

What do you say, FHA?

By Marie Palmer, Resident Service Coordinator

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www.falmouthhousing.org

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About American Heart Month: Ways to Get Involved

By National Heart, Lung, and Blood Institute

www.nhlbi.nih.gov

Each February, NHLBI and *The Heart Truth*® celebrate American Heart Month by motivating Americans to adopt healthy lifestyles to prevent heart disease. Focusing on your heart health has never been more important. People with poor cardiovascular health are also at increased risk of severe illness from COVID-19.

Research shows that we are more successful at meeting personal health goals when we join forces with others. When we take care of our hearts as part of our self-care, we set an example for those around us to do the same. Inspire and motivate yourself and those you love to make heart health a regular part of your self-care routine. (image credit: American Heart Association).



Heart-Healthy Living

Heart disease is a leading cause of death in the United States for both men and women. But you can do a lot to protect your heart and stay healthy. Heart-healthy living involves understanding your risk, making choices, and taking steps to reduce your chances of getting heart disease.

Understand Your Risks- Heart-Healthy Living

The first step toward heart health is understanding your risk of heart disease. Your risk depends on many factors, some of which are changeable and others that are not.

Your risk of heart disease is higher if you:

- Have high blood pressure
- Are overweight or obese
- Do not get regular physical activity
- Have a family history of early heart disease
- Have unhealthy eating behaviors
- Have high blood cholesterol
- Have prediabetes or diabetes
- Smoke
- Have a history of preeclampsia
- Are older (age 55 or older for women or age 45 or older for men)

Each risk factor increases a person's chance of developing heart disease. The more risks you have, the higher your overall risk. Some risk factors cannot be changed. These include your age, sex, and a family history of early heart disease. Many others can be modified, like: being more physically active and eating healthy.

~Continued to page 2~

Community Health Center Zoom Yoga Class



You're invited to Zoom Yoga classes taught by Community Health Center's Dina Irwin, Certified Yoga Instructor. The classes will take place on Fridays, February 5th, 12th, 19th, and 26th at 11:00 AM. Join the meeting by going to Zoom and enter **Meeting ID# 268 755 316.**

You and your doctor: A heart healthy partnership

A crucial step in determining your risk is to see your doctor for a thorough checkup and risk assessment. Your doctor may use a risk calculator to estimate your risk of having a heart attack, having a stroke, or dying from a heart or blood vessel disease in the next 10 years or throughout your lifetime.

Your doctor can be an important partner in helping you set and reach goals for heart health. Since your risk can change over time, ask about your risk for heart disease at every annual checkup.

Questions to ask your doctor at your annual checkup

- What is my risk of developing heart disease?
- What is my blood pressure? What does it mean for me, and what do I need to do about it?
- What are my cholesterol numbers? What do they mean for me, and what do I need to do about them?
- What is my body mass index (BMI) and waist measurement? Do I need to lose weight for my health?
- What is my blood sugar level, and does it mean I am at risk for diabetes?
- What other screening tests for heart disease do I need? How often should I return for checkups for my heart health?
- How can we work together to help me quit smoking?
- How much physical activity do I need to help protect my heart?
- What is a heart-healthy eating plan for me? Should I see a registered dietitian or qualified nutritionist to learn more about healthy eating?
- How can I tell when I am having a heart attack?

If you already are being treated for heart disease or heart disease risk factors, discuss your treatment plan with your doctor. Ask questions if you do not understand something or need more information. You may want to write down questions before your appointment as well.

Get your blood pressure and cholesterol checked

Two of the major risk factors for heart disease are high blood pressure and high blood cholesterol. If either of these numbers is high, work with your doctor to get it to a healthy range.

Choose Heart-Healthy Foods

Heart-healthy eating involves choosing certain foods, such as fruits and vegetables, while limiting others, such as saturated and *trans* fats and added sugars.

Aim for a Healthy Weight

The more body fat that you have and the more you weigh, the more likely you are to develop heart disease, high blood pressure, type 2 diabetes, breathing problems, and certain cancers. If you have been diagnosed with overweight or obesity, losing more than 3% to 5% of your weight can improve blood pressure readings, lower “bad” LDL cholesterol, and increase “good” HDL cholesterol.

