



Hispanic Advisory Committee

Meeting Minutes

February 17, 2026

Chair Jessica De La Cruz opened the Meeting at 6:00pm. Committee member Carolina Delgado was present. Member Jesse Roa was absent. Also present were Council representatives Maria Duron (arrived at 6:02pm) and Jeff Kelso, as well as staff representative City Recorder Lilly Alarcon-Strong. Youth Advisor Kari Bazan was also in attendance. The pledge of allegiance was given.

Meeting Minutes

Carolina moved and Jessica seconded to approve the January 20 meeting minutes. Motion passed unanimously with Members Carolina and Jessica voting in favor.

MLK Event- Hermiston Cultural Awareness Coalition

Dave and Bonnie Gracia representing the Hermiston Cultural Awareness Coalition, spoke regarding January's MLK event stating it was very successful with about 150 people in attendance. Dave thanked Rogers Toyota for sponsoring this event each year, stating the event continues to grow each year driving the Coalition to move the event to the Community Center as City Hall could no longer accommodate the number of attendees. The Coalition also hosts Reflective Conversation at The Next Chapter Book Store- where people come together to discuss specific subjects and host Free Zumba classes during the week. Although the name has changed to be more inclusive for all communities and what we stand for, the Coalition was formed 26 years ago and meets monthly at the Methodist church, all is welcome to attend. The Coalition continues to grow in their events to include MLK, Juneteenth, and Pride. All information is pushed out via Facebook and Instagram.

Advocacy Day- Oregon Rural Action

Brenda Flores from Oregon Rural Action and Raices y Alas gave information (attached) regarding Immigrant Justice House and Senate Bill information; six individuals from Umatilla County, specifically from Raices y Alas and like groups, traveled to the State Capital for Advocacy Day to speak with legislatures regarding these issues, however, because they did not make an appointment prior to attending they were only able to speak with legislative staff members; Free Know Your Rights Events; Emergency Family Preparedness Information and Binders; and reporting accurate ICE activity.

Jessica stated she attended the Advocacy Day event and it was a great experience with many in attendance.

Maria suggested that in the future Raices y Alas share more information and reach out to area Council Members prior to events such as Advocacy Day so that area communities can show support in the form of a City letter, attend the event, or the like.

Heart Healthy Month- Good Shepherd Health Care System

Elly Ranzoni, Community Health Worker with Outreach and Connexions, Good Shepherd Health Care System presented information (attached) regarding Heart Health Month and the many resources available to the public through the Connexions Program offered by Good Shepherd.

Jeff encouraged everyone to get an MRI of their heart available at Good Shepherd Health Care System for only \$80.00



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2026 Committee Goal Setting

Hearing no other comments or suggestions from the Committee or public, Carolina moved and Jessica seconded to accept the following 2026 Committee Goals as discussed at last month's meeting:

- Voter registration
- Encourage and support the Cinco de Mayo Committee to include a Pageant in their event (Cinco de Mayo is not a City Event)
- Community Engagement
- Event Visibility- HAC branded items

Motion carried unanimously with Carolina and Jessica in favor.

Closing Comments

Public Comments

Virginia Rome Garcia, 435 SE Sunset Drive- congratulated Jessica and Carolina in their new leadership roles in this Committee and thanked them for their involvement in the community. Virginia expressed concern regarding illegal food vendors who are low income and trying to make additional income and wondered how the City is going to handle illegal vending and pushing out this information to Latinos.

Lilly stated for the last year that illegal vending has greatly increased, the City and Umatilla County Health Department have been focusing on Education vs Enforcement, meaning staff has given information to illegal vendors via verbally in-person and in writing both, as well as the public in general in both English and Spanish.

Committee Comments

None given.

Youth Representatives

Kari Bazan spoke regarding:

- The many accomplishments from FBLA, FFA, Key Club, FFCLA, and many sports teams
- HHS Grease Musical
- Community Blood Drive
- Kindness Week
- Health Care Event at EOTEC

City Representatives

Maria and Jeff spoke regarding:

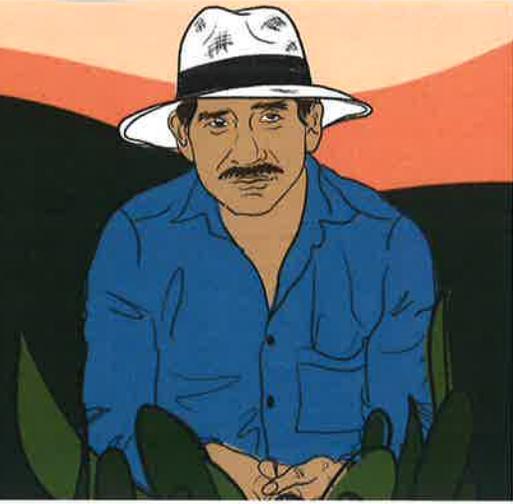
- Bridge at Punkin Center Road
- Agape House Storage
- I Love My City event
- City Chat on March 17th from 10am to 12pm at Hacienda West Apartments

Next Meeting

Next Meeting: Tuesday, March 17th at 6pm at City Hall.

Meeting Adjourned at 6:52pm.

Ayuda legal gratis para la comunidad inmigrante de Oregon



Permisos de trabajo, DACA, asilo, otras defensas contra la deportación y más.

Llame al **1-888-274-7292** Lunes a viernes 9 AM – 6 PM

¿Quién es Equity Corps of Oregon?

Equity Corps of Oregon (ECO) brinda representación legal gratuita a la comunidad inmigrante de Oregon para terminar con la separación de familias, deportación y detención debido a raza y etnia.

ECO puede ayudarle a solicitar asilo, permisos de trabajo y más. Los servicios legales no tienen costo y sirven para mantener a las familias y comunidades unidas y promover un Oregon más justo para todos.

La justicia existe cuando todos tenemos acceso a ella.

Al conectar a las comunidades inmigrantes de Oregon con ayuda legal gratuita, estamos derribando barreras y fomentando el poder comunitario. Juntos, podemos derrotar a la exclusión y crear una prosperidad que podamos compartir.

