

# Webster County Health Council Newsletter

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Pam Hunter, Facilitator

270 993 8282

## *Anxious People Have Higher Heart Attack Risk....*

According to researchers at University of Southern California, men who scored the highest on tests for anxiety were 30 to 40 percent more likely than others to have a heart attack. The findings held, said the researchers even when standard cardiovascular risk factors such as high blood pressure, obesity, high cholesterol, age, cigarette smoking and blood sugars levels were factored in. No matter what risk factors were present, **anxious, fearful people** have a higher risk.

**The good news is that anxiety is very treatable.....** Select a half-hour 'worry period' that will take place the same time and place each day. Observe your worrying throughout the day. When you 'catch' a worry beginning, postpone it to your worry time.....When it's your worry period, try 30 minutes (may be to long) thinking out your concerns and what you can do about them. Focus on what's really happening **not what** might. If the worry is largely **beyond** your control recognize that little or nothing can be done. Change what you can.

**Exercise and relaxation techniques** ease tension and relax the body, and they also give you a break from worry. Choose what works best for you for less anxious moments.

## Remember 9-11-2001

**Americans fly your Flags at half-staff this month to remember and honor the lost. Pray for our Nation.**

## Community Health and Wellness Night...September 9th, 6 to 9 P.M.

**At Providence Elementary Gym.** Child ID Kits, Free Healthy Snacks, Blood pressure checks, Safety and Relaxation tips, booths with freebies. Fun for the Whole Family. Call 270 339 6360 for more info.

## Webster County High School Youth Council is sponsoring a

fundraiser/awareness event dealing with homelessness in Webster County and surrounding areas. Friday, September 17, after the Trojan home football game until 6 A.M the next morning. Needed items: Bottled water, Canned beef stew, basic toiletry items (shampoo, soap, toothbrushes, toothpaste), Monetary donations. Bring items to the football game. The Family Resource Center also helps with tragedies (storms, fires, floods etc.) **Remember...every little bit counts..We can make a difference if everyone pitches in.....**

## Making a Difference That Pays Conference

Wednesday, September 22, 12:00 Noon to 4 PM. Owensboro Christian Church, Bldg E. New Hartford Road, Owensboro, Kentucky. Registration deadline September 20th. Conference fee is \$10.00 a person, which includes lunch and all materials. All participants will be eligible for door prize drawings. This program has been reviewed and approved for up to 4.0 contact hours for health educations. To register or have questions call 270 852 5426.

Flu Season is here...A flu virus can live on a dollar bill for 17 days. Its against the Bureau of Engraving to wash the bill, **but** wash hands for 20 seconds at each washing and use sanitizers often. Get that Flu Shot also.

Pool Harvest Daze is September 10 & 11 and Onton Hay Days is September 17 & 18, Support your community and have fun.

We Can(Ways to Enhance Children's Activity & Nutrition)public education program designed to help children 8-13 stay at a healthy weight, increase physical exercise and reduce screen time. The first session starts September 30, at Simpson Chapel in Providence.

Be a Wellness Partner in Webster County. Join us at our monthly meeting's the 4th Tuesday of every month at 11:30 A.M. at Dixon Extension Office. Next meeting September 28th.