Manage Stress

Research suggests that an emotionally upsetting event, particularly one involving anger, can serve as a trigger for a heart attack or angina in some people. Stress can contribute to high blood pressure and other heart disease risk factors. Some of the ways people cope with stress—drinking alcohol, using other substances, smoking, or overeating—are not healthy ways to manage stress.

~Continued to page 3~

Manage Stress continued. . .

Learning how to manage stress and cope with problems can improve your mental and physical health. Consider healthy stress-reducing activities such as:

- Talking to a professional counselor
- Participating in a stress management program
- Practicing meditation
- Being physically active
- Trying relaxation techniques
- Talking with friends, family, and community or religious support systems

Get Regular Physical Activity

Regular physical activity can help you:

- lose excess weight, improve physical fitness
- lower many heart disease risk factors such as “bad” LDL cholesterol levels, increase “good” HDL cholesterol levels, and manage high blood pressure
- lower stress and improve your mental health
- lower your risk for other conditions such as type 2 diabetes, depression, and cancer.

Talk with your doctor before you start a new exercise plan. Discuss how much and what types of physical activity are safe for you. Even modest amounts of physical activity are good for your health.

Quit Smoking

If you smoke, quit! Smoking can raise your risk of heart disease and heart attack and worsen other heart disease risk factors. Talk with your doctor about programs and products that can help you quit smoking.

Get Enough Good Quality Sleep

Sleep plays a vital role in good health and well-being throughout your life. During sleep, your body is working to support healthy brain function and maintain your physical health. Not getting enough sleep or good-quality sleep over time can raise your risk for chronic health problems.

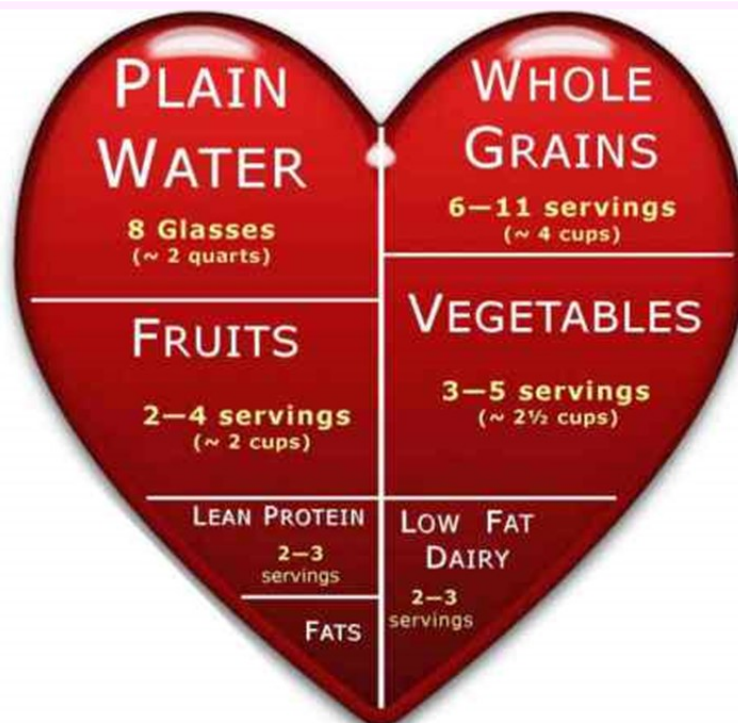


Image credit: www.healthtipspedia.com



Exciting news for Residents and Staff of the Falmouth Housing Authority

Governor Baker announced that **residents and staff of public and private low-income and affordable senior housing** are **included in the first tier of Phase 2** of vaccine deployment in the Commonwealth of Massachusetts, which is anticipated to begin mid to late February.

- “Residents” include those in state and federal senior developments, regardless of age seniors living in family developments are NOT included; (65+ adults are prioritized later in Phase 2).
- “Staff” include those who work or volunteer at the developments who have exposure to residents or infectious materials.

The guidance and related information can be found at <https://www.mass.gov/info-details/covid-19-vaccinations-for-senior-housing-settings>

This new guidance is applicable to public and private low income and affordable senior housing defined as any residential premises available for lease by older or disabled individuals which is financed or subsidized in whole or in part by state or federal housing programs established primarily to furnish housing rather than housing and personal services. Specifically, this includes the following types of housing properties:

Public housing properties designated primarily for older adults that are owned/operated by Local Housing Authorities. This includes those public housing properties owned by a Local Housing Authority but managed by a private company.

