

# STONEGATE



## FEBRUARY IS HEART MONTH: REDUCE YOUR RISK FOR HEART DISEASE

Several health conditions, your lifestyle, your age and family history can increase your risk for heart disease. These are called risk factors.

**About half of all Americans (47%) have at least 1 of 3 key risk factors for heart disease: high blood pressure, high cholesterol, and smoking.** Some risk factors for heart disease cannot be controlled, such as your age or family history. But you can take steps to lower your risk by changing the factors you can control.

To lower your chances of getting heart disease, it's important to do the following:

- **Know your blood pressure.** Having uncontrolled blood pressure can lead to heart disease. High blood pressure has no symptoms, so it's important to have your blood pressure checked regularly.
- **Talk to your doctor or health care team** about whether you should be tested for diabetes. Having uncontrolled diabetes raises your risk of heart disease.
- **Quit smoking.** If you don't smoke, don't start. If you do smoke or vape, research ways to quit.
- **Discuss checking your blood cholesterol and triglycerides** with your doctor.
- **Make healthy food choices.** Obesity or being overweight raises your risk of heart disease.
- **Avoid or limit alcohol** to one drink a day.
- **Manage stress levels** by finding healthy ways to cope with stress, such as meditation, exercise, or reading.

Source: [cdc.gov](https://www.cdc.gov)



# Have the Happiest Valentine's Day Ever!

**Send a heartfelt Valentine Card** to someone who has inspired you and tell them how much they mean to you.

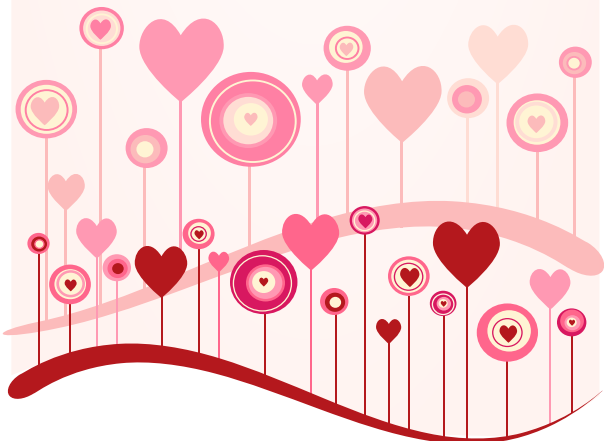
**Send flowers or candy** to someone without a significant other and sign it anonymously.

**Send a care package** to a family that has gone through a difficult time and sign it anonymously.

**Make a no-sew blanket** and donate it to a local shelter.

**Treat for ice cream.** Enjoy a sweet afternoon with your best friend, grandchildren or family.

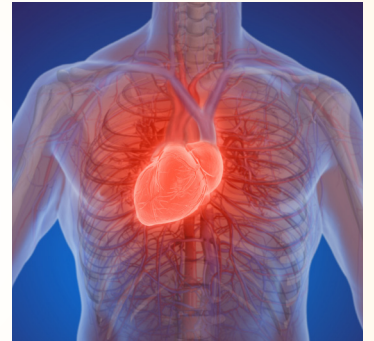
**Giving doesn't have to be expensive, a compliment, handmade card, or flower will do.** Anything heartfelt and thoughtful will surely be appreciated. Giving is two gifts in one– not just the recipient benefits, but so do you!



## National Cardiac Rehabilitation Week: February 9-15, 2025

If you have a heart attack or other heart problem, cardiac rehabilitation may be an important part of your recovery. Cardiac rehabilitation can help prevent another, perhaps more serious, heart attack and can help you build heart-healthy habits. Learn more about if you can benefit from a cardiac rehabilitation program and how it can aid in your recovery. **Benefits of Cardiac Rehab:**

- Strengthening your heart and body after a heart attack.
- Relieving symptoms of heart problems, such as chest pain.
- Reducing stress.
- Improving your mood.
- Increasing your energy and strength.
- Building healthier habits such as getting more exercise, quitting smoking, and eating a heart-healthy diet.
- Making you more likely to take your prescribed heart medicines.
- Preventing future illness and death from heart disease.



