



Vadnais Heights HI-LITES

Senior Activities Newsletter

February 2019

Vadnais Heights HI-LITES Volunteers

Vadnais Heights Commons
Friday, February 15, 9 am.

Vadnais Heights Community Food Program

Distribution is Saturday, February 16, 9 am.

Council Meetings

Council Meetings for this month are Tuesday, February 5 and Tuesday, February 19. All meetings are 7 pm at Vadnais Heights City Hall.

Indoor Farmer's Market at Bachman's

2600 White Bear Ave., Maplewood
Saturday, February 2, 9 am – 1:30 pm
Featured in their Green House will be a variety of items including: Salsa, coffee beans, cheese, jams & jellies, hot pepper sauces, peirogis, juices, honey, fresh mushrooms and smoked fish. For more information call Bachman's at 651-770-0531.

We All Drink the Same Water Community Event

Sunday, February 10, 12 noon to 3pm at Vadnais Heights Commons. All are welcome to this FREE event. Explore our local water issues with special musical guests, games, snacks, art and more! Also on tap are: paint with water color artists, learn how to salt smarter, play Storm Drain Goalie, build a watershed model & make it rain! Support students and volunteers from three area churches in Connect-the-Drops: Faith, Science & Youth Leadership.

2nd Tuesday Lunch for Seniors

Tuesday, February 12, Christ the Servant Lutheran Church. The catered lunch by Donatelli's is served at noon and bingo will follow. Advance registration is required by February 8 at noon. The cost is \$5 per person. Tickets are available at City Hall.

Senior Website

Check out www.SundaySaver.com for handy links to weekly sales and specials for hundreds of stores like Kohls, Walmart, Old Navy, Walgreens, Home Depot and Amazon.

AARP Tax Help

Maplewood Library

February 4 - April 13. Monday: 12 pm to 4 pm.
Wednesday: 12 pm to 4 pm. Saturday: 10 am to 4 pm.

South Shore Trinity Lutheran Church

2480 South Shore Blvd., White Bear Lake
February 4 until April 15. Monday/Tuesday/Thursday:
9 am to Noon.
Registration is limited and on first come first served basis.

Valentine Lunch

Wednesday, February 13, 12:30 pm, Culver's in Vadnais Heights. Come celebrate the wearing of the red for Valentine's Day. We will be ordering from Culver's many menu selections. Bring a friend and join us for a delicious afternoon.

Alzheimer's Caregiver Support Group

Third Thursday of the Month
Thursday, February 21, 10:30 am, Salvation Army,
2080 Woodlynn Ave., Maplewood. Call 651-779-9177 to RSVP each month. The Salvation Army also offers Adult Day Care services if you are looking for additional activities for your loved one.

Community Connections

Tuesday, February 26, Vadnais Heights City Hall, 2 – 3 pm. Jan Schroeder will be speaking on Senior Fitness. This event is free and no registration is required.

Lunch & Table Games

Wednesday, February 27, 12 noon.
Pack your lunch, bring a friend and join us for a fun afternoon. The coffee will be ready. Karen Lehner will be bringing dessert. After a short meeting, table games of choice will follow.

What's so funny about getting old? #2

"If you're old enough to know better, you're too old to do it..."George Burns



Interesting Facts About The Human Heart



1. The average adult heart beats 72 times a minute; 100,000 times a day; 3,600,000 times a year; and 2.5 billion times during a lifetime.
2. Though weighing only 11 ounces on average, a healthy heart pumps 2,000 gallons of blood through 60,000 miles of blood vessels each day.
3. A kitchen faucet would need to be turned on all the way for at least 45 years to equal the amount of blood pumped by the heart in an average lifetime.
4. Because the heart has its own electrical impulse, it can continue to beat even when separated from the body, as long as it has an adequate supply of oxygen.
5. The heart pumps blood to almost all of the body's 75 trillion cells. Only the corneas receive no blood supply.
6. During an average lifetime, the heart will pump nearly 1.5 million barrels of blood—enough to fill 200 train tank cars.
7. Five percent of blood supplies the heart, 15-20% goes to the brain and central nervous system, and 22% goes to the kidneys.
8. The “thump-thump” of a heartbeat is the sound made by the four valves of the heart closing.
9. A newborn baby has about one cup of blood in circulation. An adult human has about four to five quarts which the heart pumps to all the tissues and to and from the lungs in about one minute while beating 75 times.
10. Prolonged lack of sleep can cause irregular jumping heartbeats called premature ventricular contractions (PVCs).
11. Some heavy snorers may have a condition called obstructive sleep apnea (OSA), which can negatively affect the heart.
12. In 1929, German surgeon Werner Forssmann (1904-1979) examined the inside of his own heart by threading a catheter into his arm vein and pushing it 20 inches and into his heart, inventing cardiac catheterization, a now common procedure.
13. A woman's heart typically beats faster than a man's. The heart of an average man beats approximately 70 times a minute, whereas the average woman has a heart rate of 78 beats per minute.
14. Physician Erasistratus of Chios (304-250 B.C.) was the first to discover that the heart functioned as a natural pump.
15. Three years after a person quits smoking, their chance of having a heart attack is the same as someone who has never smoked before.
16. The human heart can create enough pressure that it could squirt blood at a distance of thirty feet.
17. The first open heart surgery was performed by Dr. Daniel Hall Williams in 1893.
18. Scientists have discovered that the longer the ring finger is in boys the less chance they have of having a heart attack.
19. The right lung of a human is larger than the left one. This is because of the space and placement of the heart.
20. Olive oil can help in lowering cholesterol levels and decreasing the risk of heart complications.
21. In 1967, the first successful heart transplant was performed in Cape Town, South Africa.
22. People that suffer from gum disease are twice as likely to have a stroke or heart attack.
23. Most heart attacks occur between the hours of 8 and 9 AM.
24. At one time it was thought that the heart controlled a person's emotions.
25. Every day 2,700 people die of heart disease.