Privately owned properties designated for older adults that are financed in whole or part through resources made available from DHCD, MassHousing, or the U.S. Department of Housing and Urban Development (HUD), and in which the majority of units are restricted to residents earning less than 80% of Area Median Income.

There are three vaccination options for staff and residents who were not included in the [Federal Pharmacy Partnership Program](#) with CVS and Walgreens. These include:

Organizations may leverage existing pharmacy partnerships or an existing relationship with a medical or community health provider to offer an on-site clinic; or

~Continued on page 5~

Three vaccination options continued . . .

Organizations may contact their Local Board of Health (LBOH), if the Board is running clinics, to discuss capacity to provide an on-site clinic; or

Residents and staff may schedule an appointment at a provider location, pharmacy, or a Mass Vaccination Site. Additional pharmacy, provider and mass vaccination sites will come on line in the coming weeks.

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For questions regarding the guidance document or the implementation of the vaccine deployment options, please contact: SeniorHousingVaccine@mass.gov



The housing authority is excited to share, however, that we are in active communications with Community Health Center of Cape Cod to offer onsite vaccination clinics. We will keep you up to date on this exciting partnership as the plan develops.

California Chicken Thighs

Submitted by Mary Green, Rose Morin Apartments

6-8 thighs (skinless)

1 jar of Catalina Dressing

2 envelopes of Lipton onion soup mix

1 jar of grape jelly

Mix ingredients

Bake at 350 oven for 1 hour 25 minutes

*delicious with rice



Harborview Piping Project

The piping project has been delayed as we are waiting on the Town permit to be issued. The new estimated dates for Stacks 1 and 3 as well as the common first floor areas will be Friday, 2/5/21. The goal for the engineer is minimize disruptions to the common areas, as well as the Meals on Wheels program. Lodging arrangements are still being worked on—if you have not shared your lodging plan with Marie Palmer, please reach out to her as this is urgent (call: 508-548-1977, Ext. 212). Update on Food Vouchers: Vouchers will be provided to those who are lodged in a hotel that does not have a stove. Those that choose to lodge with friends/family, efficiency unit or at another FHA property will receive assistance (if needed) in moving their selected pantry items from their leased units. The estimated period of lodging is 10 days, but may be less based on how much work is accomplished.

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Can Vitamin D Help You Prevent COVID-19?

Cape Cod Health News www.capecodhealth.org January 05, 2021 By: Susan Moeller

A vitamin once thought to have a supporting role is now in the spotlight.

Vitamin D, although long recognized for working with calcium to improve bone health, may also play a role in how well our bodies fight off COVID-19, among other diseases and conditions. An analysis published in the journal Nature in November concluded that among 154 COVID-19 patients, those with a Vitamin D deficiency had worse symptoms and a more intense inflammatory response to the virus.



“This all translates to increase morbidity and mortality in COVID-19 patients who are deficient in vitamin D,” the report read, and the authors went on to recommend Vitamin D supplements for those at risk for COVID-19.

A report published on Medium last month listed two more studies indicating that those with Vitamin D deficiency were more likely to test positive or be hospitalized for COVID.

That is in addition to other benefits of Vitamin D, according to the National Institutes of Health and others, such as:

- ⇒ It helps the body to absorb the calcium from foods and supplements needed for building strong bones. This helps to prevent brittle bones, a condition known as rickets in children or osteomalacia in adults and helps to guard against osteoporosis.
- ⇒ It helps the nerves carry information between the brain and other body parts.
- ⇒ It helps in maintaining cognition and brain health.
- ⇒ It plays a role in muscle development and helps guard against falls.
- ⇒ It may play a role in preventing diabetes and hypertension and promoting ocular health.
- ⇒ It boosts the immune system, helping in the fight against viruses and bacterial infections.

“They are testing Vitamin D on a lot of different conditions; it might be underappreciated,” said Nicole Clark, a registered dietician with Cape Cod Hospital.

Vitamin D is a fat-soluble vitamin found in foods, either naturally or as an additive, and is also available as a dietary supplement. Sunshine also stimulates our bodies to produce it: Ultraviolet rays from sunlight strike our skin and trigger vitamin D synthesis. Recent research has found widespread Vitamin D deficiencies worldwide, partly due to diet and the fact that many of us don’t get the necessary 20 minutes a day of sunlight that our bodies would require, or we use sunscreens that block UV rays.

