



Angelus Plaza Senior Activity Center
A Retirement Housing Foundation® Community
255 South Hill Street
Los Angeles, CA 90012

Phone (213) 623-4352
Fax (213) 626-0280
TDD (800) 545-1833, Ext. 359
www.angelusplaza.org

The Flight by Angelus Plaza

A Retirement Housing Foundation® Community



Now Accepting Applications

Affordable Senior Housing



ANGELUS PLAZA

255 S Hill Street, Los Angeles, CA 90012
(213) 623-4352

February 3 – 14, 2020

Applications may be picked Monday – Friday between 9AM and 3PM at the above address or may be obtained online at www.rhf.org and www.angelus.plaza.org

The primary applicant must be at least 62 years of age or older

Applicants must meet annual income levels of less than \$36,550 for one person or \$41,800 for two persons.

Completed Applications must be post marked no later than February 14th 2020 and mailed to 911 N. Studebaker Rd., Long Beach, CA 90815
No walk-in applications will be accepted.

Toll-Free (877) YES-4RHF • (877) 937-4743 / (562) 257-5100

Section 504 Coordinator:
Stuart Hartman, Senior Vice President of Operations,
Foundation Property Management, Inc.,
911 N. Studebaker Road, Long Beach, CA 90815
(562) 257-5100 • TDD (800) 545-1833 x359



Notification of Nondiscrimination on Basis of Disability Status

Retirement Housing Foundation does not discriminate on the basis of disability status in the admission or access, or treatment of employment in its federally assisted programs. The person named below has been designated to coordinate compliance with nondiscrimination requirements contained in the Department of Housing and Urban Development's regulations implementing Section 504 (24CFR, Part 8 dated June 2, 1998).

Stuart Hartman
Sr. Vice President of Operations
911 N. Studebaker Road,
Long Beach, CA 90815
Telephone: 562-257-5100
TDD 800-545-1833, ext. 359

VALENTINE'S Message

"The best thing to hold onto in
life is each other."

~ Audrey Hepburn

California African American Museum

Thursday, 1/13
9:30 a.m.

Valentine's Day Celebration

with Mike and Mandy
Friday, 2/14
11:30 a.m.

Good Samaritan Health Lecture

Wednesday, 2/26
2:00 p.m.



Valentine’s Day has become a significant cultural celebration of romance and romantic love.

Among true sweethearts, Valentine’s Day is the best occasion to refresh the love they share together. My wife and I have now celebrated Valentine’s Day as sweethearts for 68 years. After all these years of married life, I now reminisce about the wonder and beauty of living together as lovebirds in this paradise.

In my particular case, at the age of 28, I had a few sweethearts whom I could greet with beautifully-worded Valentine’s cards and fresh aromatic flowers. So I know that Valentine’s Day also applied to unmarried sweethearts. After all these years, I realize that sweethearts stay longer by getting married - just like Linda and I did.

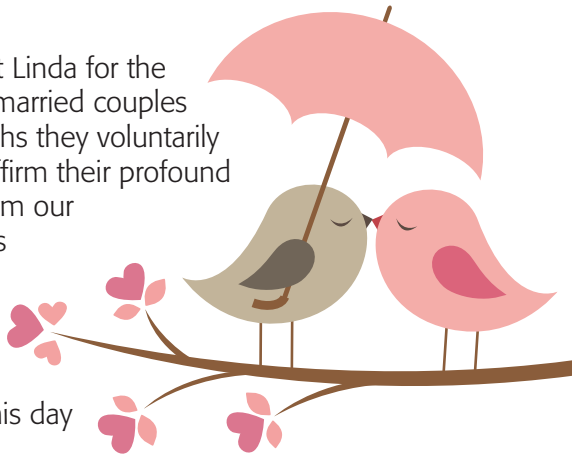
I first met Erlinda Nazareth, an eighteen-year old intern at the exclusive St. Isabel School for Women, in Manila, Philippines. Erlinda attended a Valentine’s Day dance celebration with her mother by her side as a chaperone. I also attended that same celebration with my then-sweetheart of the moment. To make a long story short, Linda (as I call her now) and I were married the following year! Am I ever glad! This year, we will mutually celebrate Valentine’s Day as sweethearts once again! We will celebrate as joyfully as we did when we made our matrimonial vows those many years ago.

