

MEDICAL NOTES

HISTORY OF AMERICAN HEART MONTH

The human heart is responsible for pumping blood throughout our body, supplying oxygen and nutrients and removing toxins and waste. Weighing between 8 and 12 ounces, the heart is a mighty organ divided into four chambers that work together to pump blood in and out. The heart gets oxygenated blood from the lungs and pumps it throughout the rest of the body. It does this by contracting at a rhythmic pace, about 60-80 times per minute, thanks to electrical cells called “pacemakers.” When the heart ceases to perform its regular function, a medical device also called a pacemaker can be implanted to assist the heart. Heart disease occurs when the arteries leading to the heart become clogged. Although heart disease has been around for thousands of years, we do know that many aspects of modern life exacerbate risk factors and make people more prone to heart disease and heart failure. Today, one in four deaths in the U.S. is attributable to heart disease. Heart disease can affect everyone, but taking stock of your prior health risks, activities and diet can help you reduce your risk. Although we’ve learned a lot about how the heart works, there are still many unanswered questions about heart health and the cardiovascular system. As far as we know, the best way to protect your heart is to stay active, eat a healthy and balanced diet, and reduce your daily stress. To celebrate American Heart Month, take some time to learn about heart health risks, find your favorite heart-healthy activities, and cook some healthy meals with your family.

RESIDENT SPOTLIGHT



Lucy Reuss

Congratulations goes to Mrs. Lucy Reuss who is a resident here at Legacy Ridge Sweetwater Creek. Lucy was an Administrative for over 36 years at Southwest Atlanta Baptist Tower. She loves sitting in the lobby greeting people as they come to the building. Lucy loves talking about her one and only son Mike and watching TV. We are so happy to have her here at Legacy Ridge Sweetwater Creek!!!

EMPLOYEE OF THE MONTH



Marie Marc

Congratulations goes to Marie Marc!!! Marie is caregiver/med-tech here at Legacy Ridge Sweetwater Creek. Marie has been in the United States for over 30 years, and she has six children and seven grandchildren. In her spare time, she loves helping others in any way she can. Marie always has a smile on her face every time you see her, she is team player and much more and we are so happy to have her on our team here at Legacy Ridge Sweetwater Creek.



LEGACY RIDGE
AT SWEETWATER CREEK

THE JOURNAL

The Monthly Newsletter of the Legacy Ridge Sweetwater Creek Community

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Dining Services Director
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BIRTHDAY'S

Juanita Adamas 2/8
Lucy Reuss 2/9
Donald Boots 2/23
Bobbie Cogland 2/23
Phyllis Spratling 2/23
Helen Landry 2/27

Happy Valentine's Day!!!



FUN FACTS FOR THE MONTH OF FEBRUARY

- *National Black History Month
- *National Self Check Month
- *National Canned Food Month
- *National Cherry Month
- *National Green Week
- *National Hot Breakfast Month