employees the basics of being good health care consumers can result in a healthier and happier work force. It can also help to reduce unnecessary utilization of costly medical services. Activities such as those listed below can support and encourage employees to be better health care consumers. Use your imagination, and remember, enthusiasm is contagious!

1. Start a self-care program at your workplace. Distribute self-care books to each employee and encourage their use at home and in the workplace. Schedule viewings of a self-care video at convenient times and locations to help teach employees about correct use of their self-care guide.
2. Ask employees to submit success stories about their own use of self-care. Publish the first three stories submitted in the monthly newsletter. Award the authors of the published stories with a free lunch from a local restaurant. Some time during February, have a grand prize drawing where all selected winners from the previous twelve months win a chance at a cash prize.
3. Put together a “doctor-bag” display of medical self-care items for the home. Create fliers for employees, which list the important items, which should be included in their home pharmacy. Encourage them to complete the project by taking a “creative” picture of them in their homes next to their newly created home pharmacy. Post pictures on a bulletin board. Participants win a free coupon for an important item they may need to refill in the pharmacy such as bandages, or aspirin.
4. Have a doctor-patient communication workshop. Offer this to employees at lunch time or in the evening when spouses can attend. In groups of four or five, ask participants to compile a list of questions to ask their doctor about an “assigned” health problem. Include information on being assertive. Ask a doctor to attend, if possible, to answer questions and discuss how doctor-patient interaction helps with proper diagnosis and treatment. Give away a wallet size card that has questions you should ask your doctor at an appointment. Also give out pocket size medical info cards or booklets that provide space for the employees to record medical history, test results, dates of doctor’s visits, immunizations, etc.
5. Make up a test for employees to evaluate their physician’s performance. Encourage employees to grade their physicians and not to continue to see a doctor who doesn’t get a high score. This is especially important for employers who offer standard indemnity health insurance plans.
6. Distribute a booklet on recommended immunizations, medical exams, tests, etc. Include a “quiz” as a paycheck stuffer and ask employees to complete the quiz using the booklet they were given. Those who complete the questions correctly will be announced in the employee newsletter or given a free prize.
7. Approach a local pharmacy about cosponsoring a special event day. Encourage local television and newspaper coverage. Have balloons imprinted with Wise Health Consumer Month to give away at the event. Give away free band-aids or other items to be used in a home pharmacy.
8. Publicize a logo or theme contest for Wise Consumer Health Month with the local elementary schools. Have contestants draw a picture depicting some aspect of taking care of their health. Display them in the local library, city hall, or hospital lobby. The first place winner could have their work incorporated in a promotional campaign for Wise Consumer Health Month throughout the community.

10 Tips for Being a Wise Health Care Consumer



1. Take the time to carefully select a doctor or health care provider. Ask friends or relatives for recommendations. Investigate whether or not the doctor participates with your health insurance plan.
2. Prepare for visits to your health care provider by compiling lists of questions or concerns you wish to discuss during your appointment. By making the most of the time you have, you can avoid unnecessary calls and repeat visits.
3. Ask questions about medications you are prescribed. Understand why you are taking it and how it should be taken. Finish all medications, even if you are feeling better.
4. Keep a checklist of all medications you are taking and share this list with your health care provider. This is especially important if you are seeing more than one doctor.
5. Be aware of routine medical tests and examinations, and the recommended times to have them. You may be able to avoid unnecessary and expensive tests.
6. Use home medical tests when available. They are less costly and can be used without a visit to the doctor.
7. Keep a well stocked home pharmacy with commonly used medicinal items. This can help you deal with common problems and save costly trips to the doctor or emergency room.
8. Understand your health insurance plan. A list of basic questions about what is covered and knowing the answers to these questions can save time and money.
9. Take care of your mental health as well as you would your physical health. States of emotional upset can interfere with daily living routines, and can ultimately affect your physical well being.
10. Keep a list of health agencies handy as a reference. Most are available by phone, fax or email and can serve as a resource for free information and support.



Foster Grandparents

When you share your love, time, and experience, you have the power to help a child who needs you. If you're 55 and want to share your experience and compassion, you have what it takes to be a Foster Grandparent.

As a Foster Grandparent, you're a role model, a mentor, and a friend. Serving at one of thousands of local organizations—including faith-based groups, Head Start Centers, schools, and other youth facilities—you help children learn to read, provide one-on-one tutoring, and guide children at a critical time in their lives. Put simply, you give the kind of comfort and love that sets a child on the path toward a successful future.

Foster Grandparents serve up to 40 hours per week. Some volunteers may qualify to earn a tax-free, hourly stipend. With Foster Grandparents, you'll receive pre-service orientation, training from the organization where you serve, and supplemental accident and liability insurance while on duty.

And remember: When you volunteer, you're not just helping others—you're helping yourself. Volunteering leads to new discoveries and new friends. Plus, studies show that volunteering helps you live longer and promotes a positive outlook on life.

So get involved, and join Foster Grandparents today!

Foster Grandparent Programs in Colorado

DENVER

Volunteers of America Foster Grandparent Program

2660 Larimer Street
Denver, CO 80205
Diane Stobnicke
Phone: (303) 297-0408
Fax: (720) 264-3312

TRINIDAD

Foster Grandparent Program

103 S. Oak Street
Trinidad, CO 81082
Sosia Peterson
Phone: (719) 846-4414
Fax: (719) 846-1506

PUEBLO

Foster Grandparent Program

230 N Union Ave
Pueblo, CO 81003
Julie Valdez
Phone: (719) 545-8900
Fax: (719) 544-7831

GRAND JUNCTION

St. Mary's Foster Grandparent Program

PO Box 1628
2232 N 7th, Suite 2
Grand Junction, CO 81502
Tanya Fink
Phone: (970) 263-9091
Fax: (970) 263-9084

Senior Companions



You know how much you value independence in your life. Now you can help others stay independent too.

If you're 55 and want to share your experience and compassion, you have what it takes to be a Senior Companion. By becoming a companion to a frail person, you help that person stay in their own home. Whether you're giving families or professional caregivers much-needed time off, running errands, or simply being a friend, you'll make a difference that strengthens and helps preserve an individual's independence. And you'll join with thousands of others to help control the rising costs of health care.

Senior Companions serve up to 40 hours per week. Some volunteers may qualify to earn a tax-free, hourly stipend. With Senior Companions, you'll receive pre-service orientation, training from the organization where you serve, and supplemental accident and liability insurance while on duty.

And remember: When you volunteer, you're not just helping others—you're helping yourself. Volunteering leads to new discoveries and new friends. Plus, studies show that volunteering helps you live longer and promote a positive outlook on life.

So get involved, and join Senior Companions today!

Senior Companion Programs in Colorado

DENVER Senior Companion Program

5840 E Evans Ave
Denver, CO 80222
Jackie Trainer
Phone: (303) 300-6910
Fax: (303) 300-6950

Grand Junction Senior Companion Program

2232 N. 7th Street
P.O. Box 1628
Grand Junction, CO 81502
Tamara Vliek
Phone: 970-263-9092