In my perception nowadays, living on earth is a daily, romantic experience. Each day is filled with mirth, excitement and wonder... although it can sadly interspersed with suffering, pain, and the assorted challenges and vicissitudes of daily life. Why so? From our life experience, I realize that the matrimonial vows we made to each other, performed in recognition of existing moral codes based upon mutual love, helps us to tolerate any conflict we might experience. In other words, the discomfort of conflicts becomes manageable. When you possess such a mutual love, irritating words are not used and violent anger is avoided. The constant practice of remembering and keeping our matrimonial vows fresh makes any unpleasant encounter easily bearable. Indeed, our mutual love worked even better than we expected! Each Valentine’s Day is a wonderful day; each passing year reminds of this important fact.

In celebrating Valentine’s Day, I reaffirm my avowed love in 2020 to my sweetheart Linda for the 68th time without so many words - like all lovebirds do. Whether young or old, all married couples are like lovebirds. These couples are ever mindful of the romantic avowals and oaths they voluntarily made to each other. Valentine’s Day is an occasion when they can once again reaffirm their profound love to their sweetheart. We can do it even with a few simple words when we affirm our complementary status as “*your valentine*.” In virtue of this shared love, sweethearts everywhere ought to celebrate Valentine’s Day because it reminds them of the joy they have experienced together.

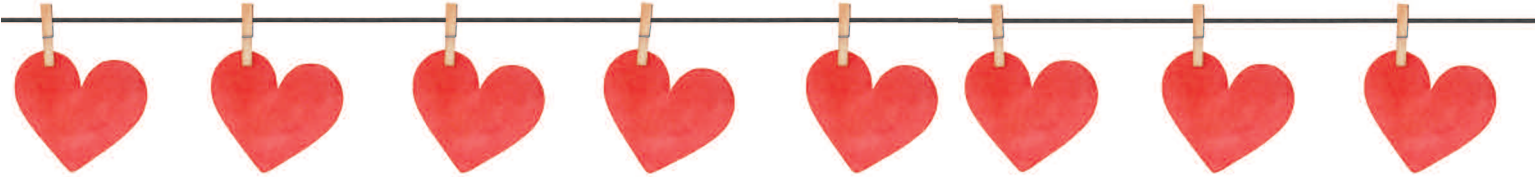
Yes! For Linda and me, we also reveal in this joy. So among sweethearts, let us all celebrate this year’s Valentine’s Day as another wonderful blessing. So celebrate this day as if another one may not come again.

Your Valentine,
Franco Arcebal



Angelus Plaza Clubs

- DANCE**
Latin-American Club
Sundays,
10:00 a.m. - 4:00 p.m.
Activity Room
- MUSIC**
Chinese Resident Chorus
Wednesdays, 5:00 p.m.
Room 313
- RECREATION**
Billiard (Pool)
Monday - Friday,
8:30 a.m. - 4:30 p.m.
Activity Room
- Chinese Residents Club**
Monday - Friday,
9 a.m. - 12:00 p.m. Room 404
- Korean Chorus**
Saturdays, 10:00 a.m.
4th Floor Cafeteria
- Sewing Club**
Tuesdays & Thursdays
9:30 a.m. - 12:00 p.m. Room 403
- Los Angeles Council Filipino-American Senior Dance Club**
Tuesdays and Fridays,
11:30 a.m. - 2:30 p.m.
Activity Room
- Mission Choir**
Saturdays, 10:00 a.m.
Room 313
- Ping-Pong**
Wednesdays, 10:00 a.m.
Activity Room
- Latin-American Club Game Day**
Wednesdays, 1:30 - 4:30 p.m.
4th Floor Cafeteria



Spiritual Services at Angelus Plaza

- TUESDAY - FRIDAY SERVICES**
5:00 a.m. UNIVERSAL CHRISTIAN MISSION CHURCH Morning Prayers - 3rd Floor Library
5:00 a.m. TRUE LOVE PRESBYTERIAN MORNING PRAYERS - 5th Floor Dining Room
- WEDNESDAY SERVICES**
10:00 a.m. JOYFUL CHRISTIAN COMMUNITY CHURCH - 2nd Wed. of Each Month 5th Floor Dining Room
2:30 p.m. GLORY CHURCH FELLOWSHIP 2nd Wed. of Each Month 3rd Floor, Room 313
3:00 p.m. MANDARIN BIBLE STUDY 2nd & 4th Wed. of Each Month 3rd Floor Library
- THURSDAY SERVICES**
3:00 p.m. KOREAN BIBLE STUDY 3rd Thurs. of Each Month 4th Floor Auditorium
3:00 p.m. - MANDARIN BIBLE STUDY 3rd & 4th Thurs. of Each Month 3rd Floor Library
- SATURDAY EVENING SERVICES**
4:00 p.m. CATHOLIC MASS 4th Saturday of Each Month 4th Floor Auditorium
6:00 p.m. GRAPE VINE CLUB 2nd Saturday of Each Month 4th Floor Auditorium
- SUNDAY SERVICES**
10:00 a.m. UNIVERSAL MISSION CHURCH SERVICES 3rd Floor Library
10:00 a.m. TRUE LOVE PRESBYTERIAN CHURCH SERVICES 5th Floor Dining Room
11:00 a.m. LA Hope Church Services 4th Floor Auditorium
6:00 p.m. Grape Vine Club 1st Sunday of Each Month - 4th Floor Auditorium

