

PARK MANOR QUAIL VALLEY



American Heart Month: Know the ABCS of Heart Health

BLACK HISTORY MONTH

The month of February is a time to honor the achievements of Black Americans in U.S. history. Since its first observance in 1970 at Kent State University, Black History Month (also known as African American History Month) has evolved into a country-wide celebration.

Did you know...

The first Black American to win the Academy Award in 1963 for Best Actor was Sidney Poitier.

Lonnie G. Johnson, American inventor and aerospace engineer, invented the Super Soaker, the iconic water toy in 1989.

Beyoncé holds the record for the most Grammy wins by a female artist, with 35 awards as of 2025, solidifying her status as a music icon.



Every year, Americans suffer more than 1.5 million heart attacks and strokes. The good news is that you can help reduce your risk and improve your heart health by following the ABCS:



A: Ask your health care professional if aspirin can reduce your risk of having a heart attack or stroke. Be sure to tell your health care professional if you have a family history of heart disease or stroke.



B: Control your blood pressure.

Blood pressure measures the force of blood pushing against the walls of the arteries. High blood pressure increases your risk for heart attack or stroke more than any other risk factor. Find out what your blood pressure numbers are and work with your health care professional to lower it.



C: Manage your cholesterol. Cholesterol is a waxy substance produced by the liver and found in certain foods. Your body needs cholesterol, but when you have too much, it can build up in your arteries and cause heart disease. There are different types of cholesterol: One type is "good" and can protect you from heart disease, but another type is "bad" and can increase your risk. Talk to your health care professional about cholesterol and how to lower your bad cholesterol if it's too high.



S: Don't smoke. Smoking raises your blood pressure, which increases your risk for heart attack and stroke. If you smoke, quit. Talk with your health care professional about ways to help you stick with your decision. It's never too late to quit. Visit smokefree.gov or call 1-800-QUIT-NOW today.

Source: millionhearts.hhs.gov

Valentine Heart Message Painting

Supplies:

- 2 sheets white cardstock paper (or 1 canvas and 1 sheet of paper)
- Red and pink paint
- Paint brush
- Scissors
- Tape

Directions:

First cut out a heart shape that will fit in the center of your other sheet of paper. Helpful hint: fold the paper in half, draw half a heart and then cut out the shape.

Use a piece of tape to lightly tape it the center of your other piece of paper.

Use dots of paint to color the area around your heart shape. Put more dots in the center and space them out towards the edges.

When paint is dry, peel your taped heart off. Paint or write a message in the center:

Love | Be Mine | R U My Valentine? | I ❤️ U



PHOTO ACTIVITY HIGHLIGHTS



HIGHLIGHTS ...CONTINUED



EMBROIDERY MONTH

Embroidery is a craft most notably mastered by the early Egyptians, as well as the Chinese in the Zhou Dynasty of China. Studies show that this art may have also existed in primitive cultures in many parts of the world. From generation to generation, the art of stitching has evolved and reached a new height in popularity among hobbyists.

Most of the time, embroideries are made for use in clothing and other household furnishes. In the early days, the type of embroidery and the fabric that was used indicated a certain economic level relative to society. While this craft is now more accessible today than ever, it remains as a productive hobby all the same.



All types of embroidery started with hand embroidery. From this, many other techniques were invented, such as machine embroidery, weaving, cross-stitching, and many more. Today there are millions of hobbyists that are fond of hand embroidery. To get started, all you need is a thimble, fabric, thread, a pattern, and a variety of needles!



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Stay connected.

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WORD SEARCH Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!

WORD LIST
COUPLES
EMBROIDERY
EXERCISE
HEALTH
HEART
HISTORY
KINDNESS
LIFESTYLE
LOVE
MATCH
NEEDLEWORK
PINK
RED
RISK
VALENTINE

O C S Z X K O K W Z D H V J E
D R X V N E E D L E W O R K E
N V O I U O H N R K H J E I A
D A P R T Z Y M A T C H X L T
Q R R G V A L E N T I N E D Q
R H E A R T Z Y Z H Q X R F H
D I P X H E A L T H P E C X V
B S S L I F E S T Y L E I Y T
D T Y K X K I N D N E S S H M
O O F O I A I V U K U S E Y D
M R A U E M B R O I D E R Y T
I Y E C O U P L E S T P F X V
Z I O H Q N D O V P N O O V O
E O R L O V E V T I X H D P H
C O Q F I T L W H Q C A K N G