A simple blood test can determine if your Vitamin D is where it needs to be.

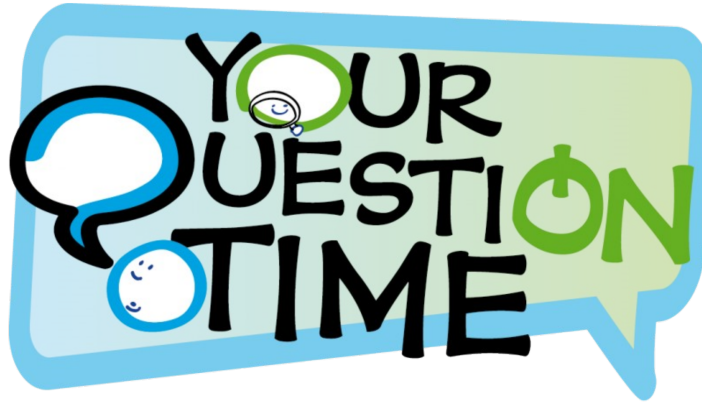
The best way to get Vitamin D and other nutrients is from food. Nutrients have interactions in food that are not able to be replicated in supplements. A supplement may be required, especially for those who cannot get enough from their diet -for example, vegans and the elderly, or people who are less likely to be outside.

The most common source of Vitamin D is fortified foods such as milk, nondairy milks, and orange juice. The most efficient food source is fatty fish like trout (645 IU in 3 ounces), salmon (about 400 IU depending on type) or tuna in olive oil (229).



Harborview Piping Project continued . . .

The map demonstrates (*see red areas on diagram, page 9*) the areas within each unit that will be affected. These areas are the entry area, kitchen and bathroom. Please clear out possessions areas within the bathroom and kitchen as indicated on the map.



Tenant Q&A—Please see the questions from our tenant and the responses from our Engineering team. *P.S.—Thank you (Harborview Tenant) for your questions!*

1. It is the understanding that the kitchen wall and bathroom wall will be opened for pipe access/repair. Will any portion of the ceilings within the units, for any reasons, be accessed? **Ceiling removal within the units should be limited to the first floor units, where the piping enters the unit from the corridors.**
2. If yes to #1, will the furniture in the unit be covered. This tenant references severe allergies and needs to know what areas of the unit may have lingering debris, dust or other materials moved around. **As described in diagram, contractor will isolate the work areas (kitchen & bathroom) with plastic sheeting to keep dust limited to the work areas. Contractor also is to use HEPA filtered negative pressure machines to keep dust from migrating outside the work area and filter the dust out of the air. Contractor will also provide a thorough clean up of work areas with HEPA filtered vacuum. Note: The contractor will seal the doors adjacent to the work areas as well to control dust migration. That being said, tenants may also want to clear their possessions out of the closet in the entry area as well. Tenants are responsible to cover other areas in their units, if they believe that additional coverage is necessary.**
3. The tenant has heard a rumor in the building that there is mold in between the floors. If there is mold in between the floors, will it be addressed? **Yes. In the corridors where the worst leaking has happened the ceiling will be removed completely, the cavity above the ceiling will be cleaned out and treated with a coating to kill any mold growth and encapsulate existing materials to remain. The contractor also remove and replace any material with evidence of mold growth. Same as the work in the units, the corridors will be isolated while this work is ongoing and negatively pressurized with HEPA filtered equipment to control dust migration and filter the dust out of the air. The walls, floors in corridor will also be cleaned with HEPA filtered vacuums at the end of the work day before tenants are allowed to re-enter the corridors.**

Do you have other questions regarding the Harborview Piping Project?

If so, please submit them to Bobbi Richards, Executive Director at brichards@falmouthhousing.org or write down your question and put it in the drop box.

Tips for Reducing Stress During the Pandemic

January 05, 2021 By: Laurie Higgins www.capecodhealth.org

Are you feeling stressed, anxious, or depressed? If so, you are not alone. Everything about living through a pandemic is stressful and the numbers concerning mental health have been reflecting that for months.