Let’s Celebrate Heart Month in February!

Here are 10 small steps to improve heart your health.

1. **Take a 10-minute walk.** A brief walk is a great way to start. If you do, it's a good way to add more exercise to your day.
2. **Give yourself a lift.** Lifting a hardcover book or a two-pound weight a few times a day can help tone your arm muscles. When that becomes a breeze, move on to heavier items or join a gym.
3. **Eat one extra fruit or vegetable a day.** Fruits and vegetables are inexpensive, taste good, and are good for everything from your brain to your bowels.
4. **Make breakfast count.** Start the day with some fruit and a serving of whole grains, like oatmeal, bran flakes, or whole-wheat toast.
5. **Stop drinking your calories.** Cutting out just one sugar-sweetened soda or calorie-laden latte can easily save you 100 or more calories a day. Over a year, that can translate into a 10-pound weight loss.
6. **Have a handful of nuts.** Walnuts, almonds, peanuts, and other nuts are good for your heart. Try grabbing some instead of chips or cookies when you need a snack, adding them to salads for a healthful and tasty crunch, or using them in place of meat in pasta and other dishes.
7. **Sample the fruits of the sea.** Eat fish or other types of seafood instead of red meat once a week. It's good for the heart, the brain, and the waistline.
8. **Breathe deeply.** Try breathing slowly and deeply for a few minutes a day. It can help you relax. Slow, deep breathing may also help lower blood pressure.
9. **Wash your hands often.** Scrubbing up with soap and water often during the day is a great way to protect your heart and health. The flu, pneumonia, and other infections can be very hard on the heart.
10. **Count your blessings.** Taking a moment each day to acknowledge the blessings in your life is one way to start tapping into other positive emotions. These have been linked with better health, longer life, and greater well-being, just as their opposites — chronic anger, worry, and hostility — contribute to high blood pressure and heart disease.

Article from Harvard Health Publishing

African-American Inventors Who Changed Daily Life

Alexander Miles: Automatic Elevator Doors (1887)

Before automatic doors, people had to manually shut both the shaft and elevator doors before riding. Forgetting to do so led to multiple accidents as people fell down elevator shafts. When Miles’s daughter almost fatally fell down the shaft, he took it upon himself to develop a solution. In 1887 he took out a patent for a mechanism that automatically opens and closes elevator shaft doors and his designs are largely reflected in elevators used today.

Garret Morgan: Three-Light Traffic Light (1923)

After witnessing a traffic accident at an intersection, Morgan decided to expand on the two light system by adding a third yield light to warn motorists of the coming stop.

Frederick McKinley Jones: Refrigerated Trucks (1940)

In the mid-1930s. Jones created a roof-mounted cooling system that’s used to refrigerate goods on trucks. He received a patent for his invention in 1940, and co-founded the U.S. Thermo Control Company, later known as Thermo King. The company was critical during World War II, helping to preserve blood, food and supplies during the war.

Otis Boykin: Pacemaker (1964)

Boykin famously invented a control unit for the pacemaker, a device implanted in the body to help the heart beat normally. Boykin’s invention allowed the pacemaker to be more precisely regulated and thus, safer to use, install and manage.

Shirley Ann Jackson: Caller ID & Call Waiting (1970)

Due to the uncertainty of an unknown phone number, Jackson led research to develop caller ID and call waiting functions while working at AT&T Bell Laboratories in the 1970s.

¡Celebremos el mes de la salud del corazón en febrero!

Aquí hay 10 pequeños pasos para mejorar su salud cardíaca.

