

Senior Signal

February 2014

February is American Heart Month

from: <http://www.cdc.gov/features/heartmonth/>

Heart disease is the leading cause of death for both men and women, but heart disease is preventable and controllable.

Every journey begins with one step, whether it's climbing a mountain or preventing heart disease. This American Heart Month, CDC is offering weekly tips for better heart health. Take your first step on the road to a healthy heart with us.

Heart disease is a major problem. Every year, about 715,000 Americans have a heart attack. About 600,000 people die from heart disease in the United States each year—that's 1 out of every 4 deaths. Heart disease is the leading cause of death for both men and women.

The term "heart disease" refers to several types of heart conditions. The most common type in the US is coronary heart disease (also called coronary artery disease), which occurs when a substance

called plaque builds up in the arteries that supply blood to the heart. Coronary heart disease can cause heart attack, angina, heart failure, and arrhythmias.

Cardiovascular disease, including heart disease and stroke, costs the United States \$312.6 billion each year.¹ This total includes the cost of health care services, medications, and lost productivity. These conditions also are leading causes of disability, preventing Americans from working and enjoying family activities.

The situation is alarming, but there is good news—heart disease is preventable and controllable. We can start by taking small steps every day to bring our loved ones and ourselves closer to heart health. CDC is providing a tip a day throughout February, but you can take these small steps all year long.

One Step at a Time

As you begin your journey to better heart health, keep these things in mind:

- **Don't become overwhelmed.** Every step brings you closer to a healthier heart.
- **Don't go it alone.** The journey is more fun when you have company. Ask friends and family to join you.
- **Don't get discouraged.** You may not be able to take all of the steps at one time. Get a good night's sleep and do what you can tomorrow.
- **Reward yourself.** Find fun things to do to decrease your stress. Round up some colleagues for a lunchtime walk, join a singing group, or have a healthy dinner with your family or friends.

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American Heart Month (cont.)

Plan for Prevention

Some health conditions and lifestyle factors can put people at a higher risk for developing heart disease. You can help prevent heart disease by making healthy choices and managing any medical conditions you may have.

- **Eat a healthy diet.** Choosing healthful meal and snack options can help you avoid heart disease and its complications. Be sure to eat plenty of fresh fruits and vegetables—adults should have at least 5 servings each day. Eating foods low in saturated fat, trans fat, and cholesterol and high in fiber can help prevent high cholesterol. Limiting salt or sodium in your diet also can lower your blood pressure. For more information on healthy diet and nutrition, visit CDC's Nutrition and Physical Activity Program Web site and ChooseMyPlate.gov.
- **Maintain a healthy weight.** Being overweight or obese can increase your risk for heart disease. To determine whether your weight is in a healthy range, doctors often calculate a number called the body mass index (BMI). Doctors sometimes also use waist and hip measurements to measure a person's body fat. If you know your weight and height, you can calculate your BMI at CDC's Assessing Your Weight Web site.
- **Exercise regularly.** Physical activity can help you maintain a healthy weight and lower cholesterol and blood pressure. The Surgeon General recommends that adults should engage in moderate-intensity exercise for at least 30 minutes on most days of the week. For more information, see CDC's Nutrition and Physical Activity Program Web site.
- **Monitor your blood pressure.** High blood pressure often has no symptoms, so be sure to have it checked on a regular basis. You can check your blood pressure at home, at a pharmacy, or at a doctor's office. Find more information at CDC's High Blood Pressure Web site.