¿Quién califica?

Usted puede calificar si:

- Vive en Oregon
- El hogar donde vive gana menos del 200% del Nivel Federal de Pobreza
- Está en peligro de deportación o está siendo excluido de ciertas actividades, como no poder trabajar o viajar debido a su estatus migratorio

STAND WITH IMMIGRANT OREGONIANS

Budget neutral or cost-effective solutions to keep families together

Immigrant Oregonians, our families, and communities have been targeted by violent, lawless ICE sweeps resulting in community-wide fear and devastating family separations. No family should have to plan for parents being torn from their children.

These reckless federal attacks demand a strong, unified response. Oregonians know we are stronger together. When immigrant communities are targeted, families struggle, our economy suffers, and critical systems are pushed to a breaking point.

2026 IMMIGRANT JUSTICE PACKAGE

CRITICAL INVESTMENTS

BUDGET-NEUTRAL PROTECTIONS

- ★ Universal Representation & Children's Stability Fund
- Maintain Healthier Oregon Program
- School Meals For All
- Food Assistance for Refugees & Immigrants
- Oregon's Food Assistance Network
- Protect SNAP

- ★ Safeguarding Students and Families
- Stop Data Brokers from Sharing Our Info
- ★ Protect Your Door Act
- Public Contracts Prohibition
- ★ Anti-Discrimination Protections
- Law Enforcement Accountability and Visibility Act (LEAVA)
- Healthcare without Fear



2026 IMMIGRANT JUSTICE PACKAGE

Universal Representation & Children's Stability Fund: \$10M – Support HB 4117

The Trump Administration's deportation push has driven a 4,000% increase in demand for immigration legal services in Oregon. The state's universal representation program, ECO, has already supported over 20,000 immigrant Oregonians.

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This investment protects workers and keeps families together through two critical functions:

- **Immigration legal services, \$5M:** Provides deportation defense and other critical legal services to keep families and communities more stable and secure.
- **Children's Stability Fund, \$5M:** Direct assistance to children and families separated from a caregiver, covering utilities, housing, and food when breadwinners are detained.

Healthier Oregon Program – Protect Current Funding

The Healthier Oregon Program (HOP) ensures all eligible Oregonians have access to comprehensive health coverage regardless of age or immigration status, providing essential care for families, children, and individuals who might otherwise go without.

Andrea Castillo
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Coalition
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Cutting coverage doesn't save money—it shifts costs onto families, healthcare providers, and the broader system. Preventive care means fewer ER visits, lower uncompensated hospital costs, and healthier families and workers.

Anti-Hunger Investments

Hunger in Oregon is at unprecedented levels. Food pantry visits have increased over 50% in two years, and Congress just made the largest cut to SNAP in history. When parents are torn from children, families need support to keep food on the table.

- **School Meals For All, SB 1581:** Guarantees free breakfast and lunch so no child learns on an empty stomach
- **Food Assistance for Refugees & Immigrants, \$3.5M:** One-time relief for thousands of Oregonians who lost SNAP solely due to immigration status
- **Oregon's Food Assistance Network:** Ensures food continues flowing through Oregon's food banks and emergency food system
- **Protect SNAP, \$131M:** Preserves and strengthens SNAP for Oregonians, retailers, and local farmers

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2026 IMMIGRANT JUSTICE PACKAGE

✓ **Protect Your Door Act** **Support HB 4114** ★

Masked federal agents are conducting raids across Oregon—refusing to identify themselves, ordering residents to open doors at all hours, and targeting people at courthouses, hospitals, and in homes. This bill requires the federal government to register their operation in advance with the Oregon DOJ, mandates visible agency ID, and provides an ability to receive compensation (\$10,000–\$100,000) for victims of violations of this law.

Ira Cuello-Martinez
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✓ **LEAVA: Law Enforcement** **Accountability and Visibility Act** **Support HB 4138**

Masked agents operating anonymously are accountable to no one. This bill generally bans masks on law enforcement during operations, ensuring Oregonians know who is detaining them. It will also create a firewall between public employees and the federal government, increase public transparency into joint federal task forces, and establish requirements for future agreements to protect the rights of all Oregonians.

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✓ **Safeguarding Students and** **Families** ★ **Support HB 4079**

In recent months schools have been forced to go into lockdown procedures, sometimes several schools in a single day due to federal enforcement activities. This requires proactive and reactive communication procedures to keep everyone safe. Consistent and clear communication is needed so that all students, parents and staff regardless of which school they attend, are able to be safe and informed.

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2026 IMMIGRANT JUSTICE PACKAGE

Anti-Discrimination Protections Support HB 4111

Immigrant workers face retaliation for updating documents, and immigration status is weaponized in civil court to intimidate victims. This bill stops employer retaliation, strengthens anti-profiling law, and blocks irrelevant immigration status from being used in civil cases like family court, wage theft, or discrimination cases.

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Stop Data Brokers from Sharing Our Info Support SB 1587

Private companies are selling Oregonians' personal data directly to the federal government, enabling targeted surveillance. The federal government then uses this information to target people for violations of civil law, often without obtaining a warrant to access this information. This bill closes the loophole and cuts off the pipeline.

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Public Contracts Prohibition Support HB 4150

Oregon taxpayer dollars should not fund family separation. This bill requires companies seeking state contracts to certify they do not conduct business with the federal government for deportation or immigration enforcement.

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Healthcare Without Fear Act Support SB 1570

Hospitals exist to provide medical care, not to serve as sites of immigration enforcement, but recent federal policy changes have eliminated long-standing protections. In Oregon hospitals, this has already created confusion, compromised patient safety, and undermined the ability of healthcare professionals to do their jobs.

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**Raíces
y Alas**



Estamos aquí para ayudarte y ponerte en contacto con servicios como:

- Conexión con servicios legales de Inmigración
- Acompañamiento al tribunal de Inmigración o registro en el ISAP.
- Transporte al tribunal de inmigración
- Entrenamiento de Conoce sus Derechos
- Hacer un Plan de Preparación Familiar

Escanea el código QR para solicitar ayuda o visita oregonrural.org

Si ves ICE o alguna actividad sospechosa, por favor, repórtalo.

