

# The Wire

Volume 2 Issue 4

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## Top Heart Healthy Foods

When it comes to helping the body run well, eating the proper foods is important. The heart needs all of the support it can get to continue pumping blood efficiently. A person's blood flow is how oxygen and other important nutrients get transported to various parts of the body. This means that being educated on the right foods to eat for proper heart health can be very beneficial in the long run.

### Berries

Whether they are strawberries, blueberries, acai berries, or many others, berries in general are known for promoting heart health. Most berries are known for being high in fiber and rich in Vitamin C, which are both great for helping the body function normally. On top of this, some berries are known for widening the arteries, which helps blood flow through them more efficiently.

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# Cooking with Gwen

Gwen is the Meal Coordinator for both Sanford and Starbuck GEMS Meal programs. Her love of Seniors and cooking is apparent as everything she makes is fantastic!



If you have not yet been to a meal program, check out our calendar and give us a call. We would love to see you!

## Pineapple Dream Dessert

### Crust:

2 1/2 c crushed graham crackers  
1/4 c sugar

1/2 c unsalted butter  
1/2 tsp salt

### Filling:

4 oz cream cheese, softened  
2 c powdered sugar

1/2 c unsalted butter, softened  
(20 oz.) can crushed pineapple, very  
well drained

1 (8oz) container frozen whipped topping, thawed

## Instructions

For the Crust:

1. Preheat oven to 300 F
2. Melt the butter and combine graham crackers, sugar and salt. Stir until the graham crackers are coated in butter. Pour about 2 c of the mixture into bottom of an 8x8 inch baking dish and firmly press flat to form a crust. Set the remaining crumb mixture aside to be used as topping. Bake the crust for 10 minutes and cool completely.

For the filling:

1. In a large bowl, beat the cream cheese and butter together. Add the powdered sugar and mix well. Add the drained pineapple and stir to combine. Fold in the whipped topping.
2. Once the crust has cooled, spread the pineapple mixture evenly over the crust. Sprinkle the top with the remaining crumb mixture.
3. Refrigerate overnight (or at least 4 hours) to allow the filling to set.

## Upcoming Programs

### Falls Prevention: Feb 6, Starbuck Hall

**1:00 p.m**

*Presenter: Louise Hutton*

Did you know that falls are the leading cause of injury among older Canadians? 20-30% of seniors experience 1 or more falls each year! This workshop aims to help participants learn about why falls happen, how to prevent falls, exercise rules, home exercises, home safety tips, and more!

**Lunch available at 12 p.m. for \$8 p.p. Call Leanne to register.  
The presentation is Free!**

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## Do I Still need this Medication, Feb 21

### Sanford Legion, 1:00 pm

*Presenter: Allison Bell - Personal Care Home Pharmacy Manager, WRHA Long Term Care Manager*

Please join Allison Bell, Pharmacist, member of the Canadian Deprescribing Network, and passionate advocate for safe medication use to find out about medication risks and essential questions to ask your health care provider to help you prevent medication harms! *Learn more at [deprescribingnetwork.ca](http://deprescribingnetwork.ca).*

**Lunch available at 12 p.m. for \$8 p.p. Call Leanne to register.**

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## Finding your Balance, March 14 at Sanford Legion, 1pm

*Presenter: Lydia Baydak - D'arcy Bain Physio*

Good balance is often taken for granted. Dizziness, vertigo, unsteadiness and falls are common symptoms of a vestibular dysfunction. Learn about common conditions that could affect the vestibular system and how Vestibular Rehabilitation Therapy could help improve these symptoms and your quality of life.

**Lunch available at 12 p.m. for \$8 p.p. Call  
Leanne to register.**



# STROKE

**I URGE YOU ALL TO READ & SHARE THIS;  
YOU COULD SAVE A LIFE BY KNOWING  
AND PASSING ON THIS SIMPLE INFORMATION**

## **S T a R T**



**S Smile  
T Talk  
R Raise  
T Tongue**

### **IDENTIFYING A STROKE**

**S \*Ask the individual to SMILE.**

**T \*Ask the person to TALK and SPEAK A SIMPLE SENTENCE (Coherently) (i.e. Chicken Soup)**

**R \*Ask him or her to RAISE BOTH ARMS.**

**T \*Stick out Your Tongue**

**New Sign of a Stroke ----- Stick out Your Tongue**  
**Ask the person to 'stick' out their tongue. If the tongue is 'crooked', if it goes to one side or the other that is also an indication of a stroke.**

**A cardiologist said that if everyone who gets this message shared it with 10 people; you can bet that at least one life will be saved.**



them into a pie or crisp is a fun way to incorporate them into a meal when a few extra calories can be afforded. If all else fails, most berries are delicious eaten plain.

## Dark Chocolate

Chocolate contains a lot of good qualities that can help to improve one's heart health. Dark chocolate is known for containing antioxidants which work to protect the heart from harmful diseases and ailments. On top of this, dark can lower blood pressure, which does wonders in helping the heart run much more efficiently.

An important thing to remember when deciding to incorporate more chocolate in the diet is that the darker the chocolate is, the more benefits the body will receive. White and milk chocolate are far less effective as far as preventing heart issues. Dark chocolate is great eaten plain or put in cereal, but can also be incorporated into certain meals, such as chili or dips, to boost flavor.

## Soy

Foods with soy can serve as great replacements for other less healthy choices. Soy options are generally lower in fat and contain many [vitamins](#) and nutrients that contribute to overall health. By incorporating more soy in the diet and cutting out foods high in qualities that are known for slowing the heart down, blood pressure levels may drop, along with the risk of heart disease and heart failure.