A poll released in March by the American Psychiatric Association indicated that 48 percent of Americans were anxious about the possibility of getting COVID and 62 percent were anxious about a loved one catching it. Thirty-six percent said that the coronavirus was having a negative effect on their mental health and 68 percent worried it would tank the economy. And that was in March, when the realities of living with a pandemic were just beginning. In a report published at the end of June, the CDC reported that incidence of anxiety disorder and depressive disorders had increased significantly from April until June, compared to the same time period in 2019. By the end of June, 40 percent of U.S. adults in the poll reported struggling with mental health or substance use. Even more alarming, the number of people who had considered suicide was high, especially in some groups.

“Any time there has been a crisis like this there has always been an emergence of increased mental health and substance abuse issues,” Shine-O’Brien said. “So, in that way it’s not a surprise and we know that the effect of the shut-down and social isolation coupled with all of the ripple effects of those things, increases people’s anxiety.”

She points out that anxiety in and of itself is actually a helpful thing because it helps mobilize us and motivate us to do things like wear a mask to stay safe. Usually anxiety will rise, crest, and then relax and start to abate. Part of what makes the pandemic so stressful is that there is so much uncertainty.

“Normally when we have had any kind of trauma or tragedy in this country, whether it is a 9/11 or a Hurricane Katrina or tornados, there’s a build-up. There’s a start, there’s the momentum, there’s a stop and then there is the way that we figure out how we band together as a community or a nation to clean up and heal.”

Coping Strategies:

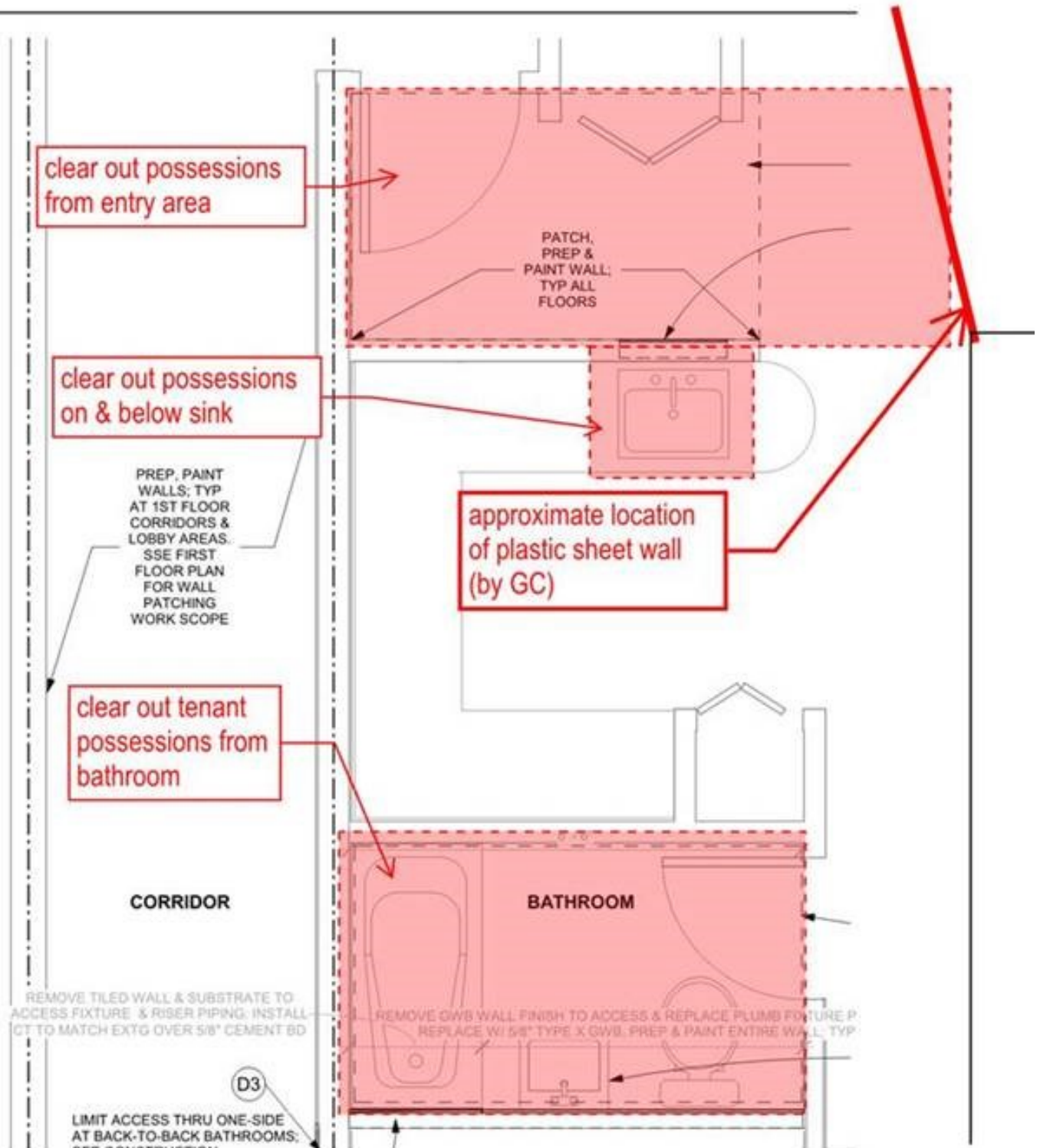
The first thing to keep in mind is that this will end at some point. In the meantime, there are plenty of things people can do to help themselves and family members, beginning with the need to have honest conversations about what and how we are feeling. There are also healthy strategies for getting through this time of uncertainty.