LLAME A LA LÍNEA DIRECTA DE PIRC:

1-888-622-1510

¿Qué hace PIRC?

- Verifica si se trata o se trataba de ICE, un rumor u otra fuerza del orden,
- Si se trata de ICE, activa a abogados y otros servicios de respuesta rápida,
- Comparte información verificada.

Traiga este cupon a Registro a Good Shepherd para:

- **(1) prueba de detección de A1c sin ayuno gratuita**
- **(1) prueba de detección de lipidos sin ayuno gratuita**

Los resultados de las pruebas se compartirán con su proveedor de atención primaria (si se proporciona) y se revisarán con el departamento de extensión y salud comunitaria de Good Shepherd

-Este cupon no pagara su(s) cita(s) medica(s) ni ninguna prueba/tratamiento de seguimiento que pueda necesitar
- Cupon requerido en el momento de la seleccion



GS Staff: No Ordering Provider Necessary
Health Screen Lipid (HSLPD) & Health Screen Glycohemoglobin (H5GLYCO), codes 31596 and 31231.

**CUPON DE
PRUEBA DE
A1C/LIPIDOS**



No se puede canjear por dinero en efectivo

Heart Health

Presented by: Elly Ranzoni, CHW

Introduction

Elly Ranzoni, Community Health Worker

Good Shepherd Community Health and Outreach Department

February is American Heart Health Month

- A national campaign focused on preventing heart disease



Content

- Heart Disease
- Key Risk Factors
- National and State Statistics
- Prevention
- Community Health and Outreach Services
- Good Shepherd Services



Heart Disease

Cardiovascular Disease (CVD) - General term used for disorders that affect the heart and blood vessels

Common types of CVD

- **Coronary Artery Disease (CAD)** - Occurs when plaque buildup restricts blood flow to the heart resulting in a heart attack, most common type of CVD
- **Cerebrovascular Disease** - Blood flow to the brain is restricted leading to a stroke or Transient Ischemic Attack (TIA)
- **Heart Failure** - Chronic condition where the heart is too weak to pump blood efficiently

Key Risk Factors

Uncontrollable factors

- Aging
- Family history

Controllable factors

- Smoking and vaping
- Poor diet
- Obesity
- Excessive alcohol consumption

Underlying Medical Conditions

- Hypertension (high blood pressure)
- High Cholesterol
- Type 2 diabetes



Statistics

Heart Disease is the leading cause of death in the United States

- For both men and women, and consistent within most racial/ethnic groups

National

- Accounts for about 1 in every 5 deaths (22%)
- In 2023, approximately 900,000 people died from CVD
- Nearly 50% of U.S Adults have some form of CVD

Oregon

- Ranked in the top 10 lowest rates for CVD related deaths in the country
- About 192 deaths per 100,000 people
- Heart disease is still the leading cause of death in Oregon alongside Cancer

Prevention

- Choose healthy food and drinks
 - Avoid highly processed foods, foods high in fat, and foods high in sugar
- Maintain a healthy weight
- Regular physical activity
 - Aim for 30-60 mins a day
- Avoid smoking and excessive alcohol consumption
- Get quality sleep
- Manage stress
- Get regular health screenings
 - Blood pressure
 - Cholesterol levels
 - Type 2 diabetes screening
- Take steps to prevent infections
 - Regular vaccines

CHO Services

- Free health screenings
 - BP checks, lipid and a1c blood tests, Colorectal Cancer Screenings
- Tobacco cessation counseling
- Gentle movement classes
 - Tai Chi for Better Balance, Better Bones and Balance
- Free cooking and healthy eating classes
 - Healthy Cooking for Seniors on a Budget and Healthy Eating Every Day

Community Health and Outreach offers services in both English and Spanish

541.667.3509 or healthinfo@gshealth.org

Good Shepherd Services

Cardiology

- EKG, echocardiograms, stress testing, cardiac rehab, pacemaker monitoring
- 541.667.3771

Internal Medicine

- Prevention, diagnosis, and treatment of chronic disease
- 541.667.3797

Family Medicine

- Comprehensive medical care
- 541.567.5305

Diabetes and Nutrition

- Diabetes education, nutrition counseling, ACT program
- 541.667.3517

Resources

American Heart Association (2024)

- <https://www.heart.org/en/health-topics/consumer-healthcare/what-is-cardiovascular-disease>

Center for Disease Prevention (2026)

