

St. Joseph Old Cathedral

➤➤➤ FEBRUARY HEALTH NEWSLETTER

February is full of different health observances. The entire month is designated as American Heart Month. It is also Age-Related Macular Degeneration Awareness Month (AMD Awareness Month) and National Cancer Prevention Month. Other day observance include:

- February 3rd Wear Red for Women's Heart Health Day
- February 4th World Cancer Day
- February 14th National Donor Day
- February 18th-24th Alzheimer's Disease & Dementia Care Education Week
- February 29th Rare Disease Day



February holds the opportunity for education and information on different areas of health that affect every family in one way or another throughout the month and year. The American Heart Association, and local health institutions will provide in person classes on topics related to heart disease, high blood pressure, and stroke for both men and women. The website for the American Heart Association is www.heart.org

The website for the Oklahoma Affiliate of the American Heart Association is www.heart.org/en/affiliates/oklahoma

The Alzheimer's Association provides excellent tips and education for the care of a loved one displaying symptoms of dementia or diagnosed with Alzheimer's Disease. They also provide information on resources available to care givers that can help with daily management and care of their loved one with dementia.

The Alzheimer's Association national website is www.alz.org

The website for Oklahoma Alzheimer's Association is www.alz.org/oklahoma



The American Cancer Society is an excellent resource for prevention, management of, care for, and recovery resources and education for those currently living with cancer and those who help care for them.

The website for the American Cancer Society is www.cancer.org

The Oklahoma Affiliate of the American Cancer Society is www.cancer.org/about-us/local/oklahoma

Each of these organizations are willing to present classes and resources to groups that ask. Please let me know if any members or groups of St. Joseph Old Cathedral Parish are interested in classes on topics or resources available to help care for family or friends who have heart, blood pressure, or stroke, Alzheimer's or dementia, or cancer. You can contact me through the church office if you or your group is interested in attending a class related to any of these topics.

May each of you have a healthy February and may you grow in spirit during this time of Lent.

➤➤➤ Barbara Smith, RN, MPH, M.Ed., FCN
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