The Suicide Prevention Resource Center lists the following strategies for coping with the psychological effects of the pandemic:

- * Establish a routine for daily life.
- * Seek regular moments of pleasure, meaning and mastery.
- * Maintain social connection and a sense of belonging.
- * Incorporate relaxation techniques into your life.
- * Engage the mind with puzzles, hobbies or crafts.
- * Engage the body with regular physical exercise.
- * Eat a healthy diet with plenty of fruits, vegetables and grains.
- * Maintain a regular sleep schedule.
- * Limit exposure to the news.

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Interior Unit Plans for Harborview Piping Repair Project



Tips for Reducing Stress during the Pandemic continued . . .

If conversations with loved ones and the recommended coping strategies are not enough, people should seek professional mental health counseling. Sometimes all that people need is someone, who is not a family member, to actively listen and validate their concerns and help them come up with a realistic and reasonable plan so that they can feel like they have some control and feel like they are moving forward. A lot of times it's just a couple of visits or a once-a-month check-in when there is not a long-standing or persistent mental health issue.

Local resources available including:

Falmouth Human Services: 65A Town Hall Square, (508) 548-0533

Samaritans of Cape Cod Inc: (508) 548-8900

One of the most important things people can do right now to help both themselves and others is to stay connected. Check in on friends you haven't heard from in a while. Call your neighbors to ask if you can pick anything up for them at the grocery store. If someone from your church is a shut-in, stop by for a socially distant visit from the front yard.

It's that old-fashioned notion of taking care of each other that I think we've forgotten about over the years. Everybody needs connections with other so it's about being creative now. It's about dwelling on the possibilities and not what we don't have."

It's about Sharing Kindness...



Community Health Center of Cape Cod is taking steps to help put an end to the pandemic by administering COVID-19 vaccines according to Department of Public Health guidelines.

[COVID-19 Updates | Community Health Center of Cape Cod \(chcofcapecod.org\)](https://www.chcofcapecod.org)

COVID-19 Vaccine Updates

The Health Center is actively engaged in implementing a distribution plan for the newly approved COVID-19 vaccines and has a communication plan in place to let our patients and community know about the availability and timeline for vaccinations. There are currently two vaccines that have been approved (Pfizer and Moderna) for emergency use and distribution has begun. We will keep Health Center patients updated as more information becomes available.

Visit www.chcofcapecod.org/coronavirus for updates as they become available.

Falmouth was designated high-risk in the State's latest town-by-town coronavirus statistics on Thursday, 1-21-21.

This was the Town's first time reaching the state's highest risk level for spread of COVID-19 and was one of 222 cities and towns to get the designation.

Falmouth's two-week average positive test rate rose to 5.81 percent over the last week, from 4.4 percent, just above the high-risk threshold, the Massachusetts Department of Health reported. There were 3,600 coronavirus tests conducted in Falmouth in the last two weeks, of which 209 were positive.

According to the town-by-town data released Thursday, 1-21-21, the town had 194 cases in that period, up from 130 the week before. Since the start of the coronavirus pandemic, 942 Falmouth residents have contracted COVID-19.