- **Don't smoke.** Cigarette smoking greatly increases your risk for heart disease. If you don't smoke, don't start. If you do smoke, quit as soon as possible. Your doctor can suggest ways to help you quit. For more information about tobacco use and quitting, see CDC's Smoking & Tobacco Use Web site and Smokefree.gov.
- **Limit alcohol use.** Avoid drinking too much alcohol, which can increase your blood pressure. Men should stick to no more than two drinks per day, and women to no more than one. For more information, visit CDC's Alcohol and Public Health Web site.
- **Have your cholesterol checked.** Your health care provider should test your cholesterol levels at least once every 5 years. Talk with your doctor about this simple blood test. You can find out more from CDC's High Cholesterol Web site.
- **Manage your diabetes.** If you have diabetes, monitor your blood sugar levels closely, and talk with your doctor about treatment options. Visit CDC's Diabetes Public Health Resource for more information.
- **Take your medicine.** If you're taking medication to treat high blood pressure, high cholesterol, or diabetes, follow your doctor's instructions carefully. Always ask questions if you don't understand something.

For more ideas about simple steps to take every day for better heart health, visit the full page of tips. You can also follow the Million Hearts™ initiative on Facebook and Twitter for even more ways to protect your heart and live a longer, healthier life. Million Hearts™ is a national initiative to prevent 1 million heart attacks and strokes in the United States by 2017.

Together, we can prevent heart disease, one step at a time.



Your Financial Legacy

by
Stephen Bentley

Most of us hope to make the world a better place while we are alive and, if we are able, wish to continue that responsibility after we pass on. A will helps ensure you are leaving the financial legacy you want, whether you are leaving your estate to your children or charity—or both.

Making a Will

Financial and legal experts stress the importance of not only creating a will but making sure your survivors know of your intentions. This is especially helpful if you are dividing your estate unequally or giving to charity.

A will should include both tangible and intangible assets. Intangible assets include bank accounts, stocks, insurance policies and mutual fund shares owned in your name. Once you bequeath certain items to particular people, you can then divide the rest of your estate in precise ratios to specific heirs.

If you don't make a will, state law dictates how your estate is distributed. Probate is the often-lengthy legal process to determine your rightful heirs. Because the law only recognizes blood relatives and spouses as heirs, that means only your family will get your assets after your death, ignoring friends or charities that may be more meaningful. For example, without a will, a sibling you are estranged from may get assets that you would rather have given to your best friend. If you have no will and no relatives, all your assets will pass to the government, which may not be your first choice.

You can take steps to avoid problems later. One recommendation is to have an estate lawyer prepare or review your will rather than using a document you downloaded from an Internet site, especially if your will is complicated. When you divide your assets, be precise in your wording so your intentions cannot be misunderstood.

Fairly Dividing Assets Among Children

Parents often face difficult choices when deciding how to allocate their estate to their children. The easiest way is to divide it equitably, so each child gets the same percentage. (Dividing personal items is a bit more complicated). Equal division may help avoid a lot of family discord, hurt feelings and confusion such as, "Why did they leave more to my sister? Did they love her more?"

But it can also mean that one successful sibling gets the same amount as a son who is struggling or who has medical problems that rack up huge bills. Or, the son who provided the bulk of care will receive the same amount as the daughter who lives on the other side of the country and never bothers to call. Parents face the dilemma of being fair yet ensuring that their children will be taken care of. If they give more to the struggling sibling, are they "punishing success"? Or, by dividing their estate equally, are they failing to help the sibling who needs more help?

It's helpful to remember that the situation could change later. One child who is doing well financially could suffer unforeseen losses, while the other may find better work and more money. One way to deal with this situation is to divide your assets equally and set up a trust,

administered by a trustee, which can provide funds later if one of your children encounters financial difficulties.

While there are no easy answers, discussing your allocation with your children can help keep the family peace later and avoid hurt feelings. If you find it difficult to talk to your children, another option is to videotape your reasoning or express yourself in a letter.

As for tangible assets, ask your children if there is a special item they would like. If you want to be absolutely fair, you can have each item assessed to make sure they are all worth the same monetary value. From there, you can make a list of what goes to which child. If not every item is claimed, the will could contain a provision that everything else be sold, and the money divided up among the children or given to charity.

In the case of unequal distribution experts say you must make sure your will is ironclad, because it's more vulnerable to legal challenges from the hurt party.