- <https://www.cdc.gov/heart-disease/prevention/index.html>

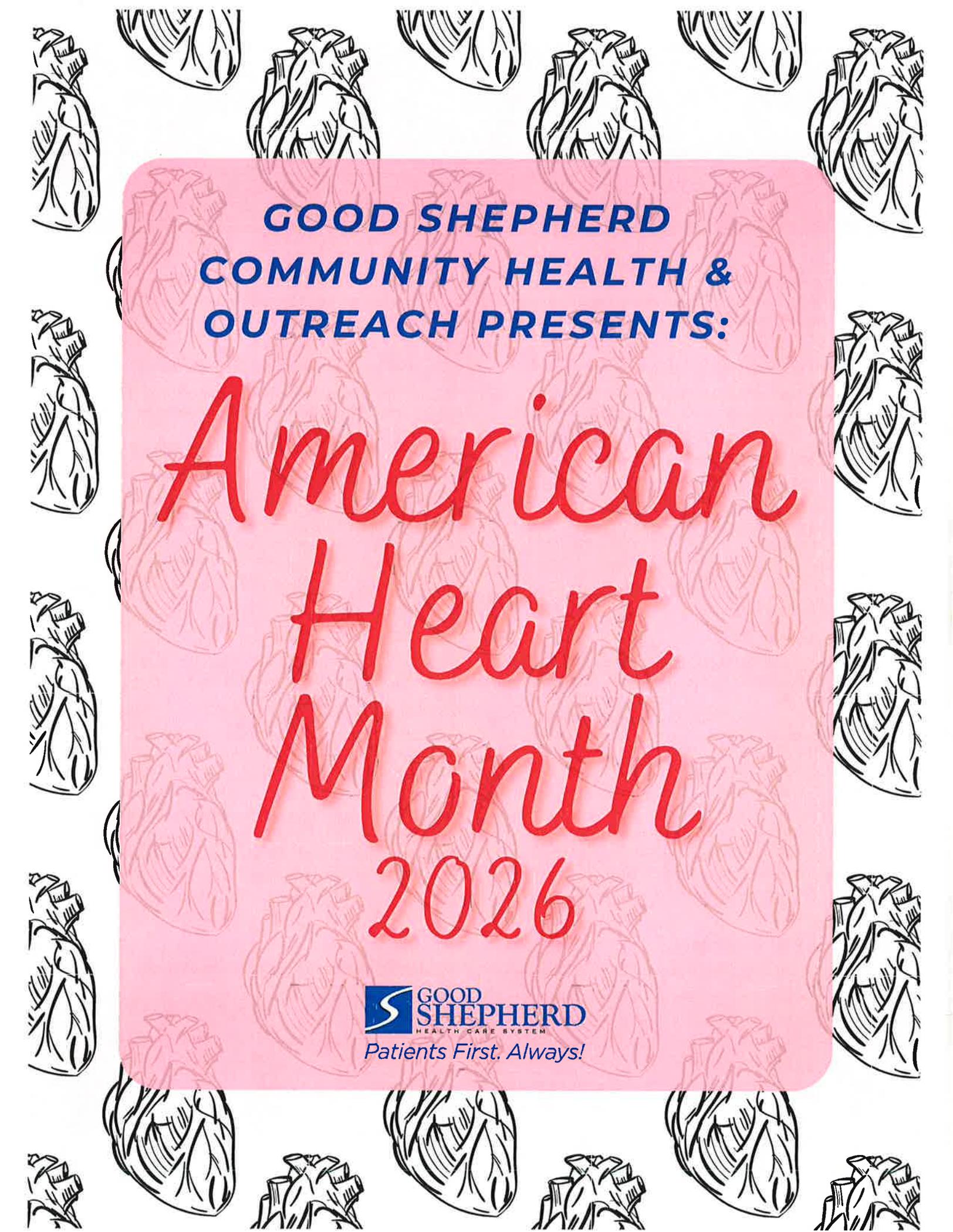
Mayo Clinic (2026)

- <https://www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/heart-disease-prevention/art-20046502>

Oregon Health Authority (2026)

- <https://www.oregon.gov/oha/ph/diseasesconditions/chronicdisease/dataareports/pages/heart-disease-and-stroke-deaths.aspx>

Thank you!

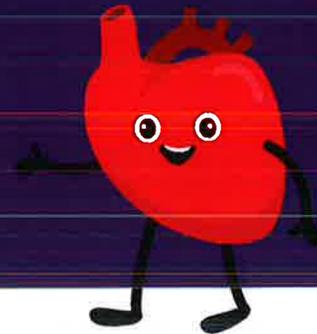


**GOOD SHEPHERD
COMMUNITY HEALTH &
OUTREACH PRESENTS:**

*American
Heart
Month
2026*

 **GOOD
SHEPHERD**
HEALTH CARE SYSTEM
Patients First. Always!

Take Action for Your Heart: Get Started!



Heart disease is the leading cause of death in the United States, but it can often be prevented. Adopting a heart-healthy lifestyle can help you reduce the risk of heart disease and its risk factors. Take action to protect your heart by following these tips.

Get Enough Quality Sleep

Lack of sleep or getting poor-quality sleep increases the risk of having high blood pressure, heart disease, and other medical conditions.

- Try to aim for 7-9 hours of sleep a night.
- Go to bed and wake up at the same time each day.
- Exercise regularly, but not within 2-3 hours before bedtime.
- Avoid caffeine and nicotine.



Maintain a Healthy Weight

Maintaining a healthy weight is important for overall health and can help you prevent and control many diseases and conditions.

- Choose healthy snacks like fruits, vegetables, yogurt, or nuts, instead of sugary or high-calorie snacks.
- Stay hydrated with water as your primary beverage.
- Aim for at least 150 minutes of moderate-intensity aerobic exercise (such as brisk walking) or 75 minutes of vigorous-intensity (like running) exercise per week.
- Consider keeping a log of what you eat throughout the day.

Eat Better

A flexible and balanced eating plan can help lower your high blood pressure and improve your cholesterol.

- Follow the **Dietary Approaches to Stop Hypertension (DASH) eating plan**, which can help you create a heart-healthy eating style for life.
- Read nutrition labels to pick the food lowest in saturated fat, sodium, and added sugars.
- Try a mix of lean cuts of meat, eat fish once or twice a week, and eat two or more meatless meals each week.
- Consider whole fruits, dried fruits, unsalted rice cakes, fat-free and low-fat yogurt, or raw vegetables as a snack.

Be More Active

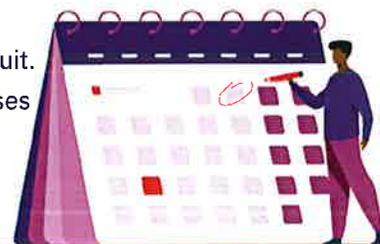
Getting enough physical activity helps to lower your risk of heart disease and stroke.

- Adults should spend at least 150 minutes (2 ½ hours) each week doing physical activity.
- Sit less! Take the stairs. Park farther away. March in place or take a walk around the block.
- Try muscle-strengthening activities like lifting weights, working with resistance bands, doing sit-ups and push-ups, or some forms of yoga—whatever works for you.
- If you don't have a lot of time in your day, try being active for 10 minutes at a time. Anything that gets your heart beating faster counts!

Stop Smoking

Any amount of smoking, even light or occasional smoking, damages your heart and blood vessels.