1. **Haga una caminata de 10 minutos.** Una breve caminata es una excelente manera de comenzar. Si lo hace, es una buena manera de agregar más ejercicio a su día.
2. **Date un aventón.** Levantar un libro de tapa dura o un peso de dos libras varias veces al día puede ayudar a tonificar los músculos de los brazos. Cuando eso se convierta en una brisa, pase a artículos más pesados o únase a un gimnasio.
3. **Coma una fruta o verdura adicional al día.** Las frutas y verduras son baratas, saben bien y son buenas para todo, desde el cerebro hasta los intestinos.
4. **Haga que el desayuno cuente.** Comience el día con un poco de fruta y una porción de granos integrales, como avena, copos de salvado o tostadas de trigo integral.
5. **Deja de beber tus calorías.** Cortar solo un refresco azucarado o un café con leche cargado de calorías puede ahorrarle fácilmente 100 o más calorías al día. Más de un año, eso puede traducirse en una pérdida de peso de 10 libras.
6. **Tener un puñado de nueces.** Nueces, almendras, cacahuets y otras nueces son buenas para tu corazón. Intente agarrar algunos en lugar de papas fritas o galletas cuando necesite un refrigerio, agregándolos a las ensaladas para un crujiente saludable y sabroso, o utilizándolos en lugar de carne en la pasta y otros platos.
7. **Pruebe los frutos del mar.** Coma pescado u otros tipos de mariscos en lugar de carne roja una vez por semana. Es bueno para el corazón, el cerebro y la cintura.
8. **Respira profundamente.** Intenta respirar lenta y profundamente durante unos minutos al día. Puede ayudarte a relajarte. La respiración lenta y profunda también puede ayudar a bajar la presión arterial.
9. **Lávese las manos con frecuencia.** Frotarse con agua y jabón a menudo durante el día es una excelente manera de proteger su corazón y su salud. La gripe, la neumonía y otras infecciones pueden ser muy duras para el corazón.
10. **Cuenta tus bendiciones.** Tomar un momento cada día para reconocer las bendiciones en tu vida es una forma de comenzar a aprovechar otras emociones positivas. Estos se han relacionado con una mejor salud, una vida más larga y un mayor bienestar, al igual que sus opuestos (ira crónica, preocupación y hostilidad) contribuyen a la hipertensión y a las enfermedades cardíacas.

Por Harvard Health Publishing

Inventores Afroamericanos Que Cambiaron la Vida Cotidiana

Alexander Miles: Puertas automáticas de ascensores (1887)

Antes de las puertas automáticas, la gente tenía que cerrar manualmente las puertas del pozo y del ascensor antes de conducir. Olvidarlo provocó múltiples accidentes a medida que las personas caían por los pozos de los ascensores. Cuando la hija de Miles cayó casi fatalmente por el eje, él se encargó de desarrollar una solución. En 1887, obtuvo una patente para un mecanismo que abre y cierra automáticamente las puertas del hueco del ascensor y sus diseños se reflejan en gran medida en los ascensores que se utilizan en la actualidad.

Garret Morgan: Semáforo de tres luce (1923)

Después de presenciar un accidente de tráfico en una intersección, Morgan decidió expandir el sistema de dos luces agregando una tercera luz de advertencia para advertir a los automovilistas de la próxima parada.

Frederick McKinley Jones: Camiones refrigerados (1940)

A mediados de la década de 1930. Jones creó un sistema de enfriamiento montado en el techo que se usa para refrigerar productos en camiones. Recibió una patente por su invención en 1940, y cofundó la Thermo Control Company de EE. UU., Más tarde conocida como Thermo King. La compañía fue crítica durante la Segunda Guerra Mundial, ayudando a preservar la sangre, los alimentos y los suministros durante la guerra.

Otis Boykin: Marcapasos (1964)

Boykin inventó una famosa unidad de control para el marcapasos, un dispositivo implantado en el cuerpo para ayudar al corazón a latir normalmente. La invención de Boykin permitió que el marcapasos se regulara con mayor precisión y, por lo tanto, fuera más seguro de usar, instalar y administrar.

Shirley Ann Jackson: identificador de llamadas y llamada en espera (1970)

Debido a la incertidumbre de un número de teléfono desconocido, Jackson dirigió una investigación para desarrollar la identificación de llamadas y las funciones de llamada en espera mientras trabajaba en los Laboratorios AT&T Bell en la década de 1970.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