Charity

For many people, a financial legacy also includes charity—causes that you believe in and may have supported during your lifetime, and want to include in your will. Some people may give to their alma mater, others to a political or environmental cause, and some to their senior center or to a group that helps the less fortunate.

More than 80 percent of Americans contribute to nonprofit groups of their choice throughout their lifetimes. However, according to research conducted in 2000, only around 8 percent chose to continue this support through a charitable bequest.

One way to donate to charity is to make a bequest in your will. Some people may be reluctant to not give their whole estate to their children or heirs, but leaving a gift to charity may reduce the estate tax burden on your heirs, depending on the current tax laws. You should consult with a financial advisor or attorney about charitable donations.

Passing on Financial Values

Making sure your loved ones or favorite charity inherits your assets is not the only way to leave a financial legacy. You can also pass on your financial values: for example, your beliefs about saving money, working hard or building a business. This can be done in the form of a personal narrative or story, recorded on videotape or documented on

Orcas Operations Committee

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What's Happening

Northwest Garden Show
Washington State Convention Center
Seattle, WA
Thursday, February 6th
Depart 7:20am ferry
Cost: \$40

The Northwest Flower and Garden Show has been heralding the start of spring since 1989, a gardening enthusiasts from around the Northwest flock to this annual celebration! Cost includes ferry fare, transportation, and admission to the show. Participants are on their own for meals and spending money.

Open Studio
Wednesday February 19th
1:00pm – 4:00pm

Join other artists in an open studio time. Whatever your artistic medium, we invite you to join in our open studio time. A dedicated time each month to work on your project and to visit with other artists. We provide the space, you provide the talent!

Art Journaling NEW CLASS OPEN TO EVERYONE
Thursday February 13th
1:00pm-3:00pm
\$5.00

An art journal is a journal or diary that has a strong visual element to it, an expression of your artistic creativity and imagination, not filled only with words like a traditional journal. It's a journal for using your art to express your memories, dreams, and thoughts. How you create the images, and what type of imagery you make, is entirely a matter of personal choice. There are no rules. You can paint or draw, use pen and ink, photos, collage, doodle, stickers... anything and everything.

Join in this monthly class. Your \$5 per month for this class helps to offset the price of materials. Please bring with you any photographs, collage materials, stickers, or any ephemera that you may have stashed around your house.

Parkinson's Support Group
Tuesday February 18th
1:00pm
FREE

This group both helps those who have Parkinson's and others who depend on the support group to help them best help loved ones. The group meets monthly the third Tuesday of the month at 1pm. It is facilitated by Ted Grossman, who has the disease himself. For more information call Ted at 376-4979 or by email at tfgrossman@yahoo.com

Caregiver Class:
Caring for the Skin – It's More Than Skin Deep
February 27th
1:00pm-5:00pm
FREE

A free class funded by Lahari. Call Sally Coffin for more information and to register 376-9017.

Mainland Shopping
February 20th
Depart 8:55am ferry
Cost: \$10

Potluck Lunch
February 26th
12:00pm-1:00pm

Join in this monthly favorite. Bring your favorite potluck dish to share and enjoy lunch with friends.

Simple Techniques to Help Reduce Stress
February 21st, 28th and March 7th
1:00pm – 2:00pm
FREE

This series of classes is intended to be fun and offer some great ways to reduce anxiety and stress while promoting a sense of relaxation and peace. One of my favorite techniques is EFT (tapping on acupressure points) because it is so versatile. It not only reduces stress, but can help with procrastination, food cravings and other issues as well. We'll also explore some Breathing Exercises and Progressive Relaxation. These techniques take practice, but I believe you will find the results are worth it, since a calm and relaxed body and mind are less prone to health problems. Feel free to take one class or all three.

Tax Preparation
Tuesdays 9am-4pm (By Appt.)
Every Tuesday from Feb. 11th – April 15th
Suggested Donation: \$5

Jim Biddick will again be doing taxes for Seniors. He will be available each Tuesday beginning February 11 through April 15. Call Jim at 376-2488. Suggested donation is \$5 and Jim donates all monies collected to the Senior Center.

