

Davenport-Perth Senior's Newsletter

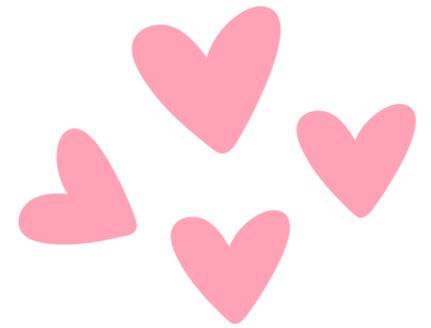
Valentine's Day

In North America we often celebrate Valentine's day by spending time with our loved ones, eating chocolates, and gifting cards that communicate our love and giving flowers. However, many countries around the world have different traditions for Valentine's day.

- In Finland, Valentine's day is a day to celebrate Friendships
- In South Korea Valentine's day is celebrated 13 times a year!
- In Japan, women give valentines day gifts to their male friends, and a month later on March 14th the men give women gifts on a day called white day
- In the Philippines, valentine's day is a day when many people get married in a mass wedding

Safe ways to celebrate Valentine's day:

- Have a phone/video call with your loved ones to let them know you care about them
- Eat some chocolates or candies
- Send your loved ones some flowers
- Go on a socially distanced walk with friends
- Watch a valentine's day movie



February is Heart Health Awareness Month

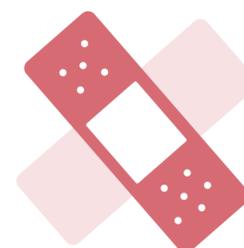
- February is Heart health awareness Month, a time to bring attention to the importance of cardiovascular health, and what we can do to reduce our risk of heart disease.
- Heart disease affects approximately 2.4 million Canadian adults, and is the second leading cause of death in Canada.

There are several different types of heart disease, here are some of them with the types of symptoms to look out for:

- Heart attack: Chest pain or discomfort, upper back or neck pain, indigestion, heartburn, nausea or vomiting, extreme fatigue, upper body discomfort, dizziness, and shortness of breath.
- Arrhythmia: Fluttering feelings in the chest (palpitations).
- Heart failure: Shortness of breath, fatigue, or swelling of the feet, ankles, legs, abdomen, or neck veins.
- We can all reduce our risk of heart disease by making healthy lifestyle choices

Here are some tips on how you can improve your cardiovascular health and reduce the risk of heart disease and maintaining an overall healthy heart

- Exercise regularly (this can be as simple as taking a walk outside everyday)
- Maintain a healthy weight (avoid drastic changes in your weight such as losing a lot or gaining a lot all at once)
- Maintaining a healthy diet (include fruits and vegetables, whole grains, nuts, fish, poultry, and vegetable oils/avoid red and processed meats, refined carbohydrates, foods and beverages with added sugar, sodium, and foods with trans fat)
- Avoid smoking/alcohol consumption





Black History Month

Black History Month is an annual celebration of achievements by African Americans and a time for recognizing their central role in history which takes place in the month of February. Also known as African American History Month, the event began in the United States in 1915 half a century after the Thirteenth Amendment abolished slavery in the United States. It was created by historian Carter G. Woodson and other prominent African Americans. Since 1976, every U.S. president has officially designated the month of February as Black History Month. Other countries around the world, including Canada and the United Kingdom, also devote a month to celebrating Black history.

Every year for Black History Month there is a theme associated with the time. In 2022 the theme is "Black Health and Wellness," which explores "the legacy of not only Black scholars and medical practitioners in Western medicine, but also other ways of knowing (e.g., birthworkers, doulas, midwives, naturopaths, herbalists, etc.) throughout the African Diaspora. The 2022 theme considers activities, rituals and initiatives that Black communities have done to be influential.



Family Day



Family day is a regional statutory holiday celebrated in some provinces throughout Canada. The holiday is celebrated in Alberta, British Columbia, New Brunswick, Ontario, and Saskatchewan and it takes place on the third Monday in February. The first family day that took place in Ontario was in 2008. Family Day is the perfect occasion to get together with your family members and spend some quality time together. Some ideas to spend family day with your loved ones are: going to the park, having a meal together, watching a movie, and calling your family members to check in.

International Women's Day

International Women's Day takes place annually on March 8th. The mission of International Women's Day is to celebrate women's achievements/accomplishments, to raise greater awareness about issues impacting women's equality, to call out inequality while working to create social change, and to highlight and applaud where important gains are being made. The 2022 theme for International Women's Day is #BreakTheBias. The theme this year aims to create a world free of bias, stereotypes, and discrimination, a world that is diverse, equitable, and inclusive, and a world where difference is valued and celebrated.

Here are some of the most remarkable women in history and their accomplishments:



Rosa Parks: an African American woman living in Montgomery, Alabama, challenged the race segregation that existed in parts of the US in 1955 by refusing to give up her seat on a bus so that a white person could sit down. Her protest was supported by many other African Americans and sparked the civil rights movement which, in the 1960s, eventually won equal rights.

Mary Shadd Cary: First black woman newspaper editor in North America. Mary Ann Shadd was a tireless advocate for universal education, black emancipation, and women's rights.

Amelia Earhart: Earhart took up aviation in 1921, aged 24, and went on to break the women's altitude record the following year when she rose to 14,000 feet. In 1932 she became the first woman to fly solo across the Atlantic and over the next five years continued to break speed and flying records.

Mother Teresa: a Roman Catholic nun who lived in India for most of her life. In 1950 she founded the Missionaries of Charity which attracted many sisters who took vows of chastity, poverty, obedience and free service to the poorest of the poor. The work that the order undertook, in over 130 countries, included managing homes for people who were dying, soup kitchens, orphanages and schools.