



Staying Heart Healthy After 65: What You Need to Know About Atrial Fibrillation

American Heart Association

Adults aged 65+ are at the highest risk for developing a dangerous heart condition called atrial fibrillation (AFib). When left untreated, AFib can increase your risk of having a stroke by 500% and double your chances of heart-related death. Even scarier is that many older adults never experience, or fail to recognize, AFib warning signs. But there are steps you can take to prevent or manage AFib. Start by following our tips below.

What causes AFib?

AFib affects 9% of Americans aged 65+ and occurs when electrical signals in the upper chambers of your heart become chaotic—causing the upper chamber to quiver rather than pump, disrupting its ability to efficiently move blood through its chambers.

When blood collects in the upper chambers or moves slowly, a clot can form and potentially cause you to have a stroke if it is pumped out of your heart and travels to your brain. So what can you do to prevent or manage AFib?

Know and avoid AFib risk factors

There are some risk factors that are unavoidable, like age and family history, but you have the power to control other risks. Start by taking a broader approach to chronic disease prevention and management. Conditions like high blood pressure, heart disease, obesity, and sleep apnea are major AFib triggers that are often easy to prevent.

Also adjust your lifestyle habits:

- Limit alcohol consumption
- Don't smoke
- Avoid prolonged athletic training

Stay on alert for AFib symptoms

Some of AFib's most common symptoms aren't typically seen as alarming. That's why it's especially important to know the warning signs and not dismiss them. Signs include:

- A fluttering heartbeat
- Heart palpitations
- Light-headedness
- Feeling winded even while at rest
- Chest pain
- Fainting

Today's technology has made it easier for medical professionals to detect AFib early, so don't be a stranger at the doctor's office. Be proactive and make sure to get your annual wellness checkup and take advantage of all of Medicare's preventive benefits and screenings.

Manage AFib with treatment

If you suspect that you have AFib—or if you've already been diagnosed—know that there are treatments that can significantly reduce your risk of a stroke. Explore your options with a health care professional. Treatment could include blood thinner medications and/or a surgical procedure called a cardiac ablation, which removes the bad heart tissue. Keep in mind that if your doctor prescribes medications, don't stop taking them even if you no longer notice symptoms—it doesn't mean AFib is gone.

February is American Heart Month

February is a great month to pay close attention to your heart health, but following these tips will help you stay healthy all year long. Be proactive about avoiding the risk factors for AFib and visiting your doctor.



ASK A LAWYER

I expect to receive a tax refund. I would like to save part of it, but I don't want to lose my benefits. What can I do?

Some benefits will not change if you save money. Healthy Indiana Plan (HIP), most children's medical coverage, Medicare, and Social Security are unaffected by savings.

If you receive SNAP (food stamps), you may have \$5000.00 in countable assets. In addition, the following items are not counted:

- Tax-favored savings for your child's education (529 accounts and Coverdell educational accounts);
- Tax-favored retirement accounts (for example, IRA, 401(k), 403(b), SEP, and Keogh Plans);
- Individual Development Accounts;
- ABL Accounts;
- Certain irrevocable funeral arrangements or trusts; and
- Funds received from the Earned Income Tax Credit.

If you receive Medicaid under the blind, aged or disabled category or SSI, you may have savings of \$2000 for a household of one or \$3000 for a household of two. The following items are not counted:

- Tax-favored savings for your child's education;
- Tax-favored retirement accounts that are not available (usually because the individual is still employed—the fact that a penalty is imposed for early withdrawal does not make the account unavailable);
- Certain irrevocable funeral arrangements;
- Individual Development Accounts;
- ABL Accounts; and
- Tax refunds for one year after receipt.

and/or copays and deductibles, you are permitted to have \$7730 for a single person and \$11,600 for a couple. If you receive Medicaid for disabled individuals who work, your retirement accounts are not counted.

I have a judgment against me. Can I still save?

The law protects certain assets from creditors. You can protect the following from your judgment creditors:

- \$400.00;
- All funds in tax-favored retirement or educational accounts;
- Earned Income Tax Credit;
- Health Care Savings Accounts and Medical Savings Accounts; and
- Life insurance payable to a spouse or dependent.