There are many ways soy can be incorporated into any diet plan. There are a variety of soy milk and yogurts that are offered in most grocery stores. Otherwise, soybeans make a great addition to any meal, as well as various types of soy meats, such as hamburgers or hot dogs.

## Nuts

There are certain nuts that are better at improving heart health than others. Almonds, pistachios, walnuts, and peanuts are four that are known for lowering the risk of obtaining harmful heart conditions. Snacking on nuts throughout the day is good for keeping the diet in check. Otherwise, they can easily be thrown into salads, stir-frys, or countless other meals.

## Red Wine

Excessive amounts of alcohol are never good for the mind or body, but consuming certain kinds in moderation can provide various health benefits. When it comes to improving heart health, red wine is known for containing antioxidants that help to keep the heart pumping efficiently. This lowers the risk of develop-

## Top Heart Healthy Food, continued from page 5

ing heart disease and other health issues.

Abusing alcohol can lead to serious health risks, such as high blood pressure, weight gain, strokes, and various forms of cancer. It can also lead to behavioral issues and cause damage to valued personal relationships. Keeping it down to one or two glasses a day is best for improving heart health. Any more will start producing more negative results than positive.

### Dark Greens

Spinach, collard greens, and broccoli are just a few of the many green vegetables that offer great benefits as far as heart health. They help to keep blood pressure levels stable and contain good fiber, which keeps your body functioning normally. Eating healthy vegetables also works to keep weight at normal levels, which will help the heart pump at an efficient and normal pace.

There are countless ways to incorporate vegetables into various meal plans. Whether served as a side dish, thrown into a salad or baked into a casserole, simply doing a web search for healthy recipes will offer countless options for any meal. There is no excuse for not incorporating greens into any diet.

### Whole Grains

Whole grains are good for regulating cholesterol levels, which will help the heart circulate blood more efficiently. Studies have shown that incorporating whole grains into a diet plan lowers the risk of getting a heart attack or having various forms of heart failure. It also provides a healthy source of fiber, which helps the entire body.

There are a wide variety of whole grain breads offered in today's marketplaces. Whole grain pasta or rice is also easily incorporated into any meal. Most products nowadays have whole grain options that allow the opportunity to make healthier versions of family-favorite meals, thus improving heart health, while maintaining flavor.

### Beans

There are various ways that beans work in the body to boost heart health. They lower cholesterol levels and blood pressure levels, thus reducing the risk of obtaining heart disease. They also keep insulin levels stable, which decreases the likelihood of getting diabetes and keeps the body running efficiently. On top of all that, they are filled with vitamins and nutrients that are good for the heart, mind, and body.

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## Top Heart Healthy Foods, continued from page 6

Beans can easily be put into salads, served on top of rice, or baked into countless soups or casseroles. Also, since they are so high in fiber and other nutrients, they count as a vegetable. At least five servings of fruits and vegetables are recommended to eat per day, so incorporating beans into a meal will add to the daily tally.

### Coffee

The benefits of having a cup or two of coffee per day are becoming more widespread. On top of boosting metabolism and lowering the risk of diabetes, coffee may provide good nutrients for the heart, as well. There have been links found between coffee consumption and improved blood flow, thus easing the pressure put on the heart.

As with alcohol, coffee is something that should be consumed in moderation. Once a person gets past two cups, the negative side effects outweigh the positive ones. A good suggestion would be to drink half a cup in the morning and half a cup in the afternoon. That will offer a couple boosts throughout the day while keeping caffeine levels low.

### Fish

Many fish are extremely high in omega-3s, which are great for boosting heart health. On top of that, fish contain a lot of key vitamins and nutrients that the body needs to run smoothly. The best ones for the heart are salmon, mackerel, tuna, and sardines. Fish also add a great source of protein that every diet needs.

The best way to cook fish is to steer clear of fatty breading and heavy oils. Instead, seasoning them, then cooking them in a skillet with a little bit of [olive oil](#) will offer a much healthier alternative. Pair it with a side of vegetables or beans to have a meal filled with heart-healthy nutrients.

<https://healthprep.com/fitness-nutrition/10-heart-healthy-foods>

**Macdonald Services to Seniors has a Website!**

**Check us out at**

**MacdonaldSeniors.ca**

## **Macdonald Services to Seniors**

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## **Helping seniors remain in their own homes**

M.S.S. is a service to all older adults within the R.M. of Macdonald.

We can help with transportation, home and yard maintenance, house-keeping, foot care, medical equipment loans, filling out forms, accessing information, Victoria Lifeline and ERIK. Please call for information.

M.S.S. relies on volunteers and service providers to help older adults remain in their own homes for as long as possible.

If you have a few hours to give, please call Leanne to see how you can be of service. We are always looking for people to help with transportation, light house cleaning, or even friendly visiting.

### **Service Providers Featured in Previous Issues:**

#### **Foot Care:**

A Step in Time Foot Care: Brenda Grom—204-509-1817

#### **Hair Care:**

Hair I Am Mobile Salon: Leah Macaulay—204-470-2727

If you offer services for seniors, and would like to be featured in this newsletter, please contact Leanne

**Macdonald Services to Seniors is in  
Need of Drivers, and House cleaners  
in all communities.**

**If you are interested in putting your name forward to  
be contacted when someone requires help with trans-  
portation or light house cleaning, please call Leanne.**

