

2018
Happy New Year!

Harnett County Caregiver Support Group Newsletter

Volume 10, Issue 1 January 2018

Harnett County Happenings:

- ◆ **Benefits of the Caregiver Program..** Remember one of the benefits of our Family Caregiver Support Program is we offer Respite and Supplemental supplies at no charge to you if you qualify for these services. Please talk to Latorius about this great resource.
- ◆ **Lillington Community Blood Drive** sponsored by Harnett County Public Health & Harnett County RSVP is scheduled for Thursday, January 11, 2018. Please contact LeAnn Blackmon at 910-814-6071 for more information or to schedule your appointment.
- ◆ **Martin Luther King Jr. Day** will be observed on Monday, January 15, 2018. All county offices will be closed.



Wellness Tips: Holiday Heart Attacks

Research shows Americans have more fatal heart attacks during the holiday season than any other time of the year. Sometimes referred to as “**holiday heart attacks,**” deaths from heart attacks peak during **December** and **January!**



While researchers don't know exactly why heart attacks are more common around holidays, they note a number of possible reasons, including changes in diet and alcohol consumption during the holidays; stress from family interactions, not taking medications as prescribed, strained finances, travel and entertaining; respiratory problems from burning wood; and not paying attention to the signs and symptoms of a heart attack.

Winter weather can be hard on the body, especially the heart. Cold temperatures cause arteries to tighten, which can restrict blood flow and reduce oxygen to the heart. Blood vessels constrict, which raises blood pressure. To protect your heart, limit your time in the cold and when you absolutely must be in the cold, make sure that you bundle up and cover all exposed skin. Make sure the heat is on inside to help reduce stress on your heart.

Most important in protecting your heart health this time of year is to not allow the hustle and bustle to get in the way of taking your medicines and continuing to be attentive to a healthy diet. With prevention and moderation, it's possible to enjoy the holidays and stay heart healthy.

- **Make good choices.** Avoid excess salt and alcohol. High sodium intake can cause fluid retention that makes the heart have to pump harder.
 - **Get your flu shot.** Having heart disease puts you at risk for serious health complications if you get the flu.
 - **Reduce your stress** and help give your heart a break by getting in regular exercise and good quality sleep, eat as healthy as you can and try not to overload yourself with multiple commitments.
 - **Get help.** If you feel chest pain or other symptoms, call 911 for emergency help. Don't postpone treatment because you don't want to spoil the holiday.
- physician. Be sure to consult your physician for any concerns about diabetes.

Your “Wellness Wednesday” is provided by the Harnett County Health Department!

Let our New Year's resolution be this:
we will be there for one another as
fellow members of humanity, in the
finest sense of the word.

Goran Persson

January Meeting

Our next meeting will be held on **Thursday, January 18, 2018** beginning at **11:00 am** at the Harnett County Division on Aging (Kitchen Area). The guest speaker will be **Willetha Barnette, CareCoach**. She will discuss a few facts about caregiving (that every family should know). RSVP to Latorius Adams at 910-814-6075. Hope to see you there! Light refreshments will be provided.