

February Is American Heart Month. Heart disease is the leading cause of death in the United States. About every 25 seconds, an American will have a coronary event, and about one every minute will die from one. In the United States, the most common type of heart disease is coronary artery disease (CAD), which can lead to heart attack. You can greatly reduce your risk for CAD through lifestyle changes and, in some cases, medication. If you have a heart attack, you are more likely to survive if you know the signs and symptoms, call 9-1-1 right away, and get to a hospital quickly. People who have had a heart attack can also reduce the risk of future heart attacks or strokes by making lifestyle changes and taking medication. Aspirin can be beneficial to individuals who already have experienced a heart attack, stroke, angina or peripheral vascular disease, or have had certain procedures such as angioplasty or bypass. It can also be taken to prevent heart disease and stroke in some individuals who have not previously experienced these events.

**MEMORY SUPPORT GROUP:** The Merrimack Valley Memory support Coalition is continuing the series of support groups for those with a diagnosis of dementia and their care partners. A new group will begin in mid-March and continue until June. If anyone is interested in participating in these support groups please call Donna Delaney at 978-688-9560 to learn more and to book a screening. The coalition members have been trained by the Alzheimer's Association of Massachusetts.

**Senior Circuit Breaker Credit Information Session:** N.A. Senior Center Thursday 2/16/12 11:00-12:00,  
**FREE MEMORY SCREENING:** February 23, 10:30-1:30 at 15 minute intervals, call Center for appointment.

**U.S. Atty. Carmen Ortiz: Top Priorities of a Federal Prosecutor:** Lawrence High School, Parish Road Lawrence, MA. 2/17/12 8:45 a.m. \$1 Bus departs from Senior Center at 8:15,

**MARK YOUR CALENDAR: Boston Flower Show:** Friday March 16, 2012, Seaport World Trade Center, "First Impressions" Ticket and transportation \$22.00, Lunch on your own at the "No Name Restaurant", have a bowl of their famous fish chowder or enjoy a light lunch overlooking Boston Harbor.

**Indoor Flea Market** Saturday, March 24, 2012 9-2pm, Call the NA Senior Center and reserve your table space. 5 ft. tables: \$15.00, 12 ft. tables: \$30.00.

#### **SUPPORT SERVICES AND PROGRAMS:**

**NEW PROGRAM: GIRL TALK with Lu,** starts January 18, 2012, 12:30-1:30, no fee. Call to sign up. The group will explore life's transitions and related women's issues.

**VALENTINE BREAKFAST:** Come join us for a special Valentine Breakfast featuring "Just Harry" a One Man Ensemble. Tuesday morning February 14, 9:00-10:30. Tickets now available \$3.00.

**STRESS RELIEF:** Wednesdays from 2-4 pm, 20 minute sessions with Miriam Smith, Pranic Healer. \$5 donation to the North Andover Senior Center.

**FOOT CARE SCHEDULE:** Dr. Connolly is scheduled to see clients on the 2<sup>nd</sup> Wednesday of every month starting January 11th from 1 – 4 pm by appointment only; \$30 fee.

**BLOOD PRESSURE CLINIC:** Held every Wednesday, 9 to noon.

**SHINE VOLUNTEERS:** offer free, confidential counseling on all aspects of health insurance to North Andover residents on Medicare. Call the North Andover Senior Center and ask for a SHINE appointment, on either the 1<sup>st</sup>, 3<sup>rd</sup> or 4<sup>th</sup> Tuesday of the month from noon to 2 pm (Serving Health Insurance Needs of Elders).

**FOXWOODS:** Next scheduled trip, Tuesday, February 21, \$25 includes lunch buffet, transportation and Kenos. Bus leaves from St. Michael's parking lot at 6:30 am.

**Mr. FIX IT:** Here at the Senior Center. 1<sup>st</sup> and 3<sup>rd</sup> Monday every month 12-3 pm (Feb. 6<sup>h</sup> & 27)

**ROCKINGHAM MALL:** Last Monday of every month. Bus leaves Center at 12:30 and returns at 4 pm. (call for transptn.)

**TAX APPTS.:** Ongoing appts. North Andover seniors only. Please call NA Senior Center to schedule with Paula.

**MYSTERY RIDE:** \$2-5 Lunch, trip and social visit with another Senior Center. 2<sup>nd</sup> Thursday every month. 11-3 call for reservation.

**SUPPER CLUB:** 3<sup>rd</sup> Tuesday of every month. Feby. 16<sup>th</sup> -**Roma Ristorante** Bradford, MA bus \$2 departs at 4:30, Order off menu/separate checks. Sign up opens 2/1/12 call to reserve a spot.

**ONE ON ONE COMPUTER LAB:** Thursdays 9-11:30, 45 minute sessions \$7 each at the Senior Center. Call to reserve your slot.