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o Feb

o 2016

# Monroe County Health & Wellness

## Newsletter

ADDRESSING THE HEALTH AND WELLNESS NEEDS  
OF OUR COMMUNITY AND PLANTING THE SEEDS  
FOR A HEALTHY FUTURE.

*Oak Hill's Magnolia Terrace is the author of the featured article in our  
Monroe County Health & Wellness Newsletter. Read more about them below!*

## Feature Article

### Heart Health Month – Control is the Goal

This American Heart Month, the Centers for Disease Control and Prevention (CDC) and Million Hearts are striving to encourage Americans to become aware of their blood pressure. The Million Hearts is a national effort to prevent 1 million heart attacks and strokes by 2017 in the United States. It is led by the Centers for Disease Control

and Prevention and the Centers for Medicare & Medicaid Services. Uncontrolled high blood pressure is the leading cause of heart disease and strokes. Per the CDC over 67 million Americans have high blood pressure. Individuals are 4 times more likely to die from a stroke and 3 times more likely to die from heart disease, compared to those with normal blood pressure.



*Featured Article continues  
on the next page...*

### **Drug Take Back Program**

The Drug Take Back Program is offered at both the Waterloo and Columbia Police stations. Drop off your unused meds safely and confidentially, 24 hours a day, at either location. Just a great reminder not to flush unused medications into water sources, and more importantly to prevent the misuse of your medications.....from little one's and obvious others..... This is a free service provided for our community's safety.

*Brought to you by the Monroe County Coroner's office.*



**MONROE COUNTY  
ILLINOIS**

## Featured Article Continued...

It is important if you have high blood pressure, to make choices in your life to *get it under control*. Magnolia Terrace Senior Supportive Living Apartments have been making this a priority for those that receive our services. Making choices that help Americans live a healthy life ... Mind, Body, and Soul has to be a priority. Taking control and successfully managing and controlling your blood pressure are part of this philosophy. The first step is being honest and realistic with yourself and healthcare providers. Not all lifestyle changes can happen overnight. By picking one goal you can start the journey of gaining control of your blood pressure. Individuals need to take their medication faithfully and monitor blood pressure results to determine progress. Above all, healthy choices need to become part of your daily lifestyle. Many will hide behind poor genetics. However, exercise, healthy diet, and quitting smoking are all things people have control over.

Million Hearts (<http://millionhearts.hss.gov/>) in partnership with the American Heart Association/ American Stroke Association have many tools available to help you track and manage your hearth health. Control is all up to YOU. Contact Christy Brinkmann, Community Services Director at Magnolia Terrace Senior Apartments (939-0500 x 1121) to find out local efforts to encourage senior health in Monroe County.

*Magnolia*  
*Terrace*



  
**Waterloo Chamber**  
of Commerce  
Building Community Supporting Business

*Our goal is to partner with our members to help you promote and grow your business while also serving as an advocate for you within our wonderful community.*

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