

Love your heart - February is American Heart Month

Heart disease kills an estimated 630,000 Americans each year. It's the leading cause of death for both men and women. In the United States, the most common type of heart disease is coronary artery disease (CAD), which can lead to a heart attack. The good news is you can help reduce your risks for CAD through diet and lifestyle changes, and in some cases, medication.

Heart-healthy eating tips:

♥ **Limit saturated fats and trans fat.**

- Foods high in saturated fat include: fatty meat, poultry with skin, bacon, sausage, whole milk, cream and butter.
- Trans fats are found in stick margarine, shortening, and some fried foods and packaged foods made with hydrogenated oils.

♥ **Limit sodium intake to less than 2,000 mg per day.**

- Choose foods with no more than 140 mg per serving.
- Use caution when dining out. Restaurant foods can be high in sodium, and many times do not have nutritional information readily available.

♥ **Try to consume more omega-3 fats (heart-healthy fats).**

- Good sources include salmon, tuna, mackerel, cod and sardines.
- Walnuts and flaxseed oil are also good sources of omega-3s.

♥ **Aim for 20 g to 30 g of dietary fiber per day.**

- Good sources include fruits, vegetables, whole grains and dried beans.
- Consume five cups of fruits and vegetables and three ounces of whole grain foods per day.

♥ **Talk with your healthcare team to find out what types of physical activity are best for you.**

- Even 15 to 30 minutes of moderate exercise per day can improve your healthy cholesterol levels (HDL), and reduce your harmful cholesterol levels (LDL).

The next time you are making a treat, whether to have at home to enjoy with friends and family, or to bring into your resident at the nursing home, please keep these ideas in mind. Show your loved ones how much you care for them - and their hearts - by preparing heart-healthy foods.



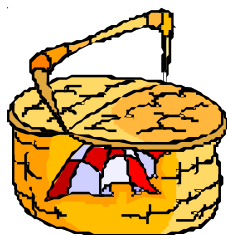
FEBRUARY EVENTS

- 3 Dining in
- 9 Music by Harmony Express, 2:30 pm
Birthday party, 3 pm
- 10 Music by Shari Sarazin, 2:30 pm
- 14 Valentine's Day social, 3 pm
- 17 Dining in
- 22 Resident council
CBRF, 1 pm
Nursing home, 3 pm
- 23 Picnic
- 24 Music by Roger Ellis, 2:30 pm

Food and Nutrition update

On the menu for the February 23 picnic:

- Spaghetti and meatballs
- Garlic bread
- Green beans
- French silk pie



Crest View residents enjoy a visit from Santa just in time for Christmas!

In December, Crest View residents enjoyed a Christmas party with their friends and family members - and even a visit from Santa, Mrs. Claus and an elf. Santa and his helpers presented each resident with a gift during the visit (presents were donated through a giving tree program). During the Christmas party, residents also shared cookies that they baked and decorated.

On behalf of all the residents, a big thank you goes to everyone who helped with the event.



Residents' Rights - Care planning

by Gina Senzig, CSW

Following a resident's admission into the nursing home, it is required by law to hold a quarterly care planning conference. These conferences are meant to be a time for nursing home staff members and residents and/or their loved ones to come together to speak openly about resident's goals and how he or she is progressing with those goals. We also review the resident's current placement and status, and how to best move forward with the resident's care from that point on.

Some tips for you to remember before coming to a care plan meeting include:

1. If you, or your resident, have any questions or concerns you wish to address, write them down prior to the meeting so you can make sure all of the points are discussed.
2. Review the "Resident Care Planning and Activity Report," as well as notes you may have taken from your own observations, about your loved one's progress and how you identify potential issues that you can share with staff members.

Please remember, that you are always welcome to contact your local ombudsman to be present at the meeting (call 1-800-815-0015). You - or your resident - also have the right to ask for a meeting at any time if there are concerns about the care and treatment your loved one is receiving.