

FEBRUARY 2017

Newsletter

February Heart Health Month

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease. Heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals, and families can work together to create opportunities for people to make healthier choices. Make a difference in your community: Spread the word about strategies for preventing heart disease and encourage people to live heart healthy lives.

Don't wait to get help if you experience any of these heart attack warning signs. Although some heart attacks are sudden and intense, most start slowly, with mild pain or discomfort. Pay attention to your body — and call 911 if you feel:

- **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

Continued on page 3

Contents in this Issue

February Heart Health Month	1, 3	Chicken Zucchini Enchiladas Recipe	6
Upcoming Events	2	Bus Pass Giveaway Contest	7
Heart Healthy Tips	4	Valentine's Day Word Search	7
Seasonal Affective Disorder	4-5	Meal Site Menu	8

UPCOMING EVENTS

Tai Chi Movement For Better Balance classes will be starting in Ontario, Please contact MCOA&CS at 541-889-7651 for more details.

Support Group for the Blind - Feb. 2nd at the New Plymouth Senior Center- 12:30 PM

Caregiver Support Group - Feb. 2nd at 3:30 pm, Edgewood Senior Living in Fruitland, Speaker: Tina Reed

Alzheimer's Support Group - Feb. 16th At 3:30 PM, Edgewood Senior Living in Fruitland, Speaker: Susan Ness. Topic: Diffusing aggressive behaviors and gaining understanding. Open discussion following speaker.

Military Caregiver Webinar - Feb. 23rd, 12 PM, Join guest speaker and author, Debbie Sprague, as she shares easy and effective tips and tools for Military and Veteran Caregivers to take their life back from the effects of PTSD. Visit www.easterseals.com/carewebinar

Senior Center Events:

Foot Clinic - Feb. 7th & 14th, 8:30 AM, Nyssa Senior Center

Nyssa Seniors Dance - Feb. 4th & 25th, 6:00 PM -9:00 PM, \$5.00 entry and a finger food dish

Oregon Law Center will be at the Vale Senior Center on Monday, Feb. 6th, at 11:30. Presenting on Renters Rights

Oregon Law Center will be at the Ontario Meal Site, Lactated at the MCOA&CS office on Tuesday, Feb. 7th, at 12:00 PM. Presenting on Renters Rights

Days to remember in February 2017

Wear red on February 5th (the day nationally-recognized to wear red and promote heart health!).

12th Abraham Lincolns Birthday

14th Valentine's Day

20th President's day

February Heart Health Month continued from page 1

discomfort in one or both arms, the back, neck, jaw or stomach.

- **Shortness of breath** with or without chest discomfort.
- **Other signs** may include breaking out in a cold sweat, nausea or lightheadedness.
- Pain and discomfort in chest: 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.

Symptoms Vary Between Men and Women

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain. Learn the signs, but remember this: Even if you're not sure it's a heart attack, have it checked out. Minutes matter! Fast action can save lives — maybe your own. Don't wait - call 911 or your emergency response number.

Heart Attack signs in Women

- Uncomfortable pressure, squeezing,

fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.

- Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Other signs such as breaking out in a cold sweat, nausea or lightheadedness.

Call 911

Calling 911 is almost always the fastest way to get lifesaving treatment. Emergency medical services (EMS) staff can begin treatment when they arrive — up to an hour sooner than if someone gets to the hospital by car. EMS staff are also trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too. It is best to call EMS for rapid transport to the emergency room.

http://www.heart.org/HEARTORG/Conditions/911-Warnings-Signs-of-a-Heart-Attack_UCM_305346_SubHomePage.jsp

http://www.heart.org/HEARTORG/Conditions/HeartAttack/WarningSignsofaHeartAttack/Heart-Attack-Symptoms-in-Women_UCM_436448_Article.jsp#.WJzROVUrJhE

http://www.heart.org/HEARTORG/Conditions/HeartAttack/WarningSignsofaHeartAttack/Warning-Signs-of-a-Heart-Attack_UCM_002039_Article.jsp#.WJzVTIUrJhE



Heart Healthy Tips:

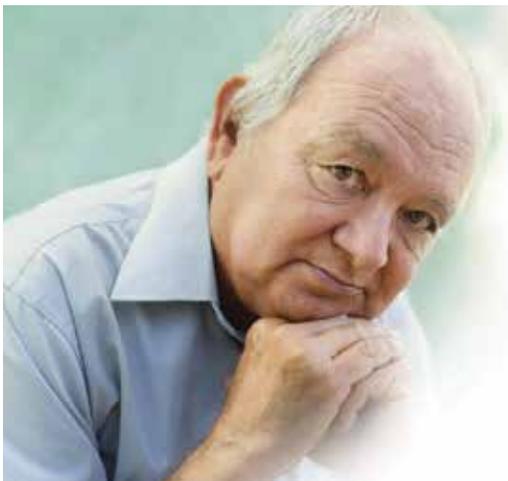
- Educate yourself.
- Eat Healthy
- Maintain healthy weight
- Stay active and do not sit for long periods of time, exercise at least 30mins a day.
- Practice good dental hygiene, especially flossing.
- Get enough sleep
- Avoid Smoking and second and smoke
- Manage Stress levels
- Get regular health screening
- Limit Alcohol Consumption

Seasonal Affective Disorder

Seasonal affective disorder (SAD) is a type of depression that's related to changes in seasons. SAD begins and ends at about the same times every year. If you're like most people with SAD, your symptoms start in the fall and continue into the winter months, sapping your energy and making you feel moody. Less often, SAD causes depression in the spring or early summer.

Treatment for SAD may include light therapy (phototherapy), psychotherapy and medications.

In most cases, seasonal affective disorder symptoms appear during late fall or early



Are you feeling down or do you have little interest in doing things?

**There's Free Support:
(541) 889-7651**

*Malheur Council on Aging
& Community Services*
www.mcoacs.org

ADRC
Aging and Disability
Resource Connection
of OREGON
adrcforegon.org

winter and go away during the sunnier days of spring and summer. However, some people with the opposite pattern have symptoms that begin in spring or summer. In either case, symptoms may start out mild and become more severe as the season progresses.

Seasonal affective disorder is a subtype of major depression that comes and goes based on seasons. So symptoms of major depression may be part of SAD, such as:

- Feeling depressed most of the day, nearly every day
- Feeling hopeless or worthless
- Having low energy
- Losing interest in activities you once enjoyed
- Having problems with sleeping
- Experiencing changes in your appetite or weight
- Feeling sluggish or agitated
- Having difficulty concentrating
- Having frequent thoughts of death or suicide

WHEN TO SEE A DOCTOR

It's normal to have some days when you feel down. But if you feel down for days at a time and you can't get motivated to do activities you normally enjoy, see your doctor. This is especially important if your sleep patterns and appetite have changed or if you feel hopeless, think about suicide, or turn to alcohol for comfort or relaxation. <http://www.mayoclinic.org/>

Don't brush off that yearly feeling as simply a case of the "winter blues" or a seasonal funk that you have to tough out on your own. Take steps to keep your mood and motivation steady throughout the year.

There's free support, call today (541) 889-7651.

<http://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/basics/definition/con-20021047>

Chicken Zucchini Enchiladas

Ingredients for the Enchilada Sauce

- 2tbs vegetable or canola oil
- 1tbs whole wheat flour
- 6 oz. canned, no salt added tomato paste
- 1 cup low-sodium chicken or vegetable broth
- 1tbsp chill powder
- 1 tsp cumin
- ½ tsp onion powder
- ½ tsp garlic powder
- 1tbsp brown sugar

Ingredients for the Enchiladas

- Cooking Spray
- 4 medium Zucchini
- ½ medium onions
- 2 cloves of minced garlic
- 1 medium Bell pepper
- 2 tbsp. chopped cilantro
- 2 boneless, skinless chicken breast, cooked and shredded
- ¼ cup low-fat, shredded cheese



For the Enchilada Sauce:

1. Coat a large skillet with cooking spray. On medium heat, add in flour and stir until smooth.
2. Gradually, stir in tomato paste, broth, chili powder, cumin, onion powder, garlic powder and brown sugar blend.
3. Bring to a boil, stirring occasionally. Reduce heat and simmer until thickened, approximately 5-10 minutes.

