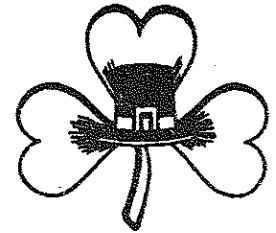


DERRY SENIOR CITIZEN NEWS



MARCH 2010

Derry Parks and Recreation Department ~ 31 West Broadway ~ Derry, NH 03038 ~ 432-6136

Signs & Symptoms of Heart Disease

With February designated as American Heart Month, the Centers for Disease Control and Prevention (CDC) remind us that heart disease is the leading cause of death in the United States and is a major cause of disability. However, the chance of developing coronary heart disease can be reduced through the prevention and control factors that put people at risk. Awareness of the signs and symptoms of heart attack are important in achieving a positive outcome after a heart attack. While some heart attacks are sudden and intense, others start slowly with mild pain or discomfort and may cause some people to wait too long before seeking help. Some signs that indicate a heart attack may be happening include:

- **Chest discomfort**, often occurring in the center of the chest and including uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort** in the other areas of the upper body including arms, the back, neck, jaw or stomach.
- **Shortness of breath** with or without chest discomfort.
- **Cold sweat**, nausea or lightheadedness.

If you experience any of these symptoms, call 911 immediately.

ICE

Remember ICE when programming numbers into your cell phone. Simply add who should be called **In Case of Emergency** onto your "contacts" list. This gives paramedics and other officials important information in the event you are unconscious or unable to speak. Be sure to tell your friend or loved one that you have placed them on this list. Give them a copy of the medical conditions you may have, what medications you may be taking and all other pertinent information. Having trouble programming your phone? Bring it to the Senior Center and we will help.

Healthy Lifestyle Tips

Maintaining a healthy lifestyle and diet are important weapons in the fight against coronary heart disease. Along with daily physical activity, the CDC suggests the following dietary recommendations:

- **Choose lean meats** and poultry without skin, prepare meats and chicken without saturated and trans fat.
- **Select fat-free**, 1% and low-fat dairy products
- **Reduce** use of foods containing partially hydrogenated vegetable oils
- **Cut back** on foods high in dietary cholesterol
- Reduce intake of beverages and foods with added sugars
- **Choose and prepare** foods with little or no salt
- **If you drink alcohol**, use moderation
- **Maintain** smaller portion sizes.



SHARE A TIP by Dora Atkinson

- The beginning of a new year is a great time to change the batteries in your home's smoke detectors!
- Prevent sticky cupboards by placing plastic coffee lids under cooking oil or syrups to catch drips!
- Shovel faster and easier. Generously coat your shovel with cooking spray before shoveling to keep snow from sticking!



CELL PHONE NUMBERS GO PUBLIC

Reminder . . . all cell phone numbers are being released to telemarketing companies and you will start to receive sales calls.

YOU WILL BE CHARGED FOR THEIR CALL

To prevent this, call the following number from your cell phone: 1-888-382-1222

It is the National **DO NOT CALL** list. It will only take a minute of your time. It blocks you number for five (5) years. You must call from the cell phone number you want to have blocked. You cannot call from a different phone number.

SENIORS ACTIVITIES at VETERANS HALL

Mon.	-Indoor Walking	8:15 - 11:00AM
Tues.	-Indoor Walking	8:15 - 10:00AM
	-Cardio Exercise	10:00 - 11:00AM
Wed.	-RSVP Bone Builder	9:00 - 10:00AM
	-Indoor Walking	8:15 - 11:00AM
Thurs.	-Indoor Walking	8:15 - 10:00AM
	-Tai Chi/Stretch/	10:15 - 11:00AM
	-RSVP Bone Builder	9:00 - 10:00AM
Fri.	-Indoor Walking	8:15 - 10:00AM
	-Line Dancing	10:00 - 11:30PM

SENIORS ACTIVITIES at MARION GERRISH COMMUNITY CENTER, ROOM 1

Wed.	-Cards & Games	10:00 - 12:00PM
	-Whist	1:00 - 4:00PM
Thurs.	-Bingo	1:00 - 3:30PM
	-Bingo	1:00 - 3:30PM

"Jobs for People over 55 through the National Senior Network"

Sieve Sine
Communications and Media
National Senior Network

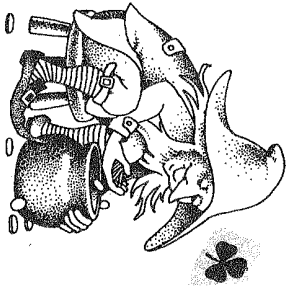
George Clooney flies around the country firing people in a movie that's struck a chord in this recession. But what if Hollywood made a sequel in which Clooney goes around *hiring* people? Unrealistic, laughable, ridiculous? Maybe so, but there is an organization that's actually recruiting people. And even more astonishing, it's bringing on only older workers. There is a catch. You have to really, really need a job. In other words, your income has to be below certain federal standards.

