

## February is Heart Health Month



February is American Heart Month. Cardiovascular disease is the leading cause of death in the United States; one in every three deaths is from heart disease and stroke, equal to 2,200 deaths per day. [www.cdc.gov/dhbsp/american\\_heart\\_month.htm](http://www.cdc.gov/dhbsp/american_heart_month.htm)

### Heart healthy snacks

Eating for a healthy heart means filling your plate with fruits and vegetables, paying attention to fiber, eating fish a couple times a week and limiting unhealthy fats like saturated and trans fats, as well as salt.

Fitness Center is open Monday through Friday 8:00 a.m. to 6:30 p.m.

Block your calendar for De Luz Community Information Session March 21st. Minol representative will be on site to discuss any concerns you might have.

Follow us on Facebook for times and updated events!

### Keeping your Garbage Disposal Healthy-Tips and tricks:

Use cold (not hot) water when grinding food and let it continue to run for a few seconds afterwards. If food is not properly flushed through, residue builds up inside your pipes and eventually can cause a drain stoppage. Why cold water instead of hot? Look at the food residue as being "floated" or carried away by the cold water, much like oil on an oil-slick. When using hot water just the opposite occurs and the food becomes "soluble" in the hot water. In other words it mixes in, becoming a part of it, similar to stirring in the cream and sugar in a cup of coffee. What happens next is that over time this "mixture" will gradually coat the inside of your sink drain pipes and build up a greasy residue until you develop a sluggish drain (and eventual stoppage). Plumbers often refer to these as "grease stoppages" and they can be a real mess to clear.



## HAPPENINGS

**Feb 8 Early Out**

**Feb 9 Ladies Bingo**

**Feb 10 Movie Night  
Trolls**

**Feb 11 Cooking Healthy**

**Feb 14 Valentine**

**Facebook Contest**

**Feb 17 Chili Cook Off**

**Feb 22 Early Out**

**Welcome to the De Luz  
Community 27 new  
families in January!**