Did You Know . . .

February birthstone is Amethyst and the birth flower is Violet?

CRAFTY AFTERNOONS

Please join us on Friday, February 7th as we make Valentines to share with the children of Orcas Christian School. We are delighted each holiday when the school children deliver special treats to us at senior lunch, and we want to give back! We will be making homemade valentines that will be delivered to the school the morning of February 14th. Please come and help us in putting a little something together to spread our love and thanks!

Origin of the Super Bowl

For four decades after its 1920 inception, the NFL successfully fended off several rival leagues. However, in 1960, it encountered its most serious competitor when the American Football League (AFL) was formed. The AFL vied heavily with the NFL for both players and fans, but by the middle of the decade the strain of competition led to serious merger talks between the two leagues. Prior to the 1966 season, the NFL and AFL reached a merger agreement that was to take effect for the 1970 season. As part of the merger, the champions of the two leagues agreed to meet in a "world" championship game for professional American football until the merger was effected.

Lamar Hunt, owner of the AFL's Kansas City Chiefs, first used the term "Super Bowl"^[7] to refer to this game in the merger meetings. Hunt would later say the name was likely in his head because his children had been playing with a Super Ball toy (a vintage example of the ball is on display at the Pro Football Hall of Fame in Canton, Ohio). In a July 25, 1966, letter to NFL commissioner Pete Rozelle, Hunt wrote, "I have kiddingly called it the 'Super Bowl,' which obviously can be improved upon." Although the leagues' owners decided on the name "AFL-NFL Championship Game," the media immediately picked up on Hunt's "Super Bowl" name, which would become official beginning with the third annual game.^[8]

The "Super Bowl" name was derived from the bowl game, a post-season college football game. The original "bowl game" was the Rose Bowl Game in Pasadena, California, which was first played in 1902 as the "Tournament East-West football game" as part of the Pasadena Tournament of Roses and moved to the new Rose Bowl Stadium in 1923. The stadium got its name from the fact that the game played there was part of the Tournament of Roses and that it was shaped like a bowl, much like the Yale Bowl in New Haven, Connecticut; the Tournament of Roses football game itself eventually came to be known as the Rose Bowl Game. Exploiting the Rose Bowl Game's popularity, post-season college football contests were created for Miami (the Orange Bowl) and New Orleans (the Sugar Bowl) in 1935, and for Dallas (the Cotton Bowl) in 1937. Thus, by the time the first Super Bowl was played, the term "bowl" for any big-time American football game was well established.

After the NFL's Green Bay Packers won the first two Super Bowls, some team owners feared for the future of the merger. At the time, many doubted the competitiveness of AFL teams compared with their NFL counterparts, though that perception changed when the AFL's New York Jets defeated the NFL's Baltimore Colts in Super Bowl III in Miami. One year later, the AFL's Kansas City Chiefs defeated the NFL's Minnesota Vikings 23–7 in Super Bowl IV in New Orleans, which was the final AFL-NFL World Championship Game played before the merger. Beginning with the 1970 season, the NFL realigned into two conferences; the former AFL teams plus three NFL teams (the Colts, Pittsburgh Steelers, and Cleveland Browns) would constitute the American Football Conference (AFC), while the remaining NFL clubs would form the National Football Conference (NFC). The champions of the two conferences would play each other in the Super Bowl.