- Select a quit date and write yourself a contract that outlines your **plan for quitting**.
- Talk with your healthcare provider about programs and products that can help you quit.
- Join a support group. Many hospitals, workplaces, and community groups offer classes to help people quit smoking.
- Call 1-800-QUIT-NOW and visit smokefree.gov to get additional support.



Control Cholesterol

Unhealthy levels of cholesterol can lead to high cholesterol, which increases the risk of developing heart disease.

● Try the **Therapeutic Lifestyle Changes (TLC) Program**

which combines diet, physical activity, and weight management to help lower high blood cholesterol and improve heart health.

- Eat a heart-healthy diet that is low in saturated fats, as these can raise LDL cholesterol levels.
- Limit alcohol consumption. Drinking too much alcohol—more than two drinks a day for men or one drink a day for women—can raise your total cholesterol level.



Manage Stress

Learning how to manage stress with healthy coping strategies helps improve your emotional and physical health.

- Use relaxation techniques that combine breathing and focused attention on pleasing thoughts and images to calm the mind and body.
- Consider meditation, as it can help to **lower stress**.
- Take a yoga class to help lower stress and improve mindfulness. It may also offer you a supportive community.

Practice Self-Care & Find Social Support

Daily acts of self-care can benefit your heart because self-care is heart care. Studies show that having positive social support, close relationships, and feeling connected to others makes it easier to stick to heart-healthy habits.

- Try to do at least one positive action for your heart health each day.
- Make the doctor's appointment you've been putting off.
- Ask family and friends to text you reminders or encouragement to help you meet your health goals.
- Join an exercise class or a weight management group to connect with other like-minded people and stay motivated.

For more information about how you can take action to keep your heart healthy, visit [hearttruth.gov](https://www.hearttruth.gov)

Manage Blood Sugar

Maintaining stable blood sugar levels is crucial for heart health, especially for people with diabetes or those at risk of developing diabetes.

- Eat a diet rich in whole foods, including vegetables, fruits, whole grains, lean proteins, and healthy fats.
- Monitor your carbohydrate intake and choose complex carbohydrates, like whole grains and legumes, to help control blood sugar levels.
- Talk to your healthcare provider about how often you should check your blood sugar levels, especially if you have diabetes.

Control Blood Pressure

Keep your blood pressure in a healthy range and keep track of your numbers. Blood pressure that's consistently higher than 130/80 mm Hg can cause serious health problems.

- Have your blood pressure checked each time you visit the doctor.
- Use a blood pressure monitor to measure your blood pressure at home and **learn how to measure it correctly**.
- Use a **blood pressure tracker** to keep a record of your numbers each reading.
- If you're pregnant or planning to be, it's especially important to keep your blood pressure in a healthy range.





American Heart Association
Healthy for Good™

STRESS & STRAIN

BODY & BRAIN



Life moves fast, and it's OK to feel overwhelmed. Everyday worries—such as work, health or the state of the world—can weigh on your overall well-being.

The American Heart Association offers simple tools to help ease the impact of everyday stressors. Small steps including breathing, moving or reaching out can make a big difference. Check out these tips to help manage your stress. If you need more support, connect with your health care professional.

WHY IT MATTERS

Simply put, stress can kill. People with high levels of chronic stress or psychological distress are more likely to die of various causes, research shows, including heart disease and stroke.

Chronic stress is also linked to anxiety disorders and major depression. And stress can underlie other problems, such as irritability, sleep disruption, headaches, changes in appetite, gut discomfort and reduced fertility.

TRY THESE STRESS-BUSTERS

Fight stress by focusing on your physical and mental health.



Get out of the house:
 Take a walk in nature and enjoy the sights and sounds.



Sleep tight: Set a regular bedtime and wake up routine and turn off or dim electronic screens as bedtime approaches.



Use your network:
 Reach out and connect regularly with family and friends.



Put your mind to it: Explore mindfulness, a type of meditation that focuses your attention on your present experiences without interpretation or judgment.



Lean on a furry friend:
 Pets may help reduce physiological reactions to stress.



Work it out: Regular physical activity — a recommended 150 minutes of moderate activity, 75 minutes of vigorous activity, or a mix of both weekly — can help relieve tension, anxiety and depression and give you immediate benefits from exercise.

For more tips on the mind-heart-body connection, visit heart.org/BeWell.



LESS STRESS. LOTS OF LOVE.

Best Friend Fridays™ celebrate our pet companions who are always there for us. They help us handle stress and boost our physical and mental health. Having a pet is a Healthy Bond for Life™ that may help you live a longer, healthier life! (And we've got the science to back it up.)



PETS CAN HELP YOU:

- Deal with stress
- Get more exercise and meet fitness goals
- Feel less lonely and isolated
- Lose weight
- Lower blood pressure and cholesterol levels
- Recover after a health event



PETS MAKE WORK BETTER



Owning a dog can help prevent chronic conditions such as **DIABETES** and **DEPRESSION** and simply petting a dog

HELPS LOWER BLOOD PRESSURE.

At work or at play, pets are the best.



Take time each Friday to celebrate your pets and all they add to your life and post a photo or video using #BestFriendFridays!

47% of pet owners feel anxious about leaving pets at home when they go to work.

31% would consider changing jobs for a pet-friendly workplace.

