

Program Updates

First off, we would like to thank Rhyanna, our LPN Student from Bow Valley College for her time with us. We hope to see her again in the future. We now have two new faces in our program: Nicole is from U of C and will be with us on Mondays and Wednesdays doing her practicum until April. We also have Muna, a placement worker from CIWA who will be with us until March 30, 2012. May we welcome them both to our program!

As most of you are probably aware, Tara G. has moved on to another position with BVC and we are in the process of finding a new manager. We hope to have one sometime this month and will continue to update you during this process. We appreciate everyone's patience during this time.

Well folks, Tax season is upon us. Kerby Centre will be setting up desks for taxes in the Lounge later this month and we ask that everyone keep this in mind when doing our exercises as we will want to keep the volume down. If you would like to make an appointment to have your taxes done, you may contact: **Kerby Centre's Information Office at 403-705-3246.**

Important Reminder

Please note that **Kerby Centre** and **ADSP** are **CLOSED** for the **Family Day Holiday** on **Monday, February 20th, 2012.**

Your Access Calgary will be cancelled for you. We hope you enjoy yourself!

Protect Your Health

Heart and Stroke Foundation

When: Thursday February 9, 2012
10:15 am to 11:15 am

Where: Kerby Centre Lounge
Everyone is Welcome!

Hello's and Good-bye's

May we welcome...

Karen N., Peggy G., and Donna F.

May we say farewell to...

Audrey F., Betty U., and Elizabeth D.

Shake Your Salt Habit

We shake salt on almost everything we eat (soup, nuts etc.) consuming two or three times the recommended amount of sodium that we need. Too much sodium may increase blood pressure, which is a number one risk factor for stroke and major contributor to heart disease. Heart and Stroke Foundation recommends Canadians eat less than 1 tsp of salt a day total. For those who have been diagnosed with high blood pressure (hypertension), or those who are salt sensitive, sodium intake should be limited to 2/3 tsp a day. Everybody, even those with normal blood pressure, can benefit from reducing their salt intake. **For more information please see:**

www.heartandstroke.com

Human Heart Facts

1. The average adult heart beats 72 times a minute; 100,000 times a day; 3,600,000 times a year; and 2.5 billion times during a lifetime.
2. A kitchen faucet would need to be turned on all the way for at least 45 years to equal the amount of blood pumped by the heart in an average lifetime.

3. Early Egyptians believed that the heart and other major organs had wills of their own and would move around inside the body.

4. Plato theorized that reasoning originated with the brain, but that passions originated in the "fiery" heart

5. "Atrium" is Latin for "entrance hall," and "ventricle" is Latin for "little belly."

How many family members can you find?

B N I E C E R R
R E U N C L E F
O P R G R T H A
T H T E H A T T
H E N G T S O H
E W U N O S M E
R A A N N Y I R
D N I S U O C S

Happy Family Day Everyone!