

Adult Day Self-Care Newsletter

February 2022

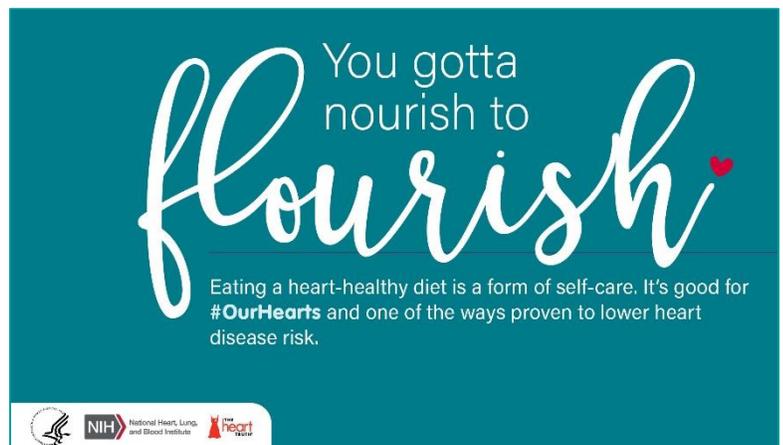
Supporting Heart Health

The Centers for Disease Control and Prevention (CDC) reported last September that heart disease remains the [leading cause of death](#) in the US for both men and women. Heart health is affected by other conditions that increase risk, such as high blood pressure, high cholesterol, diabetes, and obesity. Heart disease also is a major cause of disability, making it harder to live the life people want. The good news is that even small changes in what you eat and what you do can add up to a big difference. As the CDC says, “You can’t control the [traffic](#), you can’t control the [weather](#), but you can control your risk for heart disease.” People do experience added risks as they age. These include changes in the heart and blood vessels. The earlier people adopt healthy life habits, the greater their chances of living a long and fulfilling life. However, there are things a person can do to delay, lower, or even reverse their risk. Most likely you are familiar with the list. First, get regular screening and preventative health care. Second, adjust your diet over time for more healthy eating (see below). Third, move more, which means all sorts of daily physical activity, not just formal or intense exercise. Finally, in the top 4 list, experts recommend getting rid of the smoking habit. This last one is tough, but [help is available](#).

What is a Healthy Diet?

It’s easy to get overloaded by information on the internet about what to eat. There are the science-backed diet plans, like the Mediterranean Diet and the DASH Diet; then there are the things your friends may be talking about, like paleo or keto, and the TV ads for costly programs that show dramatic weight loss pictures. Choose a healthy diet works for you and is supported by research.

The [DASH Eating Plan](#) was originally designed for people with hypertension. Like most other healthy diet plans, this one emphasizes increasing the number of vegetables and fruit you eat every day, shifting towards whole grains and low-fat dairy, and limiting how much fatty meats you have each week. Many people find that the easiest change to make is eating a bit more vegetables and fruit. You can find lots of information, tips, recipes, and inspiration at the [Have A Plant](#) website.



American Heart Month

Every year, the month of February is devoted to sharing tips and information to care for your heart. Many health centers, government agencies, and advocacy groups provide free information and resources to support heart health. Please pass along those we have listed in this newsletter and share others that you find!

Small Steps You Can Take

Devoting some time every day to care for yourself can go a long way toward protecting your heart health. Things you do for self-care, like moving more, preparing healthier meals, getting quality sleep, and taking a moment to de-stress, help your heart.

Remember that every day is a fresh start! Too many cookies yesterday? Stayed up too late bingeing your favorite show? Today, you can start over and make different choices.

Small changes in your eating habits can make a big difference in your heart health. Try making half your plate fruits and veggies at each meal. And if you can't buy fresh, remember that canned and frozen options count, too!

Cooking at home gives you more control over the nutritional content of your food. Check food labels and choose products with lower amounts of sodium, saturated fat, and added sugars.

Getting active doesn't have to be overwhelming. Start slow and go at your own pace. Even 5 minutes of activity a day has real health benefits, and you can build up over time.

Physical activity can help manage many health problems. It helps keep diabetes and high blood pressure under control. It can also reduce the symptoms of arthritis, anxiety, and depression.

[Recent research](#) also suggests that physical activity can help prevent and treat dementia and cognitive decline.

It can take a while for a new behavior to become a habit, so give yourself time to get into a regular routine. [Small changes](#) work. Once healthy eating and physical activity becomes a habit, you'll notice when you aren't doing it.

Tips are from various sources listed in "For More Information."

For More Information

If you are interested in learning more about heart health, we have included some references and resources here.

Looking for social media posts? The CDC has posts and graphics on [hypertension](#).

The Million Hearts Campaign, coordinated by the US Department of Health and Human Services has an initiative called [Start Small Live Big](#) to help people "do a few small things" that will help their health and live the life they want. Find social media posts, graphics, print materials, and videos.

Check out the [National Heart, Lung, and Blood Institute](#) for more great resources!

As always, you can access the Self-Care resources on our website for free.

Self-Care for Professional Caregivers
www.care2caregivers.com/self-care

Upcoming Caregiver Education 2022

**Supporting Heart Health: Loving
Yourself with All Your Heart**
February 16, 2022 1:00pm
Click [HERE](#) to register for February 16

**Rest for Caregivers: Tools for
Supporting Good Sleep**
March 17, 2022 1:00pm
Click [HERE](#) to register for March 17

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visit our website www.care2caregivers.com for information on caregiver support groups