

PARK MANOR WESTCHASE



American Heart Month: Know the ABCS of Heart Health

BLACK HISTORY MONTH

The month of February is a time to honor the achievements of Black Americans in U.S. history. Since its first observance in 1970 at Kent State University, Black History Month (also known as African American History Month) has evolved into a country-wide celebration.

Did you know...

The first Black American to win the Academy Award in 1963 for Best Actor was Sidney Poitier.

Lonnie G. Johnson, American inventor and aerospace engineer, invented the Super Soaker, the iconic water toy in 1989.

Beyoncé holds the record for the most Grammy wins by a female artist, with 35 awards as of 2025, solidifying her status as a music icon.



Every year, Americans suffer more than 1.5 million heart attacks and strokes. The good news is that you can help reduce your risk and improve your heart health by following the ABCS:



A: Ask your health care professional if aspirin can reduce your risk of having a heart attack or stroke. Be sure to tell your health care professional if you have a family history of heart disease or stroke.



B: Control your blood pressure.

Blood pressure measures the force of blood pushing against the walls of the arteries. High blood pressure increases your risk for heart attack or stroke more than any other risk factor. Find out what your blood pressure numbers are and work with your health care professional to lower it.



C: Manage your cholesterol. Cholesterol is a waxy substance produced by the liver and found in certain foods. Your body needs cholesterol, but when you have too much, it can build up in your arteries and cause heart disease. There are different types of cholesterol: One type is "good" and can protect you from heart disease, but another type is "bad" and can increase your risk. Talk to your health care professional about cholesterol and how to lower your bad cholesterol if it's too high.



S: Don't smoke. Smoking raises your blood pressure, which increases your risk for heart attack and stroke. If you smoke, quit. Talk with your health care professional about ways to help you stick with your decision. It's never too late to quit. Visit smokefree.gov or call 1-800-QUIT-NOW today.

Source: millionhearts.hhs.gov

HOLIDAY ACTIVITY PHOTO HIGHLIGHTS





HAPPY BIRTHDAY

Nola J.

February 09

Thomas H.

February 09

WELCOME NEW RESIDENTS

We hope your stay here is the best.





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WORD SEARCH Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!

WORD LIST
COUPLES
EMBROIDERY
EXERCISE
HEALTH
HEART
HISTORY
KINDNESS
LIFESTYLE
LOVE
MATCH
NEEDLEWORK
PINK
RED
RISK
VALENTINE

O C S Z X K O K W Z D H V J E
D R X V N E E D L E W O R K E
N V O I U O H N R K H J E I A
D A P R T Z Y M A T C H X L T
Q R R G V A L E N T I N E D Q
R H E A R T Z Y Z H Q X R F H
D I P X H E A L T H P E C X V
B S S L I F E S T Y L E I Y T
D T Y K X K I N D N E S S H M
O O F O I A I V U K U S E Y D
M R A U E M B R O I D E R Y T
I Y E C O U P L E S T P F X V
Z I O H Q N D O V P N O O V O
E O R L O V E V T I X H D P H
C O Q F I T L W H Q C A K N G