Senior Resources is YOUR Area Agency on Aging serving 56 towns and 2 tribal nations of Eastern Connecticut and managing state and federally funded programs related to Aging and Disability. We would love to hear how these programs have an impact on your life!

19 Ohio Avenue, Norwich, CT 06360; www.SeniorResourcesEC.org; Phone 860-887-3561 or 800-690-6998 Our Registered Dietitian, Alison, is at Extension 115

DASH to a Healthy Heart...One of the best all-around healthy meal plans is the Dietary Approaches to Stop Hypertension (DASH). It is a flexible and balanced eating plan that lowers blood pressure and works well for many other conditions too! While it is low in saturated fat, cholesterol, total fat and sodium, the focus is on eating MORE fruits, vegetables, whole grains, dairy products, fish, poultry, beans, nuts and seeds. The foods are all items that you can get in a regular grocery store and can work with foods that you would order in a restaurant. Try these simple steps to DASH to a healthier you:

1. Add one vegetable serving at lunch and dinner so that you eat a total of 3-4 servings per day.
2. Have one serving of fruit as a snack or dessert.
3. Try the Whole-Grain version of bread, cereal or pasta. Look for the word “WHOLE” in the ingredients.
4. Have 3 servings of low fat dairy: Milk on Cereal, Yogurt with Fruit, Low Fat Cheese or a simple glass-o-milk.
5. Trim the amount of meat you eat to 6 ounces per day with 3 ounces (the size of your palm) at a meal.
6. Experiment with 2 or more vegetarian meals per week.
7. Keep an eye on sodium when you can. The Nutrition Facts Label can be an ally.
8. Making small changes in the right direction makes it easier to stick with the plan.
9. Try writing down what you eat or drink and keep track of what kind of physical activity you do.
10. It is never too late – start now!

February is American Heart Month. A Heart Healthy Lifestyle includes maintaining a healthy weight, being physically active, making healthy eating choices and not smoking. Roughly 1 in 4 deaths in the US are caused by heart disease making it the #1 cause of death in both men and women. Roughly 325,000 people die annually of coronary attack before they even get to a hospital. Learn the heart attack warning signs to recognize in yourself and others. It could save a life.

Chest Discomfort: A sensation in the center of the chest that feels like pressure, fullness, squeezing or pain. This can last more than a few minutes, or, go away and then return.

Upper Body Discomfort: Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

Shortness of Breath: This may be accompanied by chest discomfort. Additional signs may include cold sweat, nausea or lightheadedness.

*If you experience any of these symptoms, do not to wait more than five minutes to call 9-1-1 to ensure rapid treatment.*

Did you know *Music can help save lives?* During CPR, you should push on the chest at a rate of 100 to 120 compressions per minute, which matches the rhythm of the Bee Gees song “Staying Alive”?