Source: [cdc.gov](https://www.cdc.gov)

## Tell A Fairy Tale Day

Over the years, oral histories, myths, and legends have evolved to become known the world over as "fairy tales." The origins of most fairy tales are rough around the edges, and would not be considered appropriate for children by today's standards. **If you enjoyed fairy tales as a child, then exploring the source material as an adult can make for a fun and interesting afternoon.**

Alternatively, there are lots of new fantasy stories for



adults that feature beautiful characters and magic. Make a cup of your favorite drink, settle into a cozy chair with a book, TV show, or movie and immerse yourself in the world of romantic royalty, tricky fairies, hard lessons and fierce dragons.

**Looking for a different way to celebrate Tell a Fairy Tale Day on February 26? Share your own original fairy tale from your imagination!**

## Activity Photo Highlights



## What Warms Your Heart & Soul?

During Healthy Heart Month, it's the perfect time to prioritize your health while also taking care of yourself. Nurturing your "heart and soul" often simplifies life, making even the toughest challenges feel more manageable and enjoyable.

**By reconnecting with yourself, you may deepen your relationships with others and refocus on what truly matters in your life.**



Self-care doesn't have to be complicated—it can be as simple as practicing daily affirmations, enjoying a favorite movie, diving into that book you've been meaning to read, or treating yourself to some extra rest. Since everyone's path to balance is different, choose activities and surround yourself with people who bring you inner peace and happiness.



**Black History Month** was established in 1926 to recognize and celebrate the significant contributions of Black Americans throughout history. This month serves as an important reminder of the struggles and achievements of the Black community, highlighting resilience, cultural richness, and pivotal role in shaping American culture and society. Through education and reflection, Black History Month strives to promote unity, diversity, equality, and social justice.



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## Healthy Snack Options for your Big Game Party

Here are three low-prep, healthy snack ideas for a big game party or to consider choosing between meals:

**Popcorn with Herbs:** Air-popped popcorn is a whole-grain snack that can be made flavorful with the addition of herbs like rosemary, thyme, or a sprinkle of black pepper or garlic powder. It's a crunchy and low-calorie option for those who like to munch.



**Fruit Skewers:** Make colorful skewers with a variety of fresh fruits like berries, pineapple, grapes, and melon balls. These sweet treats are not only visually appealing but also provide natural sugars and essential vitamins.



**WORD SEARCH** Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!

C	L	I	F	E	S	T	Y	L	E	H	V	O	Z	Q
A	N	O	D	Y	F	V	E	M	R	E	A	V	O	Y
R	S	X	F	L	O	W	E	R	S	A	L	Q	F	P
E	M	H	F	P	W	F	R	P	J	R	E	N	A	K
L	Y	C	E	R	W	O	V	I	I	T	N	C	N	M
Q	U	R	E	A	A	L	M	C	S	S	T	S	T	Q
A	Y	N	X	O	L	P	Y	I	Q	K	I	F	A	E
F	P	C	E	G	X	T	X	H	L	H	N	X	S	Y
O	C	Q	R	L	P	C	H	C	O	I	E	V	Y	B
W	A	W	C	I	O	H	C	Y	V	S	V	K	S	K
K	R	J	I	S	I	E	R	I	E	T	L	Q	S	M
P	D	W	S	N	V	R	Z	E	H	O	G	L	E	E
M	I	U	E	A	K	R	J	M	D	R	H	G	K	Z
Y	A	S	V	C	B	Y	O	J	L	Y	Y	P	K	W
V	C	P	C	K	W	R	X	X	J	U	K	Z	A	Y

**WORD LIST**

- CARDIAC
- CARE
- CHERRY
- EXERCISE
- FANTASY
- FLOWERS
- HEALTHY
- HEART
- HISTORY
- LIFESTYLE
- LOVE
- RED
- RISK
- SNACK
- VALENTINE