The winning team receives the Vince Lombardi Trophy, named after the coach of the Green Bay Packers, who won the first two Super Bowl games and three of the five preceding NFL championships in 1961, 1962, and 1965. Following Lombardi's death in September, 1970, the trophy was named the Vince Lombardi Trophy, and was the first awarded as such to the Baltimore Colts following their win in Super Bowl V in Miami.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---------------------------------------|--|---|---|---|----------|
| <div style="border: 1px solid gray; padding: 20px; display: inline-block;"> <h1>February</h1> </div> | | | | | | 1 |
| 2 SUPERBOWL SUNDAY!  | 3 10am: TML | 4 10am: Photo Club 12pm: Lunch 1pm: Songbirds rehearsal | 5 10am: Chair Yoga - FREE | 6 10am: TML Outing: Flower and Garden Show in Seattle | 7 11am: Yoga. FREE 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training | 8 |
| 9 | 10 10am: TML | 11 9am-4pm: Tax Prep by Appt. \$5 10am: Photo Club 12pm: Lunch 1pm: Songbirds rehearsal | 12 10am: Chair Yoga – FREE 2pm: Afternoon Tea 4pm: Operations Committee Meeting | 13 10am: TML 1pm: Art Journaling. \$5 | 14 11am: Yoga. FREE 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training | 15 |
| 16 | 17 PRESIDENTS DAY - HOLIDAY | 18 9am-4pm: Tax Prep by Appt. \$5 10am: Photo Club 12pm: Lunch 1pm: Songbirds rehearsal 1pm: Parkinsons Support Group | 19 10am: Chair Yoga – FREE 1pm-4pm: Open Studio | 20 10am: TML Outing: Mainland Shopping | 21 11am: Yoga. FREE 12pm: lunch 1pm: Stress Reduction Class - FREE 4pm: Strength training | 22 |
| 23 | 24 10am: TML | 25 9am-4pm: Tax Prep by Appt. \$5 10am: Photo Club 12pm: Lunch 1pm: Songbirds rehearsal | 26 10am: Chair Yoga – FREE 12pm: Potluck <i>Island Hearing. Call 378-2230 to schedule an appointment</i> | 27 10am: TML 1pm-5pm: Caregiver Class | 28 11am: Yoga. FREE 12pm: lunch 1pm: Stress Reduction Class - FREE 4pm: Strength training | 7 |

February Menu

| MON | TUESDAY | WED | THU | FRIDAY |
|-----|---|-----|-----|--|
| 3 | 4 Lemon Pepper Fish Potato Wedges Broccoli Florets Coleslaw Fruit | 5 | 6 | 7 Spaghetti w/ Meat Sauce Italian Vegetables Caesar Salad Breadstick Raspberry Sherbet |
| 10 | 11 Ham w/ Pineapple Scalloped Potatoes Chef's Vegetable Cucumber Salad Peach Crisp | 12 | 13 | 14 VALENTINES DAY LUNCH Shrimp Alfredo Pasta Nantucket Veggies Spinach Salad Garlic Bread Black Forest Cake |
| 17 | BBQ Chicken Wild Rice Pilaf Broccoli Normandy Garden Salad Mandarin Oranges | 19 | 20 | 21 Roast Beef Mashed Potatoes & Gravy Broccoli Florets Garden Salad Fruited Jell-O |
| 24 | 25 BIRTHDAY LUNCH Salmon Filet Baked Potato Whole Green Beans Cabbage & Kale Slaw Fresh Grapes | 26 | 27 | 28 Roasted Pork Loin Mashed Potatoes & Gravy Sautéed Veggies Garden Salad Applesauce |

**menu subject to change without notice

Start the New Year with a Better Breakfast!

By Carol Simmer, RDN February 2014

Try these tips to get every day of 2014 started with a healthy breakfast, big or small!

The most important breakfast nutrient is protein. Powerful protein gives you the stamina to be active in the a.m. and stay focused until lunch. Try lean choices such as Canadian bacon (or lean ham); an egg (I keep hard boiled eggs in refrig for “grab and go”); cheese or a yummy leftover; low fat yogurt or peanut butter with toast; or wrap a tortilla(warmed) around a scrambled egg, black beans, cheese, chopped meat, and salsa or any creative combination.

