

JUNE, 2008

Heart Disease Health Center

INTRODUCTION:

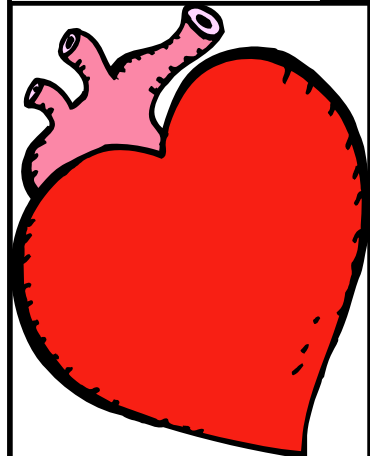
Heart disease, also known as cardiovascular disease, includes a number of conditions affecting the heart: congestive heart failure, congenital heart disease, and heart attack, among others.

If you don't know the symptoms, you could be at risk and not even know it. Heart disease is the leading cause of death for men and women in the U.S. Keys to prevention include quitting smoking, improving cholesterol, controlling high blood pressure, maintaining a healthy weight, and exercising.



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Taken from:
Web MD
Website

Manor & Garden Estate News

**Tenant &
Management
Meeting
Multi-Purpose Room
Friday, June 12th
2:00pm**

**Cleveland
Public Library
Book Mobile
Monday,
June 16th
10:45-11:45 a.m.**

Food Bag Services

**Tenants can start submitting
names as of**

June 3rd!

Deadline to submit

Names will be June 10th!

Any question

Call 216-426-8749

Post Office on Wheels

9:50-10:20am

Eliza Bryant Manor

Front Entrance

Friday, May 23rd

**Tenants interested in
having monthly**

Manicures & Pedicures

Contact Ms. Good

216-426-8749

Dining Out

When the quick run to the close drive-thru or meal by candlelight is followed by an upset stomach, many brush it off with little more than a passing thought and a swig of Pepto.

But when the symptoms get worse, or when a massive outbreak of food poisoning hits the headlines, we step back and wonder,

Is it safe to eat out?

For the most part: Yes

But every time, you are at the mercy of a dining establishment. So if restaurant workers—or even customers—have a virus, or if food handling, storage and preparation in the kitchen aren't kept to the highest standards, look out.

Who's at Risk

Older adults, pregnant women, very young children and people with weakened immune systems are at higher risk for food-borne illnesses. People with compromised immune systems—those undergoing chemotherapy, for example—need to be extra careful, too. Alcoholics and people with decreased stomach acid due to surgery or regular use of antacids are also at increased risk.

(Insert taken from The Plain Dealer)

Call your doctor if:

- ◇ You have diarrhea and are unable to drink fluids due to nausea or vomiting.
- ◇ Diarrhea lasts for more than two to three days.
- ◇ There is blood in your stool.
- ◇ You have a fever over 101 degrees

Eliza Bryant Manor

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Garden Estates

1351-1397 Giddings Road

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A Community of Care-Rooted in Tradition

JUNE



June 6, 1944 - D-Day, the largest amphibious landing in history, began in the early-morning hours as Allied forces landed in Normandy on the north coast of France. Operation Overlord took months of planning and involved 1,527,000 soldiers in 47 Allied divisions along with 4,400 ships and landing craft, and 11,000 aircraft. The Germans had about 60 divisions spread along France and the low countries. American forces landed on two western beaches, Utah and Omaha, while British and Canadian troops landed farther east on Gold, Juno and Sword beaches. By the end of the day 150,000 Allied soldiers and their accompanying vehicles had landed with 15,000 killed and wounded.

June 21, 1964 - Three white civil rights workers - James Chaney, Andrew Goodman and Michael Schwerner - left Meridian, Mississippi, at 9 a.m. to investigate a church burning. They were expected back by 4 p.m. When they failed to return, a search was begun. Their murdered bodies were discovered on August 4.