If a creditor freezes your bank account containing exempt funds, you will have to go to court to claim your funds that are protected by an exemption.

This information is provided as a public service by Indiana Legal Services, Inc. This is not legal advice. Indiana Legal Services, Inc., provides free legal services, including advice, to low income individuals and to individuals over the age of 60. New applications are accepted by telephone Monday through Friday between 9:00 a.m. and 1:00 p.m. CST at 844-243-8570. You may submit questions for future columns to katherine.rybak@ilsnet.



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Senior Center Activities Calendar

<p>LET ALL THAT YOU DO BE DONE WITH LOVE.</p> <p>1 CORINTHIANS 16:14 NKJV</p>					<p>1 8a-10a Breakfast/Current Events 9:30a Personal Care AM/ Washcloths 10a Exercise/ROM 11a Bingo: Goodwin 12p Lunch 1p Bowling @V.U. 2p Snack 3p Heart Craft 4p Home</p>
<p>4 8a-10a Breakfast/Current Events 9:30a Personal Care AM/ Washcloths 10a Exercise/ROM 11a Bingo: Clearview Eye 12p Lunch 1p Swimming @ Y 2:30p Snack 3p Puzzle Wreath 4p Home</p>	<p>5 8a-10a Breakfast/Current Events 9:30a Personal Care AM 10a Norma Keller 11a Bingo: Willow Manor 12p Lunch 1p Valentine Popcorn Party 2p Snack 3p Valentine Trivia 4p Home</p>	<p>6 8a-10a Breakfast/Current Events 9:30a Personal Care AM/ Washcloths 10a Hand bells & Exercise/ROM 11a Bingo: Mayor Yochum 12p Lunch 1p T-Shirt Class 2p Snack 3p Goals 4p Home</p>	<p>7 8a-10a Breakfast/Current Events 9:30a Personal Care AM/ Washcloths 11a Bingo: Arby's 12p Lunch 1p Story Time 1p Shopping 2p Snack 3p Valentine Packs 4p Home</p>	<p>8 8a-10a Breakfast/Current Events 9:30a Personal Care AM/ Washcloths 10a Exercise/ROM 11a Back2Health Spinal Stress Screen - Door Prizes 12p Lunch 1p Bowling @ V.U. 2p Snack 2:30p Movie and Popcorn 4p Home</p>	
<p>11 8a-10a Breakfast/Current Events 9:30a Personal Care AM/ Washcloths 10a Exercise/ROM 11a Bingo: Hometown Hearing 12p Lunch 1p Swimming @ Y 2p Valentine Jelly Heart Cookie 2:30p Snack 3p Goals 4p Home</p>	<p>12 8a-10a Breakfast/Current Events 9:30a Personal Care AM 10a Nurse In-Service 11a Bingo: Vincennes Housing 12p Lunch 1p Knox Co. Ext. Cooking Class 2p Snack 4p Home 6p Moonlight Extravaganza</p>	<p>13 8a-10a Breakfast/Current Events 9:30a Personal Care AM/ Washcloths 10a Hand bells & Exercise/ROM 11a Valentine Bingo 12p Lunch 1p Hand Sewn Cards 2p Snack 3p Reminisce 4p Home</p>	<p>14 8a-10a Breakfast/Current Events 9:30a Personal Care AM/ Washcloths 10a Devotional Time 11a Bridget Miller 12p Lunch 1p Valentine Fun 1p Shopping 3p No Sew Heart Pillow 4p Home</p>	<p>15 8a-10a Breakfast/Current Events 9:30a Personal Care AM/ Washcloths 10a Exercise/ROM 11a Bingo: VFW Post 1157 12p Lunch 1p Bowling @ V.U. 2p Snack 3p Lazer tag 4 pmHome</p>	
<p>18 8a-10a Breakfast/Current Events 9:30a Personal Care AM/ Washcloths 10a Exercise/ROM 11a Bingo: Lodge of the Wash 12p Lunch 1p Swimming @ Y 2:30p Snack 3p Candied Strawberries Class 4p Home</p>	<p>19 8a-10a Breakfast/Current Events 9:30a Personal Care Am 10a Nurse In-Service 11a Bingo: Avon 12p Lunch 2p Snack 3p Riddles 4p Home</p>	<p>20 8a-10a Breakfast/Current Events 9:30a Personal Care AM/ Washcloths 10a Handbells & Exercise/ROM 11a Bingo: Save-A-Lot 12p Lunch 1p Foot Care 3p Planning Session 4p Home</p>	<p>21 8a-10a Breakfast/Current Eventscurrent events 9:30a Personal Care AM/ Washcloths 11a Bingo: Candy Bar 12p Lunch 1p Heart Mini Cherry Pies 1p Shopping 3p Goals 4p Home</p>	<p>22 8a-10a Breakfast/Current Events 9:30a Personal Care AM/ Washcloths 10a Exercise/ROM 11a Bingo: Ron 12p Lunch 1p Movie and Popcorn 2:30p Snack 3p Goals 4 pm Home</p>	
<p>25 8a-10a Breakfast/Current Events 9:30a Personal Care AM/ Washcloths 10a Exercise/ROM 11a Bingo: VFW Auxiliary 12p Lunch 1p Swimming @ Y 2p Snack 3p Massage 4p Home</p>	<p>26 8a-10a Breakfast/Current Events 9:30a Personal Care Am 10a Nurse In-Service 11a Bingo 12p Lunch 1p WW Welcome Sign 2p Snack 3p Board Games 4p Home</p>	<p>27 8a-10a Breakfast/Current Events 9:30a Personal Care AM/ Washcloths 10a Handbells & Exercise/ROM 11a Bingo: Gentlecare 12p Lunch 1p Nails 2:30p Snack 3p Story Time 4p Home</p>	<p>28 8a-10a Breakfast/Current Events 9:30a Personal Care AM/ Washcloths 11a Bingo: VanGo/BIRTHDAY BASH! 12p Lunch 1p Butterfly Trees 1p Shopping 2p Snack 3p Goals 4p Home</p>		<p style="text-align: center;">Birthday Bash is sponsored by</p>  <p style="text-align: center;">1024 Washington Ave, Vincennes</p>