DAILY ACTIVITY CLASSES						
7:00 Lu Toon Chang Exercise (PD)	7:00 Lu Toon Chang Exercise (PD)	7:00 Lu Toon Chang Exercise (PD)	7:00 Lu Toon Chang Exercise (PD)	7:00 Lu Toon Chang Exercise (PD)	7:00 Lu Toon Chang Exercise (PD)	
7:30 Asian Folk Dance (4A)	7:30 Asian Folk Dance (4A)	7:30 Asian Folk Dance (4A)	7:30 Asian Folk Dance (4A)	7:30 Asian Folk Dance (4A)	7:30 Asian Folk Dance (4A)	
8:00 Yuan Ji Dance (PD)	8:00 Yuan Ji Dance (PD)	8:00 Yuan Ji Dance (PD)	8:00 Yuan Ji Dance (PD)	8:00 Yuan Ji Dance (PD)	8:00 Yuan Ji Dance (PD)	
8:30 Kung Fu Exercise (4A)	8:30 Kung Fu Exercise (4A)	8:30 Kung Fu Exercise (4A)	8:30 Kung Fu Exercise (4A)	8:30 Kung Fu Exercise (4A)	8:30 Kung Fu Exercise (4A)	
9:30 Chair Yoga with Denise (3L)	9:00 Experimental Drawing w/Armando (304)	9:30 Chair Yoga w/Denise (3L)	9:30 Guitar Class (313)	9:30 Walk Club w/Denise (3L)	9:30 Chair Yoga with Denise (L)	
10:00 Zumba (3AR)	9:30 Brain Fitness w/Mary (L)	10:30 Zumba (3AR)	12:00 Zumba (3AR)	10:30 ESL (3C)	10:30 English Conversation (3C)	
10:30 Korean Folk Dance (4A)	1:30 Technology Help Clinic (3CL)	10:30 Korean Folk Dance (4A)	1:30 Computer Games: Enhance Brain Power (3CL)	1:30 Korean-American Art (304)	10:30 Guitar Class (313)	
10:30 ESL (3C)	2:00 Chinese Karaoke (4CAF)	10:30 ESL (3C)	1:30 Tai Chi & Massage (3AR)	1:30 Journal Workshop (3CR)	10:30 Project Hands (3C)	
2:00 Korean Karaoke (4CAF)	2:00 Calligraphy Class (304)	2:00 Korean Karaoke (4CAF)		1:30 Technology Help Clinic (3CL)		
	2:30 Line Dance (3FL)			3:30 Line Dance (3FL)		

SPECIAL EVENTS & OUTINGS

LOCATION KEY (3L) Library (3CL) 3rd Floor Computer Lab (3C) 3rd Flor Conference Room (3AR) 3rd Floor Activity Room		(4A) 4th Floor Auditorium (4CAF) 4th Floor Cafeteria (5WiFi) 5th Floor Lounge (5DR) 5th Floor Dining Room (PD) Promenade Deck				I					
2	 Check in by 9:00 a.m. 1:00 p.m. Healthy Joints w/Eunice by Arthritis Foundation (room 313)	3	 1:30 p.m. "Black Panther" 2018 (L)	4	 1:00 p.m. Healthy Joints w/Eunice by Arthritis Foundation (room 313)	5	大華超級市場 99 Ranch Market Check in by 9:00 a.m.	6	 9:30 a.m. Coffee Klatch by Forest Lawn, 5th FL	7	8
9	 Check in by 9:00 a.m. 1:00 p.m. Healthy Joints w/Eunice by Arthritis Foundation (room 313)	10	 Check in by 11:00 a.m. 1:30 p.m. "Loving" 2016 (L)	11	 1:00 p.m. Healthy Joints w/Eunice by Arthritis Foundation (room 313)	12	 9:30 a.m. California African American Museum	13	Valentine's Day  11:30 a.m. Valentine's Day Celebration with Mike & Mandy (4CAF)	14	15
16	President's Day  Check in by 9:00 a.m. 1:30 p.m. "Guess Who's Coming to Dinner" 1967 (L)	17	 Check in by 11:00 a.m.	18	 5:00 p.m. Chinese Resident Birthday Party	19	 1:30 p.m. Resident Birthday Celebration w/Daniel's Jazz Band Trio (5DR)	20	 1:30 p.m. 효자동 이발사 (L)	21	22
23	 Check in by 9:00 a.m. 1:30 p.m. "My Week with Marilyn" 2011 (L)	24		25	 2:00 p.m. Health Lecture by Good Samaritan (L)	26	 1:30 p.m. Bingo! (3FL)	27	 1:30 p.m. 我不是潘金蓮 (L)	28	29

Need urgent care?

- Open 24/7, including holidays and weekends
- No appointment necessary
- Timely access to medical care
- May cost less than an emergency department

Mention this ad during your visit and receive one of our deluxe lunch bags!