The organization, the National Senior Network (NSN), is part of a government-funded effort to take advantage of the experience, knowledge and wisdom of those over 55 who want to be back in the workforce. It's also an acknowledgment and response to the elephant in the living room - that few of today's workers can afford to retire at 55, 65, or even 75. As a result, seniors are highly motivated to work, and when given the opportunity, many excel in their positions.

"NSN places people in education, health care, information technology, customer service, library services and even the performing arts," according to NSN State Director Susan Jepson. "The program provides a job and something more. It opens a channel to new job skills, or to reshape skills for today's job market. Workers are paid a small stipend, but they gain much more."

"I became part of something," says 59-year-old Michael Walsh. Through his participation in NSN, he went from unemployed civil engineer to grant writer for The ARC of Greater Haverhill, an organization that helps people with disabilities. Walsh says NSN changed his life. "I became part of a family. Now I can't imagine doing anything else." The goal is for workers to move out of their stipend-paid jobs and into payroll positions as part of a company or organization. These jobs span the entire landscape of employment, from blue collar to white collar to green collar professions.

NSN is part of a nationwide endeavor funded by the US Labor Department through the Senior Community Service Employment Program. It began decades ago under President Lyndon Johnson's rubric, *the war on poverty*. Locally, NSN operates in Essex and Middlesex counties, with offices in Lawrence, Lynn, Lowell, and Cambridge. If you are interested in exploring this opportunity, give them a call at 781-592-5700 or 978-275-9740.



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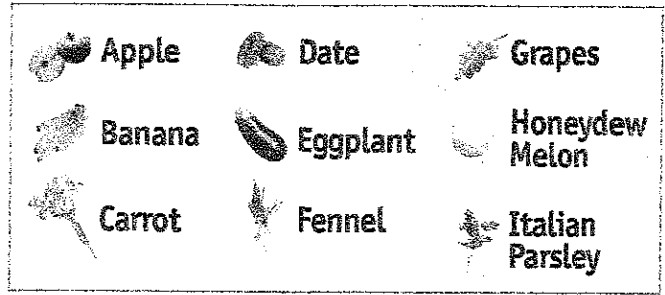
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Nutrition Sudoku

You may have seen Sudoku with numbers, but here's one with fruits and vegetables. Each horizontal row, vertical column and 3x3 box must contain all nine words. The words begin with letters A-I to make it easier for you to check that all nine have been placed in each row, column and 3x3 box.



Carrot		Eggplant	Banana	Italian Parsley	Date	Fennel		Honeydew Melon
Italian Parsley	Grapes	Banana	Fennel		Honeydew Melon	Apple	Date	Eggplant
Honeydew Melon		Date	Apple	Grapes		Italian Parsley		Carrot
Date	Carrot	Italian Parsley	Eggplant		Apple	Honeydew Melon		Grapes
Fennel		Honeydew Melon	Italian Parsley		Grapes	Banana		Apple
Apple	Banana		Honeydew Melon	Fennel	Carrot	Date	Eggplant	Italian Parsley
Banana	Italian Parsley	Carrot	Grapes	Honeydew Melon		Eggplant		Date
	Honeydew Melon		Date	Eggplant	Banana		Italian Parsley	Fennel
Eggplant		Fennel	Carrot		Italian Parsley	Grapes		Banana

Nutrition Sudoku adapted from the American Dietetic Association. www.eatright.org.



This material was produced by the California Department of Public Health, *Network for a Healthy California*, with funding from the USDA Supplemental Nutrition Assistance Program (formerly the Food Stamp Program). These institutions are equal opportunity providers and employers. In California, food stamps provide assistance to low-income households, and can help buy nutritious foods for better health. For food stamp information, call 877-847-3663. For important nutrition information visit www.cdphampionsforchange.net.

Answer Key: Row 1: Apple, Grapes, Row 2: Carrot, Row 3: Fennel, Eggplant, Banana, Row 4: Banana, Fennel, Row 5: Eggplant, Date, Carrot, Row 6: Grapes, Row 7: Fennel, Apple, Row 8: Grapes, Apple, Carrot, Row 9: Date, Apple, Honeydew Melon