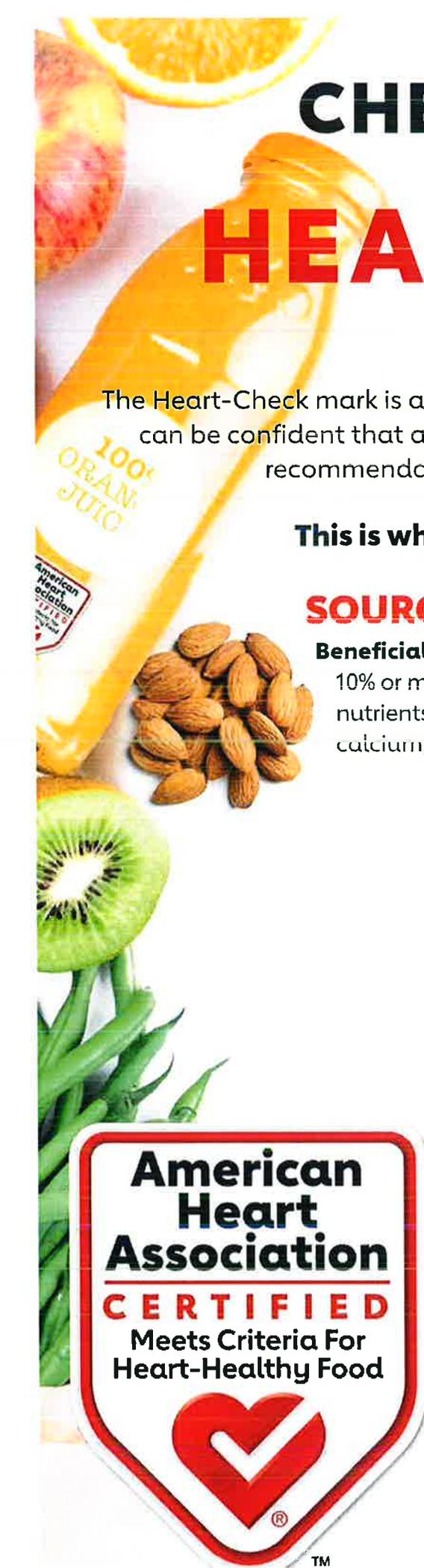
41% would take a pay cut to bring their pet to work.

Having a pet around while working can help:

- Reduce stress**
- Increase productivity**
- Improve employee satisfaction, teamwork and collaboration**

Learn more about Healthy Bond for Life's Best Friend Fridays at

heart.org/pets



CHECK FOR THE HEART-CHECK MARK

The Heart-Check mark is a simple tool to help you Eat Smart. When you see it, you can be confident that a product aligns with the American Heart Association's recommendations for an overall healthy eating pattern.

This is what it takes to be Heart-Check certified*:

SOURCE OF NUTRIENTS

Beneficial Nutrients (naturally occurring):

10% or more of the Daily Value of 1 of 6 nutrients (vitamin A, vitamin C, iron, calcium, protein or dietary fiber)

LIMITED IN BAD FATS

Saturated Fat:

1 g or less per standard serving size and 15% or less calories from saturated fat

Trans Fat:

Less than 0.5 g per label serving size and per standard serving size. Products containing partially hydrogenated oils are not eligible for certification.

LIMITED IN SODIUM

Sodium:

One of four sodium limits applies depending on the particular food category: up to 140 mg, 240 mg or 360 mg per label serving, or 480 mg per label serving and per standard serving size.*



TO LEARN MORE, VISIT
heartcheck.org

MAKE MOVEMENT A HABIT.

Tips to get active – and stay active.



Choose the right kind of movement.

Make it something you enjoy and can repeat easily. Lots of physical activities are good for you!

Start small: Stepping stones, not boulders.

Don't set yourself up for failure. Instead of a two-hour hike, start with a 20-minute walk.



Choose a cue. We all need a reminder.

A cue is anything that helps you remember your movement habit. Put your sneakers by the door or your hand weights near your computer – that's a cue.

Reinforce the habit. Make it rewarding.

Have fun while you move. Invite a friend, listen to music or treat yourself to a healthy snack after!



Get tips from your very own “Habit Coach.”

Check out six short “[Habit Coach](#)” videos. These science-based habit hacks will help you keep those healthy habits!



American Heart Association

Healthy for Good™



HOW TO GET HEALTHY SLEEP



Getting a good night's sleep every night is vital to your heart and brain health.

ADULTS SHOULD AIM FOR AN AVERAGE OF 7-9 HOURS

Babies and kids need more depending on their age.

✓ LEARN THE BENEFITS OF SLEEP

BETTER BRAIN FUNCTION including alertness, decision-making, focus, learning, memory, reasoning and problem-solving

IMPROVED mood and energy

STRONGER immune system

HEALING and repairing of cells, tissues and blood vessels

LESS RISK of chronic disease

✓ LEARN HOW SLEEP AFFECTS YOUR HEALTH

Sleep is an important time for your brain to reset. Regular, restful sleep is important to keep your brain running smoothly. Poor sleep may put you at higher risk for:

- ▶ Depression and anxiety
- ▶ Memory loss and dementia
- ▶ High blood pressure, blood sugar and cholesterol
- ▶ Obesity
- ▶ Heart disease



TIPS FOR SUCCESS

Check your room



DIM IT.

Dimming the lights before sleep helps signal to your brain that it's time to wind down. Dim your screen or use a red filter app at night. The bright blue light of most devices can mess with your "internal clock" and melatonin production, a hormone that regulates sleep.



SET IT.

Go to bed and wake up at the same time every day. This helps regulate your body's internal clock and makes it easier to fall asleep and wake up naturally. Set a bedtime alarm to remind you it's time to wrap it up for the night.



CREATE IT.

Establish a nighttime routine. Spend 20-30 minutes winding down before bed, such as reading, meditating, or taking a warm bath. Avoid screens.



BLOCK IT.

Put your phone on "do not disturb" mode to block it all out when you're trying to sleep.

Learn more at heart.org/lifes8



Heart Health Challenge

1. The heart creates its own electrical impulses and can continue beating outside the body if it has oxygen. T/F
2. About how many times does the average adult heart beat per day?
 - A. Fewer than 50,000 times
 - B. About 70,000–100,000 times
 - C. About 10,000 times
 - D. More than 200,000 times.
3. Getting at least 150 minutes of moderate exercise per week can help strengthen the heart. T/F
4. The heart eventually becomes tired and stops working because it fatigues like other muscles. T/F
5. Which statement best describes the differences between heart attack symptoms in men and women?
 - A. Symptoms are always the same for men and women
 - B. Only women experience chest pain
 - C. Men usually have no symptoms
 - D. Symptoms can be different in women than in men
6. Which part of the body does the heart pump blood to?
 - A. Only the brain and lungs
 - B. Only the arms and legs
 - C. Every part of the body, including the corneas
 - D. Only the organs in the chest and abdomen

Answers in the back.



