



Vadnais Heights HI-LITES

Senior Activities Newsletter

February 2020

Vadnais Heights HI-LITES Volunteers

Vadnais Heights Commons
Friday, February 14, 9 am.

Vadnais Heights Community Food Program

Saturday, February 15, 9 am Food Distribution.

Indoor Farmers Market at Bachman's Maplewood

Saturday, February 1, 9 am – 1:30 pm.

Inside the greenhouses is the place to shop for seasonal goods at the indoor Farmers Market. The selection includes everything from fresh, locally grown produce to sweet treats, artisan-made crafts and great gifts. For more information visit www.bachmans.com or 651-770-0531.

AARP Tax Help

Maplewood Library

February 1 - April 14

Tuesday/Thursday/Saturday: 10 am to 4 pm.

South Shore Trinity Lutheran Church

2480 South Shore Blvd., White Bear Lake

February 3 - April 14.

Monday/Tuesday/Thursday: 9 am to Noon.

The exception is Thursday, April 9 due to worship services at the church. AARP offers this service on a first-come first-served basis; there are no appointments at this site.

Council Meetings

Tuesday, February 4 and Tuesday, February 18

All meetings are 7 pm at Vadnais Heights City Hall.

You're No Spring Chicken #2

If Patrick Henry thought that taxation without representation was bad, he should see how bad it is with representation! ...The Old Farmer's Almanac

2nd Tuesday Lunch for Seniors

February 11 at Christ the Servant Lutheran Church.

Lunch is served at noon. Bingo will follow. Catered by Donatelli's. \$5 ADVANCE REGISTRATION ONLY by Friday, February 7 noon. www.cityvadnaisheights.com

Valentine's Lunch

Wednesday, February 12, 12:30 pm at Culver's in Vadnais Heights. Red is the color of the day, so join us for a fun time with your friends and neighbors. We will be ordering from the many selections available on their menu. Be sure to save room for Culver's famous custard desserts. All are welcome!

Breakfast for a Cause

Friday, February 21 at Gable Pines. Breakfast will be served 8 am – 10 am with proceeds going to CLASS, Consortium of Lake Area Senior Services. A suggested donation is \$5 per person. RSVP to 651-350-1703.

Be a Census Taker

Ramsey County is offering \$22 per hour as a Census Taker. If extra income, flexible hours, weekly pay and paid training sounds interesting, check out the Census Bureau Hiring Event, ongoing through February. A representative from the United States Census Bureau will be at CareerForce, 2266 2nd St. N. in North St. Paul recruiting for census takers. Call CareerForce at 651-266-9890. To apply online, visit: 2020census.gov/jobs

Community Connections at City Hall

How to navigate local services and resources.

Tuesday, February 25, 2 – 3 pm

Learn about the new White Bear Area Guide to Senior Services. Explore how best to use this guide and discover what assistance is available to help families navigate services, the costs and what programs can help those with limited funds. Get an overview for those needing services now, as well as those planning for the future. Bring your questions!

Lunch and Table Games

Wednesday, February 26, 12 noon.

It's bag lunch time again so bring your lunch and bring a friend. The coffee will be ready. Our dessert will be furnished by Barbara Sandquist. We will have a short meeting and table games of choice will be played.

The *Vadnais Heights HI-LITES* is a newsletter for senior citizens sponsored by The City of Vadnais Heights. HI-LITES is published monthly, except for a combined November/December issue. Vadnais Heights Senior Citizens meet at Christ the Servant Lutheran Church located at 3676 Centerville Road, for all events unless otherwise specified. **For more information on any event**, please contact Vadnais Heights City Hall, 800 East County Road E, 651-204-6000, or www.cityvadnaisheights.com. You may also call Josephine Christensen at 651-777-0618. Additional senior resources are offered through the White Bear Area Senior Program at 651-653-3121 or www.whitebearseniorprogram.org.



Heart Health Facts



February marks heart health month. This is a great time to learn more about how important good heart health is and take the necessary steps towards a healthier lifestyle. This month brings awareness about the silent killer – heart disease. If you didn't already know, heart disease is the leading cause of death for men and women. To help realize just how important our heart is, here are some interesting heart health facts below:

Only 27% of people can identify all the major symptoms of a heart attack and know how to call 911 immediately when they occur. According to the CDC, the major signs of a heart attack are:

- Chest pain or discomfort
- Upper body pain or discomfort in the arms, back, neck, jaw, or upper stomach
- Shortness of breath
- Nausea, lightheadedness, or cold sweats[Centers for Disease Control and Prevention]

About \$1 in \$6 US healthcare dollars is spent on cardiovascular disease each year. **It's the most costly condition in America.** When you factor in lost productivity, the CDC estimates heart disease and stroke costs our country more than \$320 billion a year. [Centers for Disease Control and Prevention]

The #1 killer of women in America is heart disease, more deadly than all forms of cancer combined. [American Heart Association]

An adult heart pumps more than a gallon of blood per minute – enough to fill 38,000 drinking glasses each day! [Cleveland Clinic]

Studies have shown yoga is effective in slowing down your heart rate, which can help lower your blood pressure. [American Heart Association]

Laughing may increase overall health. Research suggests a good laugh can increase your blood flow by 20%. The positive effects of this can last for 24 hours. [American Heart Association]