FEBRUARY LUNCH MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>Table of Measurements</p> <p>Breakfast: -milk, juice, fruit, vegetable grain, bread</p> <p>Lunch Milk, fluid, meat, 1st fruit/ vegetable, 2nd fruit/ vegetable, grain, bread</p> <p>P.M. Snack Milk, fluid, meat/meat alternate grain, bread, juice, vegetable, fruit, bread</p> <p>Key: Bread— 2 slices Veggies/fruit— 1/2 cup Protein— 3 oz.</p> <p>Entrée, Casserole, and/or soup— 1 cup Skim or Fat Free Milk/fluid - 8 oz.</p>					1 Beef Tostada on Corn Shell 180c, Refried Beans 100c, Mexican Corn 80c, Pineapple Slice 50c, Milk 122c	
					Calories 722	
		4 Pulled Pork BBQ on Bun 210c, Au Gratin Potatoes 150c, Buttered Broccoli 75c, Strawberry Jell-O w/Mixed Fruit 75c, Milk 122c	5 Veggie Soup w/ Hamburger & Saltine Crackers 260c, Ham Salad on WG Wheat Bread 150c, Sliced Pears 60c, Milk 122c	6 Super Supreme Pizza w/Sausage w/ Pepperoni, Onion, Bell Pepper & Cheese 392c, Fresh Fruit Salad 80c, Homemade Oatmeal Cookie 60c, Milk 122c	7 Oven Fried Chicken 220c, Mashed Potatoes 150c, Brussel Sprouts w/Cheese Sauce 90c, Fruit Cocktail 70c, Dinner Roll 59c, Milk 122c	8 Tuna on Toast w/ Cheese Sauce 280c, California Blend Veggies 80c, Coleslaw 90c, Mixed Fruit 70c, Milk 122c
		Calories 700	Calories 822	Calories 637	Calories 586	Calories: 642
		11 Egg Casserole w/ Sausage & Veggies 220c, Milk Gravy & Biscuit 160c, Hot Cinnamon Apples 80c, Milk 122c	12 Baked Potato w/ Cheese, Bacon, Broccoli 280c, Cottage Cheese w/Pine Ppple 90c, Dinner Roll 59c, Chocolate Pudding 70c, Milk 122c	13 Beef Sheppard Pie w/Mashed Potatoes 275c, Deviled Eggs 80c, WG Wheat Bread 59c, Fruit Parfait 70c, Milk 122c	14 Spaghetti w/Chunky Meat Sauce & Veggies 300c, Cheesy Garlic Bread 140c, Old Fashion Green Beans w/ Onions & Potatoes 120c, Cole Slaw 90c, Trio Dessert Plate w/ Texas Sheet Cake, Dipped Strawberry & Vanilla Mousse 180c, Milk 122c	15 Chicken Nuggets w/ Ranch Dressing 210c, Twice Baked Potatoes 150c, Creamed Peas 80c, WG Wheat Bread 59c, Milk 122c
		Calories 582	Calories 621	Calories 606	Calories 852	Calories 642
		18 Polish Sausage w/ Sauerkraut 260c, Scaloped Potatoes 150c, Apple Raisin Bake 90c, WG Wheat Bread 59c, Milk 122c	19 Old Fashion Meat-loaf 240c, Cheese Mashed Potatoes 170c, Glazed Carrots 70c, Sliced Pears 60c, WG Wheat Bread 59c, Milk 122c	20 Homemade chicken & Noodles 260c, Mashed Potatoes 150c, Peas & Carrots 70c, Vanilla Pudding Parfait w/Fresh Fruit 90c, Dinner Roll 59c, Milk 122c	21 Great Northern Beans w/Ham 225c, Cornbread Muffin 137c, Fried Taters w/ Onion 140c, Spinach 60c, Fresh Banana 70c, Milk 122c	22 Chicken Cacciatore Over White Rice 280c, Buttered Peas 80c, Tropical Fruit Salad 70c, Hot Roll 59c, Milk 122c
		Calories: 622	Calories 721	Calories: 751	Calories 754	Calories 611
		25 Chili Soup w/Crackers 300c, Peanut Butter & Grape Jelly on Wheat 175c, Corn Chips 75c, Jell-O w/Peaches 70c, Milk 122c	26 Lasagna w/Meat & Cheese 275c, Garlic Bread 130c, Buttered Corn 80c, Warm Cinnamon Peaches 60c, Milk 122c	27 Fish Foil Packs w/ Carrots, Broccoli, Cauliflower 280c, Mandarin Orange Fluff 80c, Dinner Roll 59c, Milk 122c	28 Hamburger on Bun w/Pickle, Onion, Mustard, Ketchup 240c, Oven French Fries 150c, Old Fashioned Baked Beans 90c, Cinnamon Applesauce 60c, Milk 122c	
		Calories 742	Calories: 667	Calories 541	Calories 662	

