

hapitimes



Is It a Heart Attack? Know the Signs — and What to Do

Although some heart attacks are sudden and intense, most start slowly, with mild pain or discomfort. Pay attention to your body and call 911 if you feel:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and returns. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath** with or without chest discomfort.
- **Other signs** may include

breaking out in a cold sweat, nausea or lightheadedness.

As with men, women's most common heart-attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience shortness of breath, nausea/vomiting, and back or jaw pain.

Calling 911 is almost always the fastest way to get lifesaving treatment. Emergency medical services (EMS) staff can begin treatment when they arrive — up to an hour sooner than if someone gets to the hospital by car. EMS staff are also trained to revive someone whose heart has stopped. It is best to call 911 for rapid transport to the emergency room.

Source: American Heart Association

Winter Colds and Coughs When Is It Time to See Your Doctor?

Most winter colds and coughs are viral and will go away on their own with home care. But you'll want to see your doctor if you aren't getting any better over time or if your symptoms worsen. Mucus buildup from a viral infection can lead to a bacterial infection.

With children, be alert for high fevers and for abnormal behavior such as unusual drowsiness, refusal to eat, crying a lot, holding the ears or stomach, and wheezing. Signs of trouble for a child or adult can include a cough that disrupts sleep, a fever that won't go down, increased shortness of breath, facial pain caused by a sinus infection, worsening of symp-

toms, chest pain or a difference in the mucus you're producing.

Cold and flu complications may include bacterial infections, such as bronchitis, sinusitis, ear infections and pneumonia, that could require antibiotics. Note: While antibiotics are effective against bacterial infections, they don't help against viral infections such as a cold or flu.

Source: U.S. Food and Drug Administration Department of Consumer Health Information

Inside the Landmark

Lessons from a Champion

We were honored to have a special guest at Hapi at the Landmark in January, when Olympic track star Shakedia Jones spoke to students in our after-school program and their families. In her inspirational talk, she shared some great lessons:

- **Be a good student!** Jones talked about growing up in apartments and neighborhoods just like the kids at the Landmark. Being a good student helped her go places.
- **Listen to your family's good advice:** A relative convinced her to try track and field. Several years later, she won a medal at the Australian Olympic Games!
- **Play fair:** She shared how some people cheat in the world, including track teammates who took steroid drugs. It will always catch up with you, she said. You must live with own self and conscience.
- **Give back:** Her nonprofit, Fly Youth (www.flyyouth.org), provides funds and resources for kids.



Hapi Meals

Chef KJ's Avocado and Tomato Salad

INGREDIENTS

- 4 cups avocados, diced medium
- 2 cups grape tomatoes or 2 cups cherry tomatoes
- 2 cups cucumbers, peeled and diced medium
- 1 cup red onion, diced small
- 4 tablespoons fresh cilantro, chopped
- 2 teaspoons fresh garlic, minced
- 2 tablespoons lime juice
- 1/4 cup olive oil
- Salt and fresh black pepper
- Lettuce (optional)

INSTRUCTIONS

Toss all ingredients in a bowl and top on a bed of lettuce (if desired). Also great served in a wheat pita with grilled chicken, or in a wheat tortilla with grilled shrimp or fish for a healthy taco.

Makes 8 servings.

Off to a Good Start!

In January, the kids in the after-school program took on exercise challenge! The 80/60/20 fit challenge consists of completing 80 jumping jacks, 60 lunges, and 20 push-ups. We also worked together in our garden to clean out weeds. In the kitchen: Hapi kids made their own fruit cups.