HealthCare Partners-Los Angeles Urgent Care Clinic
1120 W. Washington Blvd., Los Angeles, CA 90015
213.861.5950
(TTY: 711)



HealthCare Partners.

©2018 HealthCare Partners

Olive Hill Pharmacy

On the 2nd Floor of Administration Building

Business Hours
9:30 AM-6:00 PM(Monday-Friday)
Tel:(213)680-2000

올리브힐 약국

관리사무소 건물 2 층에 있습니다

Olive Hill 药店

位于管理办公室的二楼

Tel: (213)680-2000

True Love Presbyterian Church

참사랑 장로 교회

Morning Prayer

5:30 am
Tuesday – Friday
새벽 기도 오전 5:30
(화요일 ~ 금요일)

Sunday Worship

11:00 am
주일 예배 오전 11:00

tel. 1(213) 268-9355
255 South Hill Street
5th Floor Dining Room

DOWNTOWN L.A.: WHERE YOU'LL FIND THE CITY'S FUTURE

GOOD SAMARITAN HOSPITAL: WHERE YOU'LL FIND THE FUTURE OF MEDICINE

We Bring L.A. to Life

Just as Downtown L.A. is undergoing a spectacular rebirth, Good Samaritan Hospital is undergoing an amazing transformation of its own. With the upcoming opening of the new Medical Pavilion, we have created a magnificent leading edge facility, which is home to the Frank R. Seaver Ambulatory Surgery Center, Radiation Oncology, pharmacy, physicians' offices and boutique café.

For services closer to home, the Tom Bradley Center for Health Care, operated by Good Samaritan Hospital, is located on the second floor at Angelus Plaza in the heart of the historic Bunker Hill area of downtown Los Angeles.

The Center offers services to get you back to health. Our services are designed with you in mind and we strive to serve you as a whole person, meeting your needs with care and excellence.

For more information about the Tom Bradley Center for Health Care call (213) 633-4777.

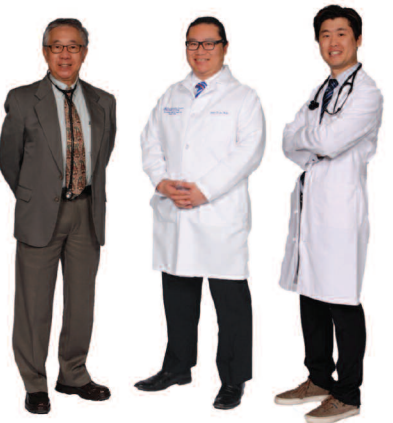
For more information and referrals to physicians practicing at Good Samaritan Hospital, go to goodsam.org or call 1-800-472-2737.



Good Samaritan Hospital

A Tradition of Caring

Doctors who practice at Good Samaritan Hospital and Tom Bradley Center for Health Care are independent contractors, not employees.



Alex Chai, MD John Liu, MD David Sohn, MD

COMMERCIAL CONNECTIVITY SERVICES

www.commercialconnectivity.com



HIGH-SPEED WIFI IN YOUR APARTMENT!

Use all your devices at once without interruption.

公寓內有快速度WiFi!
可以用所有電子設備而不會中斷。

새로운 고속 무선 인터넷을
제한 없이 사용하 실 수 있습니다

Call (310) 990-4147 or
Email jeff@commercialconnectivity.com

CCS is pleased to support the Angelus Plaza Senior Activity Center.

나성소망교회



주일 예배: 오전 11시
담임목사: 김재율
213.550.7377
255 S. Hill St. #401 (본관 4층), Los Angeles, CA 90012

참성 프로그램

1. **자연발상:** 주일 예배 후 발아 현미밥과 통성현 야채와 과일, 건강식 반찬
2. **무료한방의료봉사:** 매달 첫 주일1~3pm 남산당 한의원 김용훈 원장님과 기독한의사 협회
3. **영어교실 (ESL Class):** 월,수 10:30~11:30am 정신건강과 치매예방에 넘버원!
4. **나성소망한국학교:** 매 주일 오후 1,2,3세 토달 교육 현장-한국어, 영어, 수학, 스토리텔링, 음악, 미술

부속기관

1. **소망수양관**
3270 N. Mountain Springs Rd.
Pinon Hills, CA 92372
213.500.7013
2. **김필리 신학대학**
255 S. Hill St. #401,
Los Angeles, CA 90012
213.746.1004

Advertising Space for You.