Add Nutrient-Rich Whole Grains for high octane carbohydrates! Whole grain carbohydrates give the energy you need for your body and brain to get started in the a.m. plus the fiber to make the energy last until the next meal. Fiber slows digestion for longer lasting energy. Suggestions are whole grain cereals (hot or cold); whole grain breads (one slice of a hearty whole grain bread is worth 5 of the white fluff); and remember pancakes, waffles (toaster ones are fast!) can be whole grain, too!

Get fresh with Fruits (and Vegetables) For a sweet morning treat, add a seasonal fruit. Right now mandarins and pears are reasonably priced, but bananas and apples are always available. And don't forget canned and frozen fruits are delicious and healthful and available anytime! How about a quick parfait of yogurt and fruit? For veggies, add leftover veggies to scrambled eggs and top with salsa! Or how about a refreshing glass of vegetable juice? And who said you couldn't walk out the door with a crunchy carrot?

A breakfast routine is a healthy lifestyle that is worth investing-in for 2014! It will pay-off all year! Comments or questions? Email Carol, csimmer@wcoa.org to enjoy it.

Find out more from the Washington State Apple Commission website: www.bestapples.com Comments? Contact Carol at csimmer@wcoa.org

SERVICES WE PROVIDE

Lunch is served twice weekly on *Tuesday's and Friday's* at noon. Suggested donation is \$5; however, no senior will be denied a meal due to inability to pay.

Home delivered meals are provided each lunch day from your Senior Center. Please call 376-2677.

Lunch transportation is available. Call the front desk at 376-2677 by 10:00am on lunch days to schedule.

Transportation to mainland medical/legal appointments is available. Please schedule appointments on Wednesdays as follows:

- 1st & 3rd Wednesday to Anacortes, Mt. Vernon & Burlington (suggested donation \$20)
- 2nd Wednesday to Seattle and surrounding area (suggested donation \$25)
- 4th Wednesday to Bellingham and surrounding area (suggested donation \$25)

Call Marla at 376-2677 to schedule.

Foot care nurses are available every Tuesday and some Thursdays/Fridays for routine foot care. Reservations are required by calling 376-2677. Cost is \$25.

Case Management services are available. To discuss needs and schedule an appointment call Marla at 376-2677.

Orcas CARES: Emergency response service and partnership with local island agencies including Lahari, Orcas Fire and Rescue, Hearts & Hands, Medical Foundation and San Juan County Sheriff's Office.

HELP IS JUST A CALL AWAY

Mobility Equipment is available for loan, maintained by the Lions Club, at the Senior Center. Preferred Pick up Wednesday & Friday from 10am-11am.

Special Needs Fund has limited emergency assistance when no other funds are available. Call Marla for information at 376-2677

Merts Taxi offers free transportation to and from the ferry terminal for all Island Hospital and Island Hospital affiliated appointments. Call 360-293-0201 to schedule.

Weatherization Assistance 1-800-290-3857

SHIBA volunteers are available at the Medical Center Tuesday's and Fridays by appointment. Call 376-2561

P.A.L. offers assistance with electrical costs. Call OPALCO at 376-3552 for eligibility requirements and to apply.

Social Security 1-800-633-4227

Hearts & Hands offers trained volunteers to provide 1-2 hours per week of practical assistance such as respite, errands, housework, meal preparation, shopping and companionships. Call Betsy Louton at 376-7723 for information.

Veterans Administration 1-800-827-1000



Senior Services of San Juan County
Orcas Island Senior Center
P.O. Box 18
62 Henry Rd.
Eastsound, WA 98245

360-376-2677

www.orcasseniors.org

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NON PROFIT STATUS

The Senior Services Council of San Juan County, Orcas Island Branch, operates as a 501(c)3 corporation. Donations are tax deductible within the limits of the law.

NEWSLETTER

The newsletter is published by San Juan County Senior Services with a grant from the Northwest Regional Council. The Senior Signal is distributed free at the Senior Center and by mail. It is also available on our website.

Mail submissions to: PO Box 18, Eastsound, WA 98245

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