



# WellBeing in Action @ RETENTION STRATEGIES



## FEBRUARY IS ALL ABOUT THE HEART

First thing that comes to mind about February is Valentine’s Day, however, besides being the month of love and friendship, February is also American Heart Health Month.

Did you know that heart disease and stroke cause one in three deaths among women each year? Fortunately, we can change that because 80% of cardiac and stroke events can be prevented with education and action.

In this newsletter we have gathered some tips to help you keep your heart beating strong!

### 4 Questions of the Heart for Your Doctor



How many times have you left the doctor’s office and wished you could run back in with a question?

At your next checkup, you’ll be prepared to ask the right questions about your heart health:

What is my risk for heart disease?

Talk with your doctor about your habits, personal and family health history.

Do I have high blood pressure?

High blood pressure can damage your arteries, heart and other organs. It often has no symptoms.

What is my cholesterol level?

High levels of bad cholesterol can build up in the inner walls of your arteries and may increase your risk of a heart attack or stroke.

How does my blood sugar level affect my heart health?

High blood sugar levels may be a sign of diabetes. That can increase the risk of heart disease.

### Fun Health Facts for Valentine’s Day

Did you know that ...

... holding hands for 10 minutes can reduce your levels of stress and may lower your blood pressure and pulse, according to a study published by the University of North Carolina.

... just the smell of a rose can boost your immune system. The same is true for cinnamon, lavender, mint, and lemon.

... a kiss can burn up to 5 calories.

... dark chocolate (70% or more cacao) is full of antioxidants and may have a lot of healthy benefits, like improved blood flow and lower blood pressure. It may also boost your good cholesterol (HDL) and improve brain function. Enjoy dark chocolate in moderation and pay attention to the other ingredients. They should be natural and organic.

Happy Valentine’s Day,  
Christine

# DO YOUR PART TO STAY HEART HEALTHY

Being proactive is one of the best things you can do to keep yourself and your heart in good shape.



## Meal Express by Chef Mariposa 30 minutes from start to finish

Each month we feature a special recipe developed or tested by our Chef Mariposa for ease, health and tastiness. You will want to eat it again and again.

### Skillet Gnocchi with Shrimp & Asparagus

*For your Valentine's Dinner*

**Ingredients:**  
(for 4 servings)

- 1 Tbsp. + 2 tsp. Olive oil, extra-virgin
- 1 package gnocchi (16 oz.)
- ½ cup sliced shallots (or chopped red onion)
- 1 lb. green asparagus, trimmed and cut into thirds
- ¾ cup chicken broth
- 1 lb. raw shrimp (26-30/pound), peeled, deveined and tails off
- ¼ tsp. freshly ground pepper
- Pinch of salt
- 2 Tbsp. lemon juice
- 1/3 cup grated Parmesan cheese

**Preparation:**

Heat 1 Tbsp. Olive oil in a large nonstick skillet over medium heat. Add gnocchi and cook, stirring often, until plumped and golden in spots, 6 to 10 minutes. Transfer to a bowl.

Add the remaining 2 teaspoons oil and shallots to the pan; cook over medium heat, stirring, until beginning to brown, 1 to 2 minutes. Stir in asparagus and broth. Cover and cook until the asparagus is barely tender, 3 to 4 minutes. Add shrimp, pepper and salt; cover and simmer until the shrimp is pink and just cooked through, 3 to 4 minutes more.

Return the gnocchi to the skillet along with lemon juice and cook, stirring, until heated through, about 2 minutes.

Remove from the heat, sprinkle with cheese, cover and let stand until the cheese is melted, about 2 minutes.



## WARNING SIGNS OF A HEART ATTACK AND STROKE

### Heart Attack

- Chest discomfort including feelings of uncomfortable pressure, squeezing, fullness or pain.
- Pain or discomfort in other areas of the upper body, like one or both arms, the back, neck, jaw or stomach.
- Shortness of breath
- Cold sweats, nausea or lightheadedness



### Stroke

- Face Drooping: Does one side of the face droop or is it numb? Ask the person to smile.
- Arm Weakness: Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- Speech Difficulty: Is speech slurred, unable to speak, or hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?

**If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.**

The information provided here is for general informational purposes only and is not intended to be nor should be construed as medical or other advice. Talk to an appropriate health care professional to determine what may be right for you.

Recipe: <http://www.eatingwell.com/recipe/250492/skillet-gnocchi-with-shrimp-asparagus/>  
<http://www.healthymart.com/PDFs/Feb-2016-Wellness-Advocate-ENG-v2.pdf>  
[https://www.aahctools.com/44w\\_heart\\_questions](https://www.aahctools.com/44w_heart_questions) <http://www.heart.org/>  
 Image "Tips for a healthy heart infographics-design.ca"