



# HEART & HEADLINES

American Heart Association Eastern States School Engagement

October 2024

## *No Tricks, Only Treats This October*



Frightfully-good decorations, pumpkin carving, fun costumes, and trick-or-treating...This October, celebrate the spooky activities while carving out some time for your and your family's health. It's a scary-good time!

Did you know October is Eat Better, Eat Together Month and has significant days such as World Stroke Day, World Mental Health Day and Make a Difference Day? Continue reading for more info.

### How to Have a Healthy Halloween



Try these tips to make your Halloween festivities a little healthier for your family, party guests and trick-or-treaters. Also, get some ideas on what to do with

excess candy. Have no fear—you got this! Let's make Halloween fun, spooky and a little healthier, too. [Click here for tips](#) and [Sugar 101](#).



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## Eat Better, Eat Together Month

## #Together Tuesdays



Studies prove that family meals improve nutrition and emotional well-being. Family meals provide an opportunity for family members to connect, share stories and engage in meaningful conversations. When meals are prepared at home, there is more control over ingredients and portion sizes which can lead to healthier choices and better overall nutrition. Find more information about [Together Tuesdays](#).

[Meal Planning: Benefits & How-To's of Family Dinners](#)

[Staple Ingredients for Quick Healthy Meals](#)



## 10/5: National Do Something Nice Day

Be it big or small, any act of kindness is something we can do to make someone else's life just a little bit happier. Did you know that being kind releases the hormone, oxytocin, which is known to help lower blood pressure? Commit to positivity all day long and create a daily habit. Here are some acts of kindness:

[Kindness Club BINGO](#)

[The Kindness Project](#)

[15 Ways to Be Kind](#)



## 10/10: World Mental Health Day

Mental and emotional health are important for our own self-care as well as others. Staying positive, using growth mindset and taking a mindfulness break are examples of positive mental health. Here are some resources for a healthy mindset:



[Meditation Project](#)

[Mindful Breathing: Emotions](#)

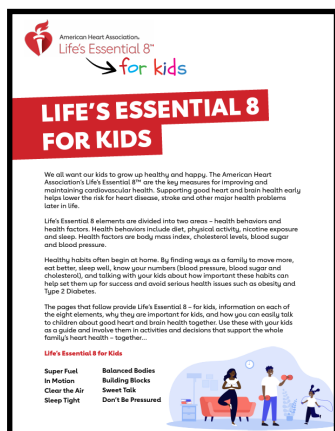
[Care for Your Heart & Brain](#)

[Strike Out Stress](#)

[Reset Series: Amazon, South America](#)

## 10/21-25: National Health Education Week

If we educate families and communities on health education, then we may be able to lower the risk factors of developing heart disease, the #1 killer. [Life's Essential 8™ for Kids](#) is a great resource to improve and maintain cardiovascular health. Healthy habits often begin at home.



## 10/26: Make a Difference Day

One person can make a difference and contribute to the greater good. Hands-Only CPR is a critical skill to save more lives. [Watch this video of Phil and his mother, Meg;](#) they saved a life with Hands-Only CPR and learned this lifesaving skill through Phil's school and their Kids Heart Challenge program!

Click [here](#) to learn more about the American Heart Association's Kids Health Initiatives or [request more information or register your school](#).



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## 10/29: World Stroke Day

A stroke happens when the blood supply to your brain is cut off, resulting in temporary or permanent damage to your brain cells. A person can recover from a stroke, especially if spotted and treated quickly; however, some stroke patients suffer from one or more disabilities as a result of the stroke or in the worst case scenario, death. Thanks to recent medical advances, stroke treatment and survival rates have improved greatly. Learn more about [stroke: F.A.S.T.](#) and [R.A.P.I.D.O.](#)

[The F.A.S.T. interactive experience](#)

<p><b>Face Drooping</b></p> <p>DOES ONE SIDE OF THE FACE DROOP OR IS IT NUMB?</p> <p>Ask the person to smile. Is the person's smile uneven?</p>	<p><b>Arm Weakness</b></p> <p>IS ONE ARM WEAK OR NUMB?</p> <p>Ask the person to raise both arms. Does one arm drift downward?</p>	<p><b>Speech</b></p> <p>IS SPEECH SLURRED?</p> <p>Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like "The sky is blue."</p>	<p><b>Time to Call 9-1-1</b></p> <p>Check the time so you'll know when the first symptoms appeared.</p>

 <p><b>R</b></p> <p>Rostro caído</p>	 <p><b>Á</b></p> <p>Alteración del equilibrio</p>	 <p><b>P</b></p> <p>Pérdida de fuerza en el brazo o una pierna</p>	 <p><b>I</b></p> <p>Impedimento visual repentino</p>	 <p><b>D</b></p> <p>Dificultad para hablar</p>	 <p><b>O</b></p> <p>Obten ayuda. Llama al 911 o el número de emergencia de su país</p>
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## Educator Leadership Development Series

Chance to win a \$250 US Games certificate for each webinar you attend and a BONUS opportunity for an additional \$250 US Games certificate when you attend all four webinars!

**Wednesday Oct. 2** **Creating Connections through Physical Activity**

**Wednesday Nov. 6** **Nutrition Education for Every Season**

**Wednesday Dec. 4** **Cardiac Emergency Response Plan: Turning Bystanders into Lifesavers**

All 45-minute webinars start at 12:30 PM PT / 2:30 PM CT / 3:30 PM ET

We're excited to announce the fall line-up of our popular Educator Leadership Development Series.

[Register today!](#)

Missed any of the Learning Series Webinars from the last two years? [Watch recordings](#) on relevant topics.

## Teacher and Staff Well-Being Tip of the Month



### 5 Easy Ways to Improve Your Well-Being at Work

Prioritize your mental and physical well-being during the work day.

## Meet Our Local Youth Heart Ambassadors & Advocates!

### HEART HERO Mason, Pennsylvania, 5th Grade



Mason has Truncus Arteriosus. His current conduit has severe narrowing because he is growing, and he will need it either replaced this summer or stented in the Cath lab. His heart team will decide the best option after he has a cardiac MRI done. His last intervention was when he was 5 and starting kindergarten. His current conduit was stented due to narrowing. He truly is a miracle.



## Congratulations!

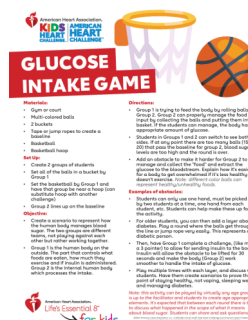
National Football League's [CPR commitment](#) awards Super Bowl tickets and \$50,000 in school equipment! Hands-Only CPR education through the American Heart Association's in-school programs supports mission critical work to improve the chain of survival.

In the Eastern States Region, Samvidh Kandula of Franklin, Mass. received two tickets to Super Bowl LIX taking place in New Orleans in February 2025 and Kyle R. Wilson Elementary School in Woodbridge, Va. received \$10,000 to use for a physical activity equipment makeover. Watch a [quick recap video](#).

## Recipes of the Month



## Resource of the Month



### [Glucose Intake Game](#)



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