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NOLA DAVIS

Director,
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With Christmas over, one would think I would be able to stay out the store for at least a month or so. I did make a trip out the day after Christmas to pick up a loaf of bread and was completely surprised to find all the Valentines already out on the shelf. It seems we barely get through one holiday before we are bombarded with the next. I quickly skimmed the shelf but really left unimpressed. Oh, the shelves were full enough, it just didn't seem all that appealing. I pondered that issue later that evening and decided that it really wasn't the quantity, but in fact the display that beckons me to buy an item.

When I was young, I lived in a small place with a booming town square full of businesses. My trips there were always wonderful as we viewed the large shop windows full of holiday items. While I loved the Christmas windows with their brightly shining lights, there was little to compare to the ones they did for Valentine's day. One such window was host to a massive display of large red velvet heart shaped candy boxes. There would always be at least one of those boxes open to display the decadent caramel turtles or coconut bon Bon's nestled inside. Each box was generally adorned with a large red ribbon or cluster of gorgeous red, pink or white flowers. Around the window there was generally red or white tulle which pulled the display together nicely. I can close my eyes and still see all those beautiful boxes being displayed on crystal pedestals at different heights creating the most wonderful visual treat. Stores like that just beckoned one in to browse their many wares and that is just what we did. The old glass candy case reached more than half way down the middle of the store. It was a sight in itself. One side was filled with

chocolates and the other with bright red hard candy confections, jelly creams and conversation hearts. There was always the same lady behind the counter ready to dip up your order into a small white bag. Mom and I would hop up on the round stools as she ordered us both a fountain Coke with lots of ice. While sitting there the waitress would often stop by to offer us a sample of the candy of the month; and more often than not mom would have her add another bag of candy to our bill.