Contact
kira.yakubovich@rhf.org
(213) 623-4352, ext. 311



參加2月您心臟的健康習慣！

這是改善心臟健康的10個小步驟：

1. **每天步行10分鐘。**步行不遠是個不錯的開始。如果這樣做，這是增加一天鍛煉的好方法。
2. **抬起你的東西。**每天幾次提起精裝書或兩磅重的重物可以幫助改善手臂的肌肉。當這變得容易，繼續進行較重的物品或加入健身房。
3. **每天多吃一種水果或蔬菜。**水果和蔬菜便宜，味道鮮美，從大腦到腸對您的健康都有好處。
4. **早餐很重要。**一天開始時，要吃一些水果和全穀類食物，例如燕麥片，麥麩片或全麥吐司。
5. **停止喝含大量卡路里的東西。**消除一根蘇打水或咖啡拿鐵可以幫助您減少100卡路里或更多的卡路里。一年多來，這可以減輕10磅的體重。
6. **少吃些堅果。**核桃，杏仁，花生和其他堅果對您的心臟有益。需要零食時，嘗試吃一些而不是薯條或餅乾。您可以將它們添加到沙拉中，以保證健康美味。或用它們代替麵食和其他菜餚中的。
7. **每週吃一次魚或其他類型的海鮮，而不是紅肉。**對心臟，大腦和腰圍有益。
8. **深呼吸。**嘗試每天緩慢而深呼吸幾分鐘。它可以幫助您放鬆。緩慢的深呼吸也可能有助於降低血壓。
9. **經常洗手。**白天經常用肥皂和水擦洗是保護您的心臟和健康的好方法。流感，肺炎和其他感染可能會嚴重影響心臟。
10. **想想你的祝福。**每天花一點時間承認生活中的祝福是開始利用其他積極情緒的一種方式。它們與更好的健康，更長的壽命和更大的幸福感相關，就像它們的對立面（長期的憤怒，擔憂和敵意）助長了高血壓和心髒病一樣。

哈佛健康出版社撰寫

改變日常生活的美國黑人發明家

Alexander Miles: 自動電梯門（1887）

在使用自動門之前，人們必須在騎行之前手動關閉井道和電梯門。忘記這樣做，導致人們摔倒電梯井道，導致了多起事故。當Miles的女兒差點致命地摔倒在豎井上時，他自發地提出了解決方案。1887年，他獲得了自動開閉電梯豎井門機構的專利，他的設計在當今使用的電梯中得到了很大的體現。

Garret Morgan: 三燈交通燈（1923）

目睹十字路口發生交通事故後，摩根決定通過增加第三個屈光燈來警告駕駛員即將停車，以擴大兩燈系統的使用。

Frederick McKinley Jones: 冷藏卡車（1940）

在1930年代中期。瓊斯創建了一個屋頂冷卻系統，該系統用於冷藏卡車上的貨物。他於1940年獲得了其發明的專利，並與他人共同創立了美國Thermo Control 公司，後來稱為Thermo King。該公司在第二次世界大戰期間至關重要，在戰爭期間有助於保存血液，食物和補給。

Otis Boykin: 起搏器（1964）

博伊金（Boykin）著名地發明了用於起搏器的控制單元，這是一種植入體內的設備，可以幫助心臟正常跳動。Boykin的發明可以使起搏器得到更精確的調節，從而更安全地使用，安裝和管理。

Shirley Ann Jackson: 來電顯示和呼叫等待（1970）

由於未知電話號碼的不確定性，Jackson 於1970年代在 AT&T Bell實驗室工作時領導了開發呼叫者ID和呼叫等待功能的研究。

2월은 심장 건강 관리의 달!

심장과 주요 동맥에 발생하는 심혈관 질환은 암에 이어 두번째로 사망자가 많은 질환입니다. 심혈관질환에 의한 사망률의 75% 이상은 생활 습관의 조절을 통해 예방이 가능하다고 합니다. 예방에 도움이 되는 아래 10가지 방법을 참고해보세요:

1. **10분 도보:** 짧은 산책으로 운동량을 늘려 성인병을 예방하고 심혈관 기능을 개선하세요.
2. **근력운동:** 2 파운드 정도에 작은 아령이나, 물건을 들어 간단한 근력운동으로 근육을 키우시고 지방을 분해 하세요.
3. **채소/과일 섭취:** 식생활도 심장 건강과 밀접한 관계가 있습니다. 섬유질과 비타민이 풍부한 채소와 과일, 잡곡, 현미등을 콩고루 섭취해 영양학적 균형을 맞추는 것이 중요합니다.
4. **규칙적인 식사 필수:** 도움이 되는 음식을 섭취하는 것도 중요하나, 불규칙적인 식사 시간은 비만이 되는 지름길이니 꼭 식사 시간을 지키십시오.
5. **염분, 당분, 지방은 주의:** 짜게 먹는 습관은 혈압 상승에 직접적인 영향을 주며, 당류와 포화지방산은 당뇨와 비만을 일으킵니다.
6. **견과류 섭취:** 호두, 아몬드, 땅콩 및 다양한 견과류는 다른 간식보다 건강에 좋고 맛도 있습니다. 요리에 사용하시는 것도 추천드립니다.
7. **등 푸른 생선:** 오메가 3가 풍부한 고등어, 꽁치, 삼치, 정어리, 가다랑어등은 심혈관 질환 예방에 큰 도움을 줍니다.
8. **충분한 숙면:** 숙면시간은 너무 부족해도 문제고 과해도 문제입니다. 유럽심장학회에 따르면, 심장 건강을 위해서는 6-8시간 정도의 수면이 가장 적당하고 합니다.
9. **손을 자주 씻는 습관:** 손을 씻는 것은 독감, 폐렴과 같은 감염에서 건강을 보호하는 가장 쉽고 좋은 습관입니다.
10. **긍정적인 사고:** 긍정적인 사고의 시작은 감사함에서 시작됩니다. 일상적이고, 사소하며 익숙했던 자그마한 일에도 일부러 감사함을 느끼기 위해 노력해보세요. 근심, 걱정, 분노, 우울, 슬픔등의 부정적인 감정들이 점차 사라짐을 느끼실 겁니다. 이는 정신건강과 고혈압등의 신체 건강에도 큰 영향을 미칠 수 있습니다.

출처: 하버드 건강 출판사

세상을 바꾸다: 아프리카계 미국인들의 발명품

알렉산더 마일: 자동 엘리베이터 문（1887）

자동문이 발명되기 전에 사람들은 직접 손으로 엘리베이터 문을 닫아야 했다. 문을 제대로 닫지 않을 경우 여러 사고사가 발생하며 사람들이 엘리베이터 통로로 넘어지는 사고가 빈번히 발생했다. 알렉산더 마일의 딸 또 한 엘리베이터 사고로 죽을 고비를 넘기게 되는데, 이는 그가 자동 엘레베이터 문을 발명하는 큰 계기가 되었다. 1887년, 마침내 마일은 자동적으로 문을 열리게 하는 기계장치를 성공적으로 발명했으며, 이는 후대에게 큰 이로움을 주었다.

개럿 모건: 삼색 교통 신호등（1923）

어느날 교차로에서 자동차 사고를 목격한 모건은 이를 방지할 수 있는 방법을 모색하던 중, 삼색 (초록색, 노란색, 빨간색) 신호등을 만들기로 결심한다. 이는 기본으로 있던 초록 신호에, “경고”를 뜻하는 빨간색 신호와 “양보”를 뜻하는 노란색 신호등을 추가한 것이다.

프레드릭 맥킨리 존스: 냉동 트럭（1940）

존스는 트럭 안에 음식이 상하지 않도록 냉동 시스템을 연구 했다. 그는 1940년도에 냉동 트럭 발명 특허를 받았고 미국 보온 회사 (U.S. Thermo Control Company, AKA Thermo King) 의 공동 창립자이다. 이 회사는 냉통 트럭을 이용하여 2차 세계대전 중 음식을 포함한 여러 물품이나 혈액 등을 잘 보관 및 나를 수 있도록 많은 도움을 주었다.

오티스 보이킨: 심장 박동기 – 페이스 메이커（1964）

보이킨은 페이스 메이커의 제어 장치를 발명한 유명인이다. 이 페이스 메이커는 시술을 통해 심장 박동이 정상적으로 뿔 수 있도록 도와주는 도구인데, 보이킨의 이 제어 장치를 통해 더 정확하고 안전한 페이스 메이커를 사용할 수 있게 되었다.

5. **쉬리 앤 잭슨:** 발신자 확인 장치와 부재중 설치（1970）

잭슨은 미국 AT&T전화 연구소에 근무하면서 발신자 확인 장치 설치와 전화 부재중을 알리는 시스템을 연구 하였다. 이는 전화가 올 때, 어디서 또는 누구한테서 전화가 왔는지 파악하는데 큰 도움을 준다.

자세한 정보는: <https://www.history.com/news/9-black-inventors-african-american> 방문하십시오. 출처: 하버드 건강 출판사