Note: FHA's Administrative Office will continue to be closed to the public. Please use our drop box or call us for other options as we all continue to navigate these unprecedented times.

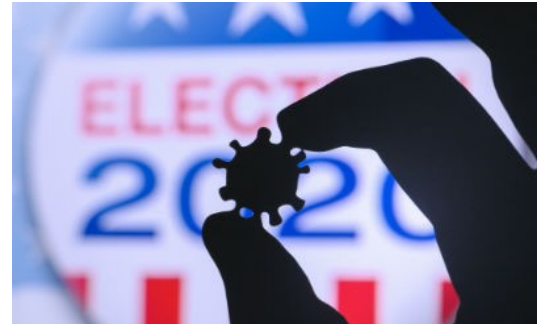
REMINDER: MASKS ARE REQUIRED WHEN IN ALL COMMON AREAS OF FHA PROPERTIES UNTIL FURTHER NOTICE

If you need a face mask or two, please contact Marie Palmer at 508-548-1977. We are happy to make arrangements to provide masks to you at no cost.

We would like to invite you to join us for a civic discussion with our Town Clerk, Michael Palmer, on Thursday, February 18th at 10:00 AM.

Learn about the recent election challenges faced by local government officials during COVID times.

To join the meeting log onto: <https://us02web.zoom.us/j/85383129488> and enter meeting ID: 853 8312 9488 or call 1-646-558-8656 and enter meeting ID: 853 8312 9488



www.bing.com/images



Falmouth Public Library Zoom Meeting on Monday, February 22, 2021 at 10:30 AM

Join Laura Wool, Falmouth Public Library's Homebound Librarian, to learn about how the library can help you get books, movies or magazines without the need for a computer or internet access. FPL is currently providing outside-the-building services at the Main Library, the East Falmouth branch and the North Falmouth branch, as well as right to your door, if needed. Tammy Aron, Head of Circulation, will also be on hand to answer your questions.

Registration is required. If you plan to attend by Zoom or by phone, the Library will need you to pre-register at the following web page: <http://www.falmouthpubliclibrary.org/learn> by February 18th or call Marie Palmer (508-548-1977, Ext. 212) for Zoom meeting code and phone number.

South Coastal Counties Legal Services Zoom Conference offered for FHA Residents

Tuesday February 23, 2021 at 10:00 AM

Topic: Your tenant rights and how to legally
navigate the CDC Eviction Moratorium

Zoom meeting will be facilitated by Raymond A. Yox, Managing
Attorney at South Coastal Counties Legal Services Inc.

To join the meeting log onto <https://us02web.zoom.us/j/82700278786>
or call 1-646-558-8656 or 1-301-715-8592 and enter
Meeting ID: 827 0027 8786.



Monthly FHA Board Meeting

Please attend the FHA board meetings and keep up-to-date of the goings on at the housing authority.

Join us, via Zoom, on Tuesday February 16, 2021 at
4:30 PM at <https://us02web.zoom.us/j/88301283441> . To call in, dial 1-646-558-8656 and enter
Meeting ID 883 0128 3441.

Exciting news for our Community Partners at We Can

“We are thrilled to share that in 2021 we celebrate 20 years of strengthening our community by helping women transform their lives! Twenty years is just the beginning -we intend to make an impact for the next twenty, and beyond. Throughout this year, we will be honoring this anniversary milestone in a variety of different ways, so keep your eyes peeled for announcements.”



We Can is now offering a Zoom workshop for those in a caregiver roll.

Managing the Stress of Caregiving

Thursday, February 11
10:00AM-Noon, via Zoom

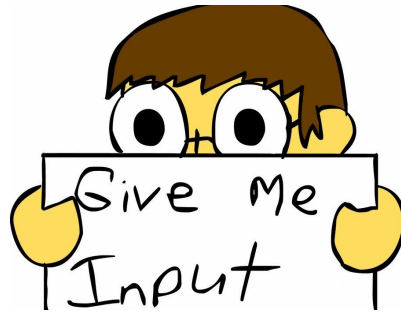
You must register to attend this workshop by calling 508-430-8111 or
emailing marina@wecancenter.org.

Who is helping you as you help a family member manage a health condition? Juggling everything was hard before the pandemic, but it is harder than ever now. This virtual session will focus on practical ways for you to manage the challenges you are facing and the emotions you are experiencing as you care for a family member or friend.

