

HEART MONTH

Did you know that heart disease is the leading cause of death in the U.S.? In February, we mark Heart Month, a time to focus on cardiovascular health.

About Heart Disease

When people talk about heart disease, they're usually talking about coronary heart disease (CHD). It's also sometimes called coronary artery disease (CAD). This is the most common type of heart disease.

When someone has CHD, the coronary arteries (tubes) that take blood to the heart are narrow or blocked. This happens when cholesterol and fatty material, called plaque, build up inside the arteries.

Risk Factors for Heart Disease

- Have high blood pressure
- Have high blood cholesterol
- Have overweight or obesity
- Have prediabetes or diabetes
- Smoke
- Do not get regular physical activity
- Have a family history of early heart disease, for example if your father or brother was diagnosed before age 55, or your mother or sister was diagnosed before age 65
- Have a history of preeclampsia, which is a sudden rise in blood pressure and too much protein in the urine during pregnancy
- Have unhealthy eating behaviors
- Are age 55 or older for women or age 45 or older for men

Heart-Healthy Habits

- Eat healthy
- Get active
- Stay at a healthy weight
- Quit smoking and stay away from secondhand smoke
- Control your cholesterol and blood pressure
- Drink alcohol only in moderation
- Manage stress

Source: www.health.gov

HAPI meals

2-Step Creamy Chicken

Ingredients

- 1 tablespoon vegetable oil
- 2 boneless chicken breasts
- 1 can cream of chicken soup (10 ounces)
- 1/2 cup water
- Roasted or steamed vegetables (optional)



Instructions

- Heat oil in a skillet at a medium-high setting.
- Add chicken and cook for ten minutes.
- Remove chicken from pan and set aside.
- Stir the soup and water together in the skillet and heat it to a boil.
- Return the chicken to the skillet. Reduce the heat to low and simmer for an additional 10 minutes, or until the chicken reaches an internal temperature of 165°F.
- Add-ons: roasted or steamed vegetables.

Recipe: www.myplate.gov

wise words

"Where there is great love, there are always miracles."

—WILLA CATHER

Happy Valentine's Day from HAPI!
Celebrate the day by telling your loved ones how much you appreciate them.

FULL CIRCLE BROTHERHOOD

encourage. support. empower. lead.

MENTOR	MENTÉE
17-24 years old	Middle School
PAID Training	Homework Help
Leadership Development	Field Trips
Work Experience	Games
Community Impact	Activities
	Group Projects
	Meals
	Fun

Older brothers get PAID training and funding to hold events for their younger brothers in the community. From connecting brothers for homework help, holding a community soccer game, or even going out to a museum or doing community service, Brotherhood Circle is about empowering young men to lead.

**Weekly meet ups at Waterford Tower.
Email Randall Laing for more info:
randall.laing@layc-dc.org**

inside
Waterford
Tower

Free Classes
We are offering FREE classes from Montgomery College in the community room!

- Thursday, February 16: Learn about GED (Generational Development Development) diploma opportunities
- Thursday, March 16: Learn about career options

One person dies every 34 seconds in the United States from cardiovascular disease.

HAPI
tips

Heart-Healthy Foods
Vegetables such as leafy greens (spinach, collard greens, kale, cabbage), broccoli, and carrots; fruits such as apples, bananas, oranges, pears, grapes, and prunes; whole grains such as plain oatmeal, brown rice, and whole-grain bread or tortillas; fat-free or low-fat dairy foods such as milk, cheese, or yogurt; fish high in omega-3 fatty acids (salmon, tuna, and trout); lean meats such as 95% lean ground beef or pork tenderloin or skinless chicken or turkey; eggs; nuts, seeds, and soy products (tofu)
Legumes such as kidney beans, lentils, chickpeas, black-eyed peas, and lima beans. (Source: CDC)