Heart Healthy Recipes



Autum Squash Bisque with Ginger

Broccoli Cheddar Soup

Crispy Parmesan Baked Fish

Whole-Wheat Zucchini Bread



Autumn Squash Bisque with Ginger

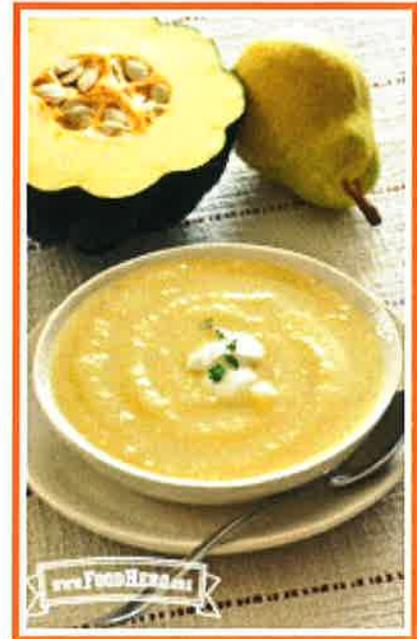


Oregon State
University

Ingredients

- 2 teaspoons **vegetable oil**
- 2 cups chopped **onion**
- 2 pounds **winter squash**, peeled, seeded, and cut into 2-inch cubes (4 generous cups)
- 2 **pears**, peeled, cored, and chopped, or 1 can (15 ounces) sliced pears, drained
- 2 cloves **garlic**, minced
- 2 Tablespoons peeled and chopped fresh **ginger**, or 1 teaspoon powdered ginger
- ½ teaspoon **thyme**
- 4 cups low-sodium chicken or vegetable **broth** (see **Notes**)
- 1 cup **water**
- 1 Tablespoon **lemon juice**
- ½ cup **plain nonfat yogurt**

Makes: 10 cups
Prep time: 15 minutes
Cooking time: 45 minutes



Directions

1. Wash hands with soap and water.
2. Rinse or scrub fresh fruits and vegetables under running water before preparing.
3. Heat oil in a large pot over medium heat.
4. Add onions and stir until softened, 3 to 4 minutes.
5. Add squash, pears, garlic, ginger and thyme. Stir while cooking for 1 or 2 minutes.
6. Add broth and water. Bring mixture to a boil, then reduce heat to low. Simmer with pot covered until squash is tender, about 35 to 40 minutes.
7. Purée soup in a blender or with an immersion blender. If using a blender, follow manufacturer's directions for puréeing hot liquids.
8. Return soup to pot and heat through. Stir in lemon juice.
9. Garnish each serving with a spoonful of yogurt.
10. Refrigerate leftovers within 2 hours.

Notes

- No broth? Use 1 teaspoon or 1 cube bouillon dissolved in 1 cup water for each cup of broth.
- Freeze extra lemon juice to use later.

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Nutrition Facts

10 servings per container	
Serving size	1 cup (286g)
Amount per Serving	
Calories	90
% Daily Values*	
Total Fat 1g	1 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 400mg	17 %
Total Carbohydrate 20g	7 %
Dietary Fiber 3g	11 %
Total Sugars 7g	
Includes 0g Added Sugars	0 %
Protein 2g	
Vitamin D 0mcg	0 %
Calcium 72mg	6 %
Iron 1mg	6 %
Potassium 410mg	8 %
Vitamin A 502mcg	56 %
Vitamin C 24mg	27 %

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Broccoli Cheddar Soup



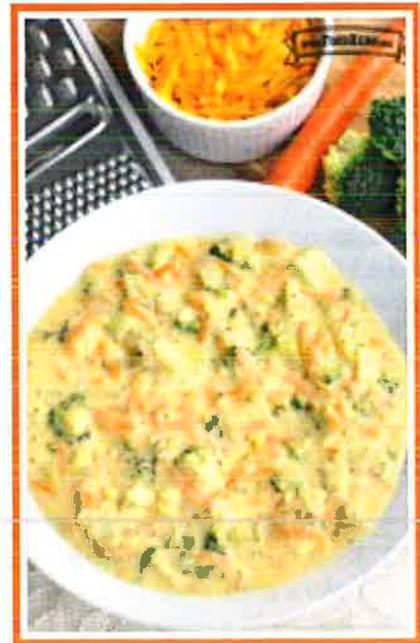
Ingredients

- 1 cup chopped **onion**
- 1 cup shredded **carrot**
- 1 ½ teaspoons **margarine** or **butter**
- 2 cups low-sodium **broth** (any type)
- 2 cups chopped **broccoli** (fresh or frozen)
- 1 cup nonfat or 1% **milk**
- ¼ cup **flour**
- ½ cup shredded **cheddar cheese** (2 ounces)
- ⅛ teaspoon **black pepper**

Makes: 4 Cups
Prep time: 10 minutes
Cooking time: 15 minutes

Directions

1. Wash hands with soap and water.
2. Rinse or scrub fresh vegetables under running water before preparing.
3. In a medium saucepan over medium-high heat, saute onion and carrot in margarine or butter until onions begin to brown. Add broth and broccoli. Simmer until broccoli is tender, 5 to 7 minutes.
4. In another container, slowly stir the milk into the flour until smooth. Stir the milk mixture into the soup. Bring to a boil and continue stirring until slightly thickened, 3 to 5 minutes.
5. Add cheese and pepper. Heat over low heat until cheese is melted. Serve hot.
6. Refrigerate leftovers within 2 hours.



Notes

- You can thicken the soup with 2 Tablespoons of cornstarch instead of flour.
- No broccoli? Try another vegetable, such as asparagus, cauliflower or green beans.
- Try adding cooked or canned chicken for more protein.