Topics include: The stages of caregiving and how that knowledge can reduce anxiety and stress; common caregiving pitfalls and ways to avoid/overcome them; simple stress reduction techniques to use at home in just minutes; and access to tools and free resources specifically for the family caregiving journey.

FHA Activities Packet 2/2021

By Marie Palmer, Resident Service Coordinator



We challenge you to try to stump your fellow resident and submit a riddle to the newsletter.

Past experience tells us that the trickier the better as we have some clever people calling in every month with the correct answer.

Also, if you have a “clean” good humored joke, we welcome that too.

Inspirational stories, poems, recipes are also welcomed.

The more input and contributions from you, our residents, the more colorful the newsletter will be.

You can mail your submissions, drop in our drop box outside the office or simply call, Marie Palmer, at (508) 548-1977ext. 212.

There were five children in a room. John drew a picture, Jacob played video games, Anthony played chess, and Christina read a book. What is the fifth child, Melony, doing?



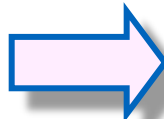
Answer to riddle:

Melony was playing chess with Anthony.

Riddle of the month



How is a heart like a musician?



Call into the housing authority at 508-548-1977 with your answer.

If you leave a message make sure you give your name and phone number, also leave the time and date that you call.

The first five people with the correct answer will get a prize!

Healthy Foods

Easy Word Search

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

BEANS

CASHEWS

EGGS

SPINACH

TOMATOES

BLUEBERRIES

CHEESE

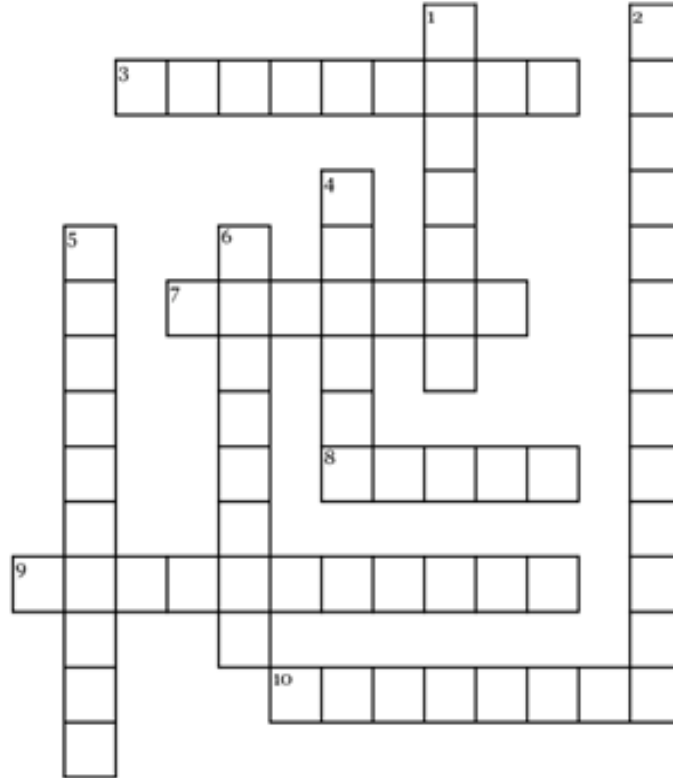
ORANGES

STRAWBERRIES

YOGURT



Heart Health Crossword Puzzle



Across

- 3.** A common symptom of a heart attack along with shortness of breath, arm or jaw pain
- 7.** Even if you have a family _____ of heart disease, you can take action to reduce your risks
- 8.** Not only senior citizens, but even _____ people can have heart disease
- 9.** Have this blood level checked at least once a year to help manage your risk of heart disease
- 10.** Moderate intensity _____ is beneficial to heart health

Down

- 1.** Heart _____ can cause shortness of breath and swelling of the feet and ankles
- 2.** High _____ is known as a "silent killer"
- 4.** Peripheral _____ Disease causes leg pain as a result of blocked blood vessels
- 5.** Abnormal or irregular heart beat
- 6.** a condition with high blood sugar that increases risk of heart disease

Word Bank

Exercise
History
Cholesterol

young
Chest Pain
arrhythmia

Artery
Blood Pressure

Failure
Diabetes

