



**Our Lady of Prompt Succor Nursing Facility
C'est la Vie Apartments
Newsletter ~ February 2021
A Ministry of the Marianites of Holy Cross**

Happy Valentine's Day! Happy Heart Day!

Each year on the 14th of February, candy, flowers, and gifts are exchanged all in the name of St. Valentine, a Catholic saint who lived in the third century. The facts of the life of St. Valentine are shrouded in legend. One story tells that he was arrested on orders from the Roman Emperor for being a Christian and that he actually sent the first “valentine” greeting. The legend explains that while in prison a young girl, who may have been the jailor’s daughter, would visit and encourage him. They fell in love and before his death it is alleged that he wrote her a letter, which he signed “From your Valentine.” Although the history of his life is unclear, each of the stories emphasize Valentine’s appeal as a sympathetic, heroic and beloved figure.

Today, images of hearts and flowers reflect the sentiments of this commemoration. While each of these images has meaning attached to it, this newsletter takes a different focus. It emphasizes the marvels of the human heart and how we can take better care of it.

The human heart is a marvelous muscular organ comprised of cardiac muscles that work involuntarily. It beats automatically in response to nerve signals from the brain and pumps blood through the blood vessels of the body. It is about the size of two hands clasped together into a fist and is located in the middle part of the chest, behind and slightly to the left of the breastbone. The left lung is usually a bit smaller than the right lung to accommodate the heart.

The heart is a hard worker and functions in a very coordinated pattern. The right side pumps blood into the lungs, while the left side pumps the blood back into the body. The heart receives blood which is low in oxygen and then the blood passes through the lungs where it is oxygenated. This oxygen-rich blood again enters the heart and is then sent to the body. The heart pumps oxygen and nutrient-rich blood (blood is composed of cells and plasma) to organs, tissues, and cells of your body.

The heart receives its own blood supply through the coronary arteries that run along its surface and supply it with oxygen-rich blood which enables it to keep functioning and pumping blood to all parts of the body.

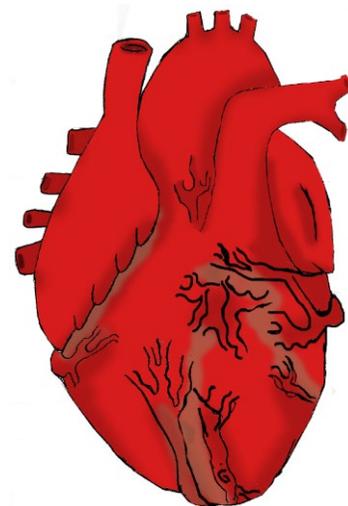
The heart beats approximately 100,000 times a day. Over the course of a year, it will beat about 35 million times. If you live for 70 years, you will experience more than 2.5 billion heartbeats. If you live longer, you can do the calculation!

The heart of an adult pumps roughly 5 quarts of blood every minute throughout the body, and this amounts to about 2,000 gallons a year. In an average lifetime, it pumps approximately 1 million barrels of blood, which is enough to fill 3 super tankers or more. There are about 6 quarts of blood in the human body, and this amount of blood is circulated throughout the body at the rate of three times a minute.

Within a single day, the blood travels a total distance of about 12,000 miles, which is four times the distance from the East Coast to the West Coast. The blood vessel system in the body, which consists of arteries, veins, and capillaries, has a total length of more than 60,000 miles, which is more than two times the circumference of the Earth.

The pressure that is created by the heart is enough to squirt blood to a distance of 30 feet. The amount of force that the heart uses to distribute blood throughout the body is somewhat similar to the force used to give a tennis ball a hard squeeze. Even when we are resting, the heart muscles work twice as hard as the leg muscles while we are sprinting.

Heart rate varies with age according to the following: newborn: 130 bpm; 3 months: 140 bpm; 6 months: 130 bpm; 1 year: 120 bpm; 2 years: 115 bpm; 3 years: 100 bpm; 4 years: 100 bpm; 8 years: 90 bpm; 12 years: 85 bpm. The resting heart rate in adults is usually between 70 – 72 beats per minutes.



When you listen to the sound of your heart beating, you hear the sound of “lub-dub”. This is the typical sound of a properly functioning heart. The sound is actually produced by the shutting of the valve on the blood. The function of the valves is to prevent the back-flow of the blood so it flows in the right direction.

During the month of February, let us take the time to grow in appreciation of our own heart and the hearts of others; let us be more attentive in caring for it. Here are a few heart healthy tips.

-Maintain a healthy heart through diet, exercise, and managing stress. In addition, according to recent studies, laughter and humor have a positive effect on the heart; soft music seems to have a calming effect on the heart; moments of joy relax the heart.

-Eat healthy fats, NOT trans fats. We need some fats in our diet, including saturated and polyunsaturated and unsaturated fats. One fat we don't need is trans-fat which is known to increase the risk of developing heart disease or having a stroke over a lifetime. Check the labels on food!

-Practice good dental hygiene, especially flossing the teeth daily. Dental health is a good indication of overall health, including the heart, because those who have periodontal (gum) disease often have the same risk factors for heart disease.

-Get enough sleep which is essential in keeping the heart healthy. If you don't sleep enough, you may be at a higher risk for cardiovascular disease regardless of age or other health habits.

-Don't sit too long at any one time. Research has suggested that staying seated for long periods of time is bad for your health no matter how much exercise you do. Experts say it's important to move throughout the day. Take short walks throughout the day. Use a standing work station so you can move up and down. Strive to exercise for 30 minutes/day and 5 times/week.

-Avoid secondhand smoke like the plague. Studies show that the risk of developing heart disease is about 25-35% higher for people who are exposed to secondhand smoke at home or work.

-Appreciate the nearness of God to your heart –

Loving God, in the secret of my heart, teach me wisdom. Psalm 51:8

❁ Birthdays in February ❁

G. Aucoin	2/20	Sr. M. Mallet	2/01
Sr. A. Donnenfelter	2/19	G. Toups	2/16
A. Lebouef	2/25	C. Vallee	2/12
		L. Whitley	2/22

† Residents Recently Deceased †

Hersey Fontenot	1/03/2021
Nancy Saizon	1/08/2021
Lucille Sonnier	1/12/2021
Audrey Douget	1/15/2021

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