

WALDO NEWSLETTER

spectrum
generations

February 2020



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Monday-Friday, 9:00 a.m. — 1:00 p.m.



February is American Heart Health Month

February is American Heart Health Month, and while you might first think of it as routine campaign — it's becoming more important than ever. Heart disease is responsible for about one in every four deaths in the U.S., claiming the lives of more than half a million people each year. About 735,000 Americans will have a heart attack this year.

The numbers are scary, but the steps to reduce your risk are simple and clear.

The top lifestyle changes to make to avoid heart complications include the following:

- Quit smoking, including using e-cigarettes
- Maintain a healthy weight
- Eat a healthy diet and avoid trans fats
- Start moving
- Treat your other health conditions, especially if you have high blood pressure, high cholesterol and diabetes

Dr. Suzanne Steinbaum, a cardiologist at The Mount Sinai Hospital and a volunteer medical expert for American Heart Association's Go Red for Women, says, "It's always about baby steps. It's never too late, let's just start there. It's never too late to start eating healthy, it's never too late to start moving. But you certainly don't start by running a marathon, you start by walking around the block."



Upcoming Events



All Spectrum Generations' locations will be closed on Monday, February 17, in observance of Presidents' Day



SAVE THE DATE
Friday, April 10!

hosted by the Local Fundraising Committee

February News from



Healthy Living for ME

Pizza may not be the first thing that jumps to mind when you're trying to think of a healthy dinner to feed your family, but with some simple tweaks and thoughtful ingredients, we have good news for you, it can be! This healthy pizza recipe for a 12 inch pizza is one the whole family will love!



What you'll need –

1 whole wheat pizza dough, or flat bread or cauliflower crust
2 tablespoons extra virgin olive oil
3 cloves garlic, minced
1/4 cup pizza sauce
1/2 cup mushrooms, sliced
1/2 cup grape tomatoes, sliced
1/2 cup red bell pepper, chopped
1-2 cups shredded chicken
1 cup low fat mozzarella cheese, shredded
1/2 cup arugula
Balsamic glaze for drizzling

Preheat oven to 450° and place dough on a lightly oiled stone or pan. Brush dough with olive oil, sprinkle with garlic and lightly spread pizza sauce. Top with sliced mushrooms, tomatoes, peppers, chicken and mozzarella and bake until crust is golden brown, about 10-15 minutes. Add arugula and balsamic glaze after the pizza is out of the oven!



In celebration of American Heart Month, we are proudly 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 7**, you are joining a movement to encourage awareness about the importance of managing cardiac health conditions such as atherosclerosis, stroke, and heart attack.



In the event of inclement weather, Spectrum Generations will announce any delays or closings on our Facebook page as well as:

TV Channels 2, 5, 6, 8, or 13

FM Radio Stations 92.3, 93.5, 96.7, 97.1, 97.5, 98.5, 101.3, 102.5, 103.3, 104.3, 105.1, 107.9

AM Radio Station 1160



*Spectrum Generations is an Equal Opportunity Provider.
Please let us know if you require special accommodations at least two weeks prior to the event.*

Spectrum Generations is the Central Maine Area Agency on Aging. Our mission is to promote the life-long learning, health, wellness, nutrition, community engagement, and social well-being of all older and disabled adults. We actively engage the people of central Maine, across the entire generational spectrum, in redefining how older and disabled adults

live healthy, socially enjoyable, and independent lives. We invite you to connect with us:



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