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Nutrition Facts

4 servings per container	
Serving size	1 cup (308g)
Amount per Serving	
Calories	180
<small>% Daily Value*</small>	
Total Fat 7g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 200mg	9%
Total Carbohydrate 19g	7%
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 1mcg	6%
Calcium 217mg	15%
Iron 1mg	6%
Potassium 481mg	10%
Vitamin A 367mcg	41%
Vitamin C 38mg	42%

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Crispy Parmesan Baked Fish



Oregon State
University

Ingredients

- ¾ cup plain **breadcrumbs**
- ¼ cup grated **parmesan cheese**
- ¼ teaspoon **thyme**
- ¼ teaspoon **onion powder**
- ¼ teaspoon **paprika**
- ¾ cup nonfat or 1% **milk**
- 2 pounds **fish fillets** (try any white fish)

Makes: 8 Servings

Prep time: 20 minutes

Cooking time: 15 minutes

Directions

1. Wash hands with soap and water.
2. Preheat oven to 500 degrees F. Lightly grease a baking sheet.
3. In a small bowl, mix together breadcrumbs, cheese, thyme, onion powder and paprika.
4. Place crumb mixture on a flat plate or sheet of wax paper.
5. Dip fish fillets in milk, then press into crumb mixture to coat all sides. Discard leftover crumbs and milk.
6. Place fish on baking sheet in a single layer. Bake until fish reaches an internal temperature of 145 degrees F using a food thermometer or until fish is opaque and separates easily with a fork. This will take 10 to 15 minutes, but depends on the thickness of the fish.
7. Refrigerate leftovers within 2 hours.



Notes

- Use leftover cooked fish to make fish tacos or add to salads.

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Nutrition Facts

8 servings per container	
Serving size	1/8 recipe (114g)
Amount per Serving	
Calories	140
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 180mg	8%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 1mcg	6%
Calcium 85mg	6%
Iron 1mg	6%
Potassium 232mg	4%
Vitamin A 32mcg	4%
Vitamin C 1mg	1%

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Whole-Wheat Zucchini Bread



Ingredients

- 1 ½ cups **whole-wheat flour** or all-purpose flour (try a combination)
- ½ teaspoon **baking powder**
- ½ teaspoon **baking soda**
- ½ teaspoon **salt**
- 1 ½ teaspoon **cinnamon**
- ½ teaspoon **nutmeg**
- ½ cup **vegetable oil**
- ½ cup **brown sugar** or honey (see **Notes**)
- 2 **eggs**
- 1 teaspoon **vanilla**
- 1 ½ cups grated **zucchini** (squeeze out some moisture after measuring)
- 1 ½ cup chopped **nuts** or seeds, any type (optional)
- ½ cup **raisins** or dried cranberries (optional)

Makes: 16 slices
Prep time: 15 to 20 minutes
Cooking time: 45 to 60 minutes



Directions

1. Wash hands with soap and water.
2. Rinse fresh vegetables under running water before preparing.
3. Preheat oven to 350 degrees F. Lightly grease a 9x5-inch bread pan and set aside.
4. In a medium bowl, combine flour, baking powder, baking soda, salt, cinnamon and nutmeg.
5. In a separate bowl, combine oil, brown sugar, eggs, vanilla and zucchini. Mix until well combined.
6. Add the wet ingredients to the dry ingredients. Stir until the dry ingredients are moistened, without overmixing. Gently add nuts and raisins, if desired.
7. Pour batter into pan and spread into the corners.
8. Bake 45 to 60 minutes or until a wooden pick inserted into the center of the loaf comes out clean.
9. Remove pan from oven and let cool for 10 minutes.
10. Remove bread from pan and let cool completely on a rack. Slice to serve.
11. Wrap to store for several days or freeze for up to 1 month.

Notes

- You can substitute ¼ cup oil with ¼ to ½ cup mashed banana or unsweetened applesauce.
- You can use grated carrot or mashed banana with grated zucchini for a total of 1 ½ cups.
- Try other spices such as cloves, allspice or ginger. If you like spices, use more than the recipe suggests.
- Honey is not recommended for children under 1 year old.
- In a hurry? Try making muffins instead of a loaf. Lightly grease 12 muffin cups and fill with the batter. Bake for 20 to 25 minutes or until a wooden pick inserted into the center of a muffin comes out clean. Freeze extras for a quick meal or snack.

Nutrition Facts

16 servings per container	
Serving size	1 slice (48g)
Amount per Serving	
Calories	150
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 125mg	5%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	7%
Total Sugars 10g	
Includes 7g Added Sugars	14%
Protein 3g	
Vitamin D 0mg	0%
Calcium 39mg	4%
Iron 1mg	5%
Potassium 130mg	2%
Vitamin A 11mg	1%
Vitamin C 2mg	2%

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 - A. Fewer than 50,000 times
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 - C. About 10,000 times
 - D. More than 200,000 times.
3. Getting at least 150 minutes of moderate exercise per week can help strengthen the heart. **True**
4. The heart eventually becomes tired and stops working because it fatigues like other muscles. **False**
5. Which statement best describes the differences between heart attack symptoms in men and women?
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 - C. Men usually have no symptoms
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Resources

AMERICAN HEART ASSOCIATION (AHA)

MILLION HEARTS, DEPT. OF HEALTH & HUMAN SERVICES

NATIONAL HEART, LUNG, & BLOOD INSTITUTE (NHLBI)

DIETARY APPROACHES TO STOP HYPERTENSION (DASH)

ACADEMY OF NUTRITION AND DIETETICS

CONTACT COMMUNITY HEALTH & OUTREACH FOR:

- CONNEXIONS
- SHIBA (MEDICARE ASSISTANCE)
- EMPLOYEE WELLNESS
- FREE HEALTH SERVICES, SUCH AS:
 - FREE HEALTH SCREENINGS
 - FREE CAR SEAT INSPECTIONS/INSTALLATIONS
 - FREE BIKE HELMET FITTINGS
 - FREE LIFE JACKETS FOR CHILDREN < 13 YEARS
 - FREE TOBACCO CESSATION COUNSELING
 - AND MORE!

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