

February 2024



Embassy of Lebanon

AN EMBASSY HEALTHCARE COMMUNITY

# Newsletter



## National Wear Red Day

Wearing red, the color of life and love, is more than just a bold choice of clothing. It could help save lives. As part of the American Heart Association's Go Red For Women movement, millions of women are wearing this color on February 2 to celebrate their commitment to keeping their hearts healthy!

Color is an easy and affordable way to express yourself. Fill in the neckline of a red blouse or sweater with a scarf in a softer shade. Wear a red skirt, pants or boots. Or simply wear red accessories: a purse, necklace, bracelet, earrings, hat, or shoes.

Red isn't just for women, either; men can 'Go Red' by wearing a red shirt, tie or socks. Learn more about how you can help raise awareness and get involved at [goredforwomen.org](http://goredforwomen.org)

## Exercise and Heart Health

If you've been diagnosed with heart disease or are at risk of developing heart disease, regular exercise is essential for the health of your heart, body and mind. In fact, aerobic exercise and heart health really do go hand-in-hand.

**"Lack of exercise" is on The American Heart Association list of major risk factors for heart disease. The other risk factors are smoking, high blood pressure, and high blood cholesterol.**

Exercise not only helps fight heart disease and gets you in shape, but if you live a sedentary lifestyle, a

regular exercise routine can also:

- help control high blood pressure
- reduce the risks of Type II diabetes
- help prevent osteoporosis
- improve your general wellbeing and help fight depression, anxiety and stress
- greatly help to lose weight

Be sure to speak with your physician before adding exercise to your routine, so you know what type and amount is right for you.

## Valentine's Day Facts

♥ Procrastinate getting your valentines together every year? You're not alone. Over 50 percent of all Valentine's Day cards are purchased in the six days prior to the holiday.

♥ Many believe the X symbol became synonymous with the kiss in medieval times. People who couldn't write their names signed in front of a witness with an X. The X was then kissed to show their sincerity.

♥ In the Middle Ages, young men and women drew names from a bowl to see who would be their Valentine. They would wear this name pinned onto their sleeves for one week for everyone to see. This is believed to be the origin of the expression "to wear your heart on your sleeve."

♥ Did you know 189 million stems of roses are sold in the U.S. on Valentine's Day? 15% of U.S. women send themselves flowers on Valentine's Day.

♥ About 8 billion candy hearts will be produced this year – enough to stretch to and from Rome, Italy to Valentine, Arizona 20 times.

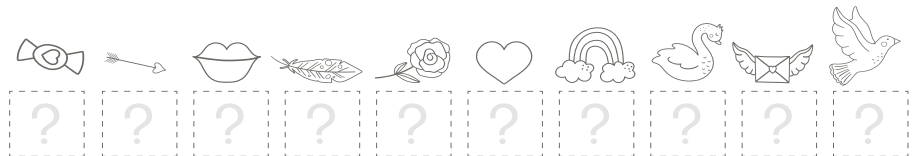
♥ After chocolate and flowers, jewelry is the third most popular gift given on Valentine's Day. Popular pieces include necklaces, earrings, or bracelets.



## I SPY: MY VALENTINE

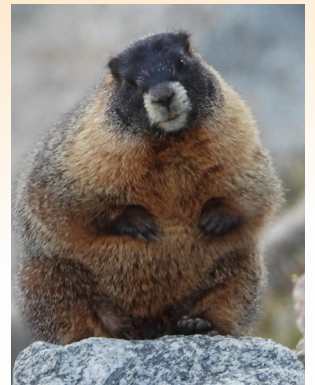


*How many of each shape can you find? Fill in your answers below:*



## Groundhog Day Fun Facts

The town of Punxsutawney, Pennsylvania held its first Groundhog Day celebration in the 1800s. Every year on February 2, their special meteorologist groundhog, known as Punxsutawney Phil, comes out of his den and predicts the weather.



According to tradition, if the groundhog sees its shadow, gets scared and runs back into hiding, the prediction is six more weeks of winter weather. If the groundhog has no shadow, it means we can expect an early spring.

While Groundhog Day is a bit quirky for a holiday, it is based on strong tradition and meant to educate and entertain at the same time.

Groundhog facts:

- Groundhogs are also called woodchucks. They are the largest species in the squirrel family.
- They typically weigh 12 to 15 pounds and live six to eight years.
- Groundhogs eat vegetables and fruits.





## How to be a Heart-Health Role Model

Sharing is caring, but not when it comes to serious health conditions like diabetes or heart disease. These health conditions, like many others, can run in families. But there's a lot you can do to help protect yourself and your family.

***What's the key to being a heart-healthy role model?*** Getting your family involved! By showing your family how you're taking steps to a healthy lifestyle, you'll be a role model they can follow. Here are a few tips on how to be a heart-health role model for your family.

**Share Your Family Health History.** Diabetes, heart disease can run in families. Having a family member with diabetes or heart disease increases your risk and the risk for others in your family. You can use family gatherings, mealtimes, or even coffee chats as a time to talk about your health history. You'll want to:

- ***Ask questions.*** Asking your relatives about which health conditions they have had and when they were diagnosed can help you find out about your risk.
- ***Record and update information.*** Write down the information you collect and remember to update it as you learn more.
- ***Share with other family members and with your doctors.*** Sharing your family's health history will benefit all members of your family, so doctors can decide which screening tests are needed.

**Get Moving With Your Family.** Being active with your family is a great way to lead by example. If your family sees you enjoying physical activity, they'll be more likely to give it a try. Walking, dancing, and yoga are all activities families can do together at any age.

**Share Family Meals.** Sharing family meals is not only a great opportunity to pass on healthy eating habits, it's also been shown to decrease family stress.

# 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:

- *Along with being a powerful anti-slavery organizer, James McCune Smith was the first Black American to achieve a Medical Degree in 1837.*
- *President Gerald Ford, the first president to recognize Black History Month in 1976, urged us all to "seize the opportunity" to honor Black accomplishments in every area of endeavor throughout our history.*
- *The Civil Rights Act of 1964, which aimed to end segregation and discrimination based on race, was signed into law during Black History Month.*
- *Notable figures such as Martin Luther King Jr., Rosa Parks, Harriet Tubman, Oprah Winfrey and most recently Barack Obama are often highlighted during Black History Month for their significant roles in shaping history.*

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## 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, people have invented so many other techniques 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!

## February – 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!



CHOCOLATE  
EMBROIDERY  
EXERCISE

FEBRUARY  
FLOWERS  
GROUNDHOG

HEALTH  
HEART  
HISTORY

JEWELRY  
LOVE  
PINK

RED  
ROSES  
VALENTINE