



All Spectrum Generations' locations will be closed on Monday, February 18

February is American Heart Month

Heart disease doesn't happen just to older adults. It is happening to adults of all ages more and more often. This is partly because the conditions that lead to heart disease are happening at younger ages. February is Heart Month, the perfect time to learn about your risk for heart disease and the steps you need to take now to help your heart.

Half of all Americans have at least one of the top three risk factors for heart disease (high blood pressure, high cholesterol, and smoking). Other conditions and behaviors that affect your risk for heart disease include obesity, diabetes, physical inactivity, and unhealthy eating patterns. You can take control of your heart health – here are four easy ways to get started:

- **Don't smoke.** Smoking is the leading cause of preventable death .
- **Manage conditions.** Work with your healthcare team to manage conditions such as high blood pressure and high cholesterol. This includes taking any medicines you have been prescribed.
- **Make heart-healthy eating changes. Eat food low in trans-fat, saturated fat, added sugar and sodium.** Try to fill at least half your plate with vegetables and fruits, and aim for low sodium options.
- **Stay active.** Get moving for at least 150 minutes per week. You can even break up the 30 minutes into 10-minute blocks.



In celebration of American Heart Month, we're participating in **"Go Red for Women"** the annual event to raise awareness about cardiac health in women. Wearing red increases awareness, and people are more likely to notice the color red; please plan to join us!

When you wear red on **Friday, February 1**, you are joining a movement to encourage awareness about the importance of managing cardiac health conditions such as atherosclerosis, stroke, and heart attack. Everyone who sees you will be reminded (and hopefully inspired) to head to the doctor for a stress test and blood pressure checkup.

Volunteers Needed!

Are you interested in giving back to your community? We are looking to fill the following volunteer positions in the Brunswick and surrounding area:

- Meals on Wheels Drivers
- Meals on Wheels Backup Drivers
- Money Minders Program: Providing assistance with finances
- Home Companions for Military Service Men and Women and/or their families.

If interested, please contact Spectrum Generations' Volunteer Coordinator, Amalia, at apdelpulgar@spectrumgenerations.org or 620-1684.



Healthy Living for ME is offering a free training for class facilitators who will educate, motivate, and inspire those living with chronic pain. **Living Well with Chronic Pain Facilitators** co-lead scripted, 6-week chronic disease self-management classes to provide participants with tips and tools for living a healthier life. All program materials are provided!

Once trained, you can help lead classes throughout the midcoast!

Living Well Program Facilitators:

- Understand the importance of self-management
- Have a chronic condition or support someone with a chronic condition
- Allow group ownership
- Are available and physically able to complete facilitator training (minimum 32 hours) and lead six 2½ hour workshop sessions
- Have reliable transportation
- Guide others in finding practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, improve communication skills, develop weekly action plans, and more!

The next Living Well with Chronic Pain Facilitator Training will be held:

March 18, 19, 25, and 26, 2019
 9:00 a.m. – 5:00 p.m.
 Eastern Area Agency on Aging
 450 Essex St., Bangor, Maine

To register for this free opportunity, email jfortin@healthylivingforme.org or call 207-620-1657.

To learn more about the many Healthy Living for ME workshops available in Brunswick and the midcoast, visit healthylivingforme.org