

FEBRUARY | 2021



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ASPEN *happenings*

Control your blood pressure

Protect your Health

Do you have high blood pressure? According to the American Heart Association (AHA), approximately half of American adults have high blood pressure (hypertension), but the majority (75 %) do not have it under control. Maintaining a healthy blood pressure is important for everyone, especially during the ongoing COVID-19 pandemic. High blood pressure remains the leading cause of heart attack and stroke, and it is a contributing factor in poor outcomes for individuals who contract COVID-19, the American Heart Association says. Fortunately, high blood pressure also is the most significant controllable risk factor in maintaining heart health. "Lowering your blood pressure is one of the most important things you can do to reduce your risk of dying from a heart attack or stroke," says Willie Lawrence, M.D., chief of cardiology, Research Medical Center, and American Heart Association volunteer expert. If you have high blood pressure, work with your healthcare provider to manage your risks. Some small changes that can make a big difference.

Know your numbers.

Check your blood pressure regularly with a validated monitor; a value of 120/80 mm Hg (described as "120 over 80") or lower is considered normal, while a value



greater than 130/80 is considered high and increases the risk for heart attack or stroke. Blood pressure values are expressed as millimeters of mercury (mm Hg) and list the systolic number followed by the diastolic number.

Take your meds.

If your doctor prescribes medication to help control high blood pressure, take it as directed, but talk to your doctor if you have concerns. Also, let your doctor know if you are taking over-the-counter medicines, as these can sometimes interfere with prescription drugs doing their jobs. Some over-the-counter pain relievers, like ibuprofen and Naproxen, *(continued on page 3)*

Visit aspnofbrookhaven.com to view the entire Aspen activity calendar.

Recipe of the Month – Valentine Shooters

Ingredients:

Raspberry or Strawberry Jam
Angel Food Cake
Fresh Raspberries or Strawberries
Whipped Cream
Fresh Mint Leaves



Directions:

Start by putting a scoop of the jam, raspberry or strawberry in a tall skinny shot glass. Next, place crumbles of angel food cake over the top of the jam. Grab a handful of fresh raspberries or strawberries and divide them between the glasses. Top the glass with a dollop of cool whip and top with a fresh mint leaf for a splash of color.

“Love is composed of a single soul inhabiting 2 bodies.”
-Aristotle



making memories... a look back at January

- Group Exercise
- Devotion
- Bingo
- Book Club
- Cooking w/Brady
- Birthday Bash
- Bro. Luke
- Cornhole
- Tic Tac Toe
- Bird Seed Wreath
- Snowball Toss
- Elvis Karaoke
- Name That Tune
- Lemonade Social
- Target Practice
- and more!



Protect your Health *(continued from page 1)*



can increase blood pressure, the American Heart Association says. Consider acetaminophen for pain relief, or ask your doctor for other options.- Live healthfully. Maintaining a healthy weight, getting regular exercise, and eating a diet rich in fruits, vegetables, and low-fat dairy products and low in saturated fat can help promote healthy blood pressure. In addition, try to keep sodium consumption below 1,500 mg per day. Also, limit consumption of alcohol to 1-2 drinks per day (in general, one for women, two for men). If you don't drink, don't start. No smoking.- Get moving. Being physically active at least 150 minutes per week, with a combination of moderate and vigorous aerobic activity, helps promote healthy blood pressure and overall health. Visit heart.org/bptools for the most up-to-date information on heart health and managing high blood pressure. The American Heart Association's efforts to improve healthy choices related to living with high blood pressure is proudly supported by **TYLENOL**.

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Tips to Avoid Dehydration



- Drink small amounts of fluids throughout the day, rather than drinking large amounts all at once.
- Five 8-ounce glasses of water per day is a good bench mark.
- Avoid coffee, alcohol and high-protein drinks, especially in large quantities, because they have a diuretic effect.
- Drink water, milk or juice with every meal, and keep favorite beverages nearby.
- Foods high in water, like fresh fruits, vegetables and some dairy products, can help you meet your daily water needs.
- Know the signs of dehydration: fatigue, dizziness, thirst, dark urine, headaches, dry mouth/nose, dry skin and cramping.



C. Morgan (3rd), J. Brown (19th), E. Norwood (24th)

Elvis Trivia

- 1: What was his first #1 hit on the U.S. Billboard pop charts?
2. Elvis memorized every line from what George C. Scott movie?
3. What was the name of Elvis' twin brother who died at birth?
4. What was Elvis' favorite sandwich?
5. How many encores did Elvis usually give?
6. Why was Elvis' mansion called "Graceland"?

In order: Heartbreak Hotel, Patton, Jesse, PB+Banana, and because it was originally a church

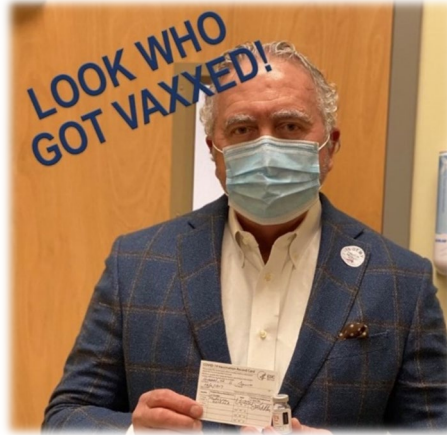
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Answer: valentine

More memories...



500 Silver Cross Drive
Brookhaven, MS 39601

A community enriched by you.

