

February 2016 - TOPS Norfolk and Bristol Counties

Gail Lewis - Area Captain

February is American Heart Month

February is American Heart Month! This national awareness month provides Women Heart: The National Coalition for Women with Heart Disease the opportunity to spread the message about heart disease in women and our free support services available to all women who are living with heart disease

Heart disease affects more than 6 million American women, and another 37 million women are at risk for developing heart disease. It is the number one killer of women and is responsible for 1 in three deaths in women annually.

American Heart Month is a great time to partner with Women Heart to help us reduce the disproportionate toll of heart disease in women.

RESUME WORKSHOP

Thank you to all who were able to attend one of the two scheduled resume workshops - nicely done. If you did not attend a workshop, I am guessing that you have already sent it into Rosie. Any questions on this, please let me know.

SRD UPDATE

Everyone here is in the same boat.
Take up your anchor and stay afloat.
Together we all can succeed.
TOPS provides the support we need.

Tops SRD Buccaneer Bash- Friday APRIL 1 & Saturday APRIL 2.
Sea Crest Beach Hotel, 350 quaker road, North Falmouth, MA

One eyed jack, peg leg pete and all the scallywags

Will be awaiting your arrival

don't be late...or ye walk the plank!!!

Packets have been mailed - if you do not have it, let me know. It is also posted on the MATOPS website.

IF YOU WOULD LIKE TO BE INVOLVED, PLEASE EMAIL ME OR CALL - WE WOULD LOVE TO HAVE YOUR HELP. Thanks in advance.

INSPIRATION

BUILD A STRONG HEART

Aerobic exercise that makes you sweat and quickens your breathing is the key to strengthening your heart.

- Aim for at least 150 minutes of moderate aerobic activity -or 75 minutes of vigorous activity - each week. Try brisk walking, jumping rope, or step aerobics.
- Spread out your aerobic exercise over three days or more each week. Sessions can be as short as 10 minutes.

Nutrition Smarts

For a heart friendly diet, cut back on salt. One simple way to do this is to remove the salt shaker from the table and use herbs and spices instead.

Healthcare Consumer Tip

Saving on prescribed medications is easy. Ask for samples from your doctor, buy generic versions, look into mail ordering and check your health plan for prescription savings programs.

That's it for February. Let me know if you need anything.

Gail Lewis (508) 577-9460 gailistops@verizon.net