

# The Maple Ridge News

Rehabilitation • Skilled Nursing • Hospice • Respite

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*Maple Ridge*  
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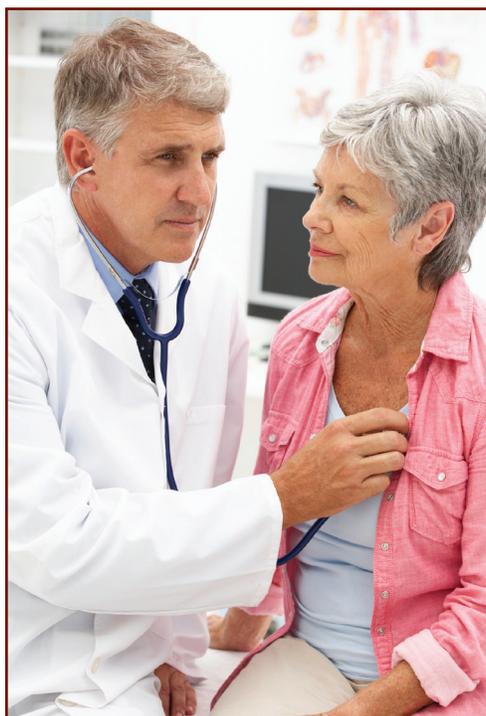
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## February is Heart Month: How can I reduce my risk of heart disease?

**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, 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.

Source: [cdc.gov](http://cdc.gov)

# Sudoku

7	8					6	5	
4								8
6	1		8			9	7	3
9	7			8		5		
	3	4				7	2	6
5	2				7		8	9
			2	6		3		7
2		8	7	4	3	1	6	
3	6			1	9	8	4	

## Taking Care of Your Emotional Well-Being

Many people are having a hard time coping during or after adverse events, like the COVID-19 pandemic. They may be grieving the loss of a loved one or dealing with stress from social isolation, financial problems, and upsetting news about the pandemic.

**How Right Now, a campaign from the CDC, offers resources and support for people coping with a range of emotions, including, anger, fear, grief, loneliness, sadness, stress, and worry.**

Many people have been feeling sad or lonely during the COVID-19 pandemic. If you feel stress, grief, or anxiety during this time, you are not alone. If you are feeling any of the emotions above, talking with friends, neighbors, and loved ones can relieve stress and promote resilience.

**Find ideas for what could help at by visiting the Home Right Now website: [cdc.gov/howrightnow](https://www.cdc.gov/howrightnow)**

## Snacks to Keep Your Health Resolutions on Track

**Chips. Pizza. Wings.** These are some of the most common snacks brought to parties or potlucks, because they easily feed a lot of people and take very little time to prepare. They also make it harder to stick to a healthy eating plan. **For National Snack Month, here are five low-prep, healthy alternatives to munch on during the next big game, get together, or movie night.**

**Avocado and cheese sandwich made with whole grain bread.** Avocados are a good source of vitamin E and C as well as being high in fiber and potassium. They also contain folic acid, an important vitamin for pregnant women. Cheese contains important levels of calcium and whole grain bread is high in fiber.

**Dried banana chips.** Dried banana chips are often fried in coconut oil and coated in honey. Bananas contain high levels of vitamin A and C. They are also rich in potassium. You can often find banana chips included in muesli. Great for a carbohydrate boost.



**Crackers and cheese.** A very popular snack after dinner. Cheese is high in calcium. Crackers also come in wholegrain or low-fat varieties and these are a good source of extra fiber.

**Fruit salad.** You can combine any of your favorite fruits in this snack such as kiwi fruit, apples, pear, and nectarines. This snack will help you towards your five a day of fruit and vegetables.

**Hummus in pita bread.** Hummus is made from dried chickpeas, garlic and sometimes tahini. Hummus contains fiber and iron; tahini is made from sesame seeds and is high in calcium.

## Clip & Create: Make Your Own Valentine!

Grab some scissors, colored pencils or markers and make your own valentine!