Sitting there in the brightly decorated store, sipping Coke and eating candy; we listened to the tunes being emitted from a nearby display of music boxes. They came in several size and shapes. Some played "Fur Elise" and others "Amazing Grace". I wanted them all, but one in particular caught my eye. Mom assured me that was a purchase for another time, so we headed down the aisle looking for something a little bit cheaper.

The jewelry counter played host the even more beautifully displayed items. I saw it immediately. The red velvet box was home to a gold chain link bracelet with a red heart shaped stone in the middle. I wanted it. Mom offered me a box of valentines instead and I left the store with them tucked safely under my arm.

That night I spent some time putting my name on the back of those cute little cards for my friends. The day before Valentine's day was my birthday. For some reason I always thought of Valentine's day as my own personal holiday since they were so close together. The next morning, I headed to breakfast and sitting by my plate was the box. No, not candy. No not a music box, but my bracelet. I had wanted it the minute I saw it, and getting it made me quite happy. It was half birthday, half valentine gift but I was thrilled either way. It is funny the little things that make me happy. I have always

liked getting heart shaped things on my birthday. A heart shaped cake or necklace was always my favorite gifts.

So, every Valentine's day I make the trek to find that very special something for that very special someone who stole my heart many years ago. I have always spent too much time in the store and long for the days when stores did more than just sit things on a shelf, but it doesn't matter really. This year I have some new-found friends in the shopping world to help me out. Their names are Amazon and Ebay. No big fancy display windows but also, no traffic, no hustle bustle, no lines to wait in, just the comfort of my front room recliner. Yes folks, I think I am going to adapt. I think I am going to adapt! Have a happy Valentine's day.

SOCIAL SECURITY ADMINISTRATION

GET YOUR SOCIAL SECURITY BENEFIT STATEMENT (SSA-1099)

Tax season is approaching, and Social Security has made replacing your annual Benefit Statement even easier. The Benefit Statement is also known as the SSA-1099 or the SSA-1042S. Now you can get a copy of your 1099 anytime and anywhere you want using our online services. A Social Security 1099 is a tax form Social Security mails each year in January to people who receive Social Security benefits. It shows the total amount of benefits you received from Social Security in the previous year so you know how much Social Security income to report to the IRS on your tax return. If you live in the United States and you need a replacement form SSA-1099 or SSA-1042S, simply go online and request an instant, printable replacement form through your personal *my Social Security* account at www.socialsecurity.gov/myaccount. A replacement SSA-1099 or

SSA-1042S is available for the previous tax year after February 1.

If you already have a *my Social Security* account, you can log in to your online account to view and print your SSA-1099 or SSA-1042S. If you don't have access to a printer, you can save the document on your computer or laptop or even email it. If you don't have a *my Social Security* account, creating one is very easy to do and usually takes less than 10 minutes.

If you receive benefits or have Medicare, your *my Social Security* account is also the best way to:

- Get your benefit verification letter;
- Check your benefit and payment information;
- Change your address and phone number;
- Change your direct deposit information;
- Request a replacement Medicare card; or
- Report your wages if you work and receive Social Security disability insurance or Supplemental Security Income (SSI) benefits.

If you're a noncitizen who lives outside of the United States and you received or repaid Social Security benefits last year, we will send you form SSA-1042S in the mail. The forms SSA-1099 and SSA-1042S are not available for people who receive Supplemental Security Income (SSI). With a personal *my Social Security* account, you can do much of your business with us online, on your time, like get a copy of your SSA-1099 form. Visit www.socialsecurity.gov to find out more.

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