For the Zucchini Enchiladas:

1. Preheat oven to 400.
2. Spray a 9x13 baking dish with cooking spray.
3. Slice zucchinis in half lengthwise. Using a small spoon or melon baller, scoop out seeds and flesh of zucchini, leaving walls of the zucchini about $\frac{1}{4}$ inch thick. Rough chop the zucchini scrapings and set aside in a small bowl.
4. Coat large skillet with cooking spray. On medium heat, add onion, garlic, bell pepper and jalapeno, if desired, to the skillet, and cook 3-5 minutes until onions become translucent.
5. Add chopped zucchini, cilantro, and chicken and cook about 3 more minutes, until zucchini is tender.
6. Place the zucchini boats in the sprayed 9x13 baking dish, cut-side facing up. Spoon a light coating of enchilada sauce over each zucchini boat.
7. Spoon chicken mixture in to zucchinis, dividing equally among the eight boats.
8. Spoon remaining enchilada sauce over chicken mixture, dividing equally among the eight boats.
9. Sprinkle cheese over enchiladas and bake in preheated oven for 40-45 minutes until cheese is melted and zucchinis are cooked through.

Did You Know?

Zucchini is one of the very low calorie vegetables; provide only 17 calories per 100 g. It contains no saturated fats or cholesterol. Its peel is good source of dietary fiber that helps reduce constipation and offers some protection against colon cancers.

It is a very good source of potassium, an important intra-cellular electrolyte. **Potassium is a heart-friendly electrolyte and helps bring the reduction in blood pressure and heart rates** by countering pressure-effects of sodium. Source: <http://www.nutrition-and-you.com/zucchini.html>

BUS PASS Giveaway

YOU COULD WIN ONE OF THESE MONTHLY PRIZES...

FIXED ROUTE PRIZES:
 10-Ride Pass
 Ride Token
 Monthly Pass
 Day Pass

DEMAND RESPONSE:
 \$30 - 10-Ride Pass
 Ride Token

ENTER TO WIN AT THESE LOCATIONS:

DHS
 Valley Family Health Care
 Community In Action
 Malheur Council On Aging & Community Services
 LOVE Inc.

SRT-Malheur Express
 Operated by MCOA&CS

Happy Valentine's Day

- Candle Light
- Cards
- Chocolate
- Cupid
- Date
- Dinner
- First Kiss
- Memories
- Movie
- Pink
- Poem
- Proposal
- Red
- Romance
- Roses
- St. Valentine
- Sweetarts
- Teddy Bear
- True Love



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

February Meals

Vale Meals:
Mondays & Wednesdays
Nyssa and Ontario Meals:
Tuesdays & Thursdays
Meals served at 12pm

	DAY 1	DAY 2
WEEK 2 Vale: Feb. 6 & 8 Ont/Nys: Feb. 7 & 9	Green Salad w/ 1000 Island Turkey Tetrazinni Steamed Brown Rice Hot Vegetable Wheat Dinner Rolls Dessert Milk	Pineapple Coleslaw Baked Ham w/ Pineapple Glaze Scalloped Potatoes Hot Vegetable Crescent Rolls Dessert Milk
WEEK 3 Vale: Feb. 13 & 15 Ont/Nys: Feb. 14 & 16	Soup of the Day Beef Stir Fry Steamed Rice Hot Vegetable Potato Bread Dessert Milk	Green Salad w/ Ranch Pork Cutlets Mashed Potatoes Country Gravy Hot Vegetable Wheat Dinner Rolls Happy Birthday Cake!!!! Milk
WEEK 4 Vale: Feb. 20 & 22 Ont/Nys: Feb. 21 & 23	NO MEAL IN VALE FOR PRESIDENTS DAY Green Salad w/ Ranch Baked Chicken Drumsticks Baked Potato w/ Toppings Hot Vegetable Clover leaf Rolls Dessert Milk	Soup of the Day Shepards Pie Hot Vegetable Biscuits Dessert Milk
WEEK 4 Vale: Feb. 27 Ont/Nys: Feb. 28	Soup of the Day Hot Roast Beef Sandwich Mashed Potatoes Brown Gravy Hot Vegetable Wheat Bread Dessert Milk	

Happy Valentine's Day

