

De Anza Santa Cruz Arroyo Bulletin

Administrative Staff

Property Manager Jennifer McClellan
Assistant Manager Iris Floodman
Maintenance Enrique Rios

General Office Information

Hours M-F 8am-12pm
Phone (831) 423-8660
(Calls forwarded after 12 pm)
Email deanzasantacruz@equitylifestyle.com

Facility Hours: 7 days/week

Clubhouse 8am-10pm
Pool Area/Spa/Sauna 8am-10pm
Fitness Center 5am-11pm
Game Room/Laundry Room 8am-10pm

Rent Collection

Rents are due on the 1st of the month with a grace period until the 6th. Rents received on the 7th are considered LATE and will incur a \$25.00 late fee. Payments may be made in the office during business hours, in the mail slot if the office is closed, or mailed in. EFT is also available.

Garbage Collections

Garbage: Pick-up for the park is on Mondays & Thursdays.
Recycling: Pick-up is on Fridays.
Yard Waste: Large and loose yard waste must be taken to the large dumpster located in the maintenance area. Residents may bag up 2 bags of yard waste and place at their driveways for pick up on Mondays only. Loose yard waste will not be picked up.
Please dispose of items appropriately. No dumping allowed.

Clubhouse Reservations

The Clubhouse is available for residents' private events. Check with the office for date availability and to sign reservations forms. Only one event scheduled per weekend.

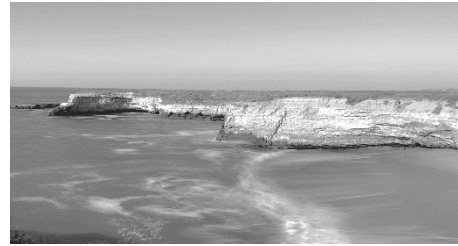


Photo Credit: L. Smith

Arroyo Bulletin Editor: *Lorraine Smith*
Contributor(s): *Sandy Brunett, Christie Cochrell, Tom McDonald, Pat Chance, Jenny Anderson*
Residents website: www.deanza-park.org
Contact email: deanzanews@gmail.com
Webmaster: *Lorraine Smith*

De Anza Arroyo Association

De Anza Arroyo Association plans and organizes park social events. Membership is open to all park residents. Dues are \$5/person/year. Board meetings are open to ALL residents. Meeting schedule will be posted in the Bulletin calendar.

Arroyo Officers

Past President: Susy Spano
President: Sandy Brunett
Secretary: Debbie Cameron
Treasurer: Sandi Dutra

Advisory Board: Joy Caragliano, Betty Loveland, Linda Raffel, Melisa Mulcahy, Aggie Malberg, Jean-Marie Mott, Dawn McConnachie, Barbara Cordes, Liz McDonald, Carol Smith
EMAIL: deanzaarroyo@gmail.com

De Anza Homeowners Association

The HOA meets every other month to discuss issues of concern to residents. Meetings are held the third Wednesday of the month at 7 pm. Membership is open to ALL park residents. Dues are \$10/unit/year.

HOA Officers

President: Merit Herman
Vice President: Tom Louden
Secretary: Amalie Sinclair
Treasurer: Eugene Markowitz

Board of Directors

Emergency Response: Gary Whitten
Policy and Procedures: Don Payne
Communications: Lorraine Smith
Park Concerns: Jim Cannon
GSMOL: Dave Allenbaugh
EMAIL: deanzasantacruzhoa@gmail.com



April

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

****PLEASE REMEMBER TO CONTACT THE EMAIL BELOW WITH ANY CHANGES IN DATES, TIMES OR REMOVAL OF COMMUNITY ACTIVITIES**

			<p style="text-align: center;">1</p> <ul style="list-style-type: none"> • Qigong 8-9 am • Water Aerobics 9-10 am 	<p style="text-align: center;">2</p> <ul style="list-style-type: none"> • Meditation Class 10 am - 12pm 	<p style="text-align: center;">3</p> <ul style="list-style-type: none"> • Coffee & Donuts 8-10 am 	<p style="text-align: center;">4</p> <ul style="list-style-type: none"> • Private Event
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**ALL ACTIVITIES
CANCELLED BY ELS
FOR MONTH OF
APRIL**

5	<ul style="list-style-type: none"> • Private Event
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					<ul style="list-style-type: none"> Private Event
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12	<ul style="list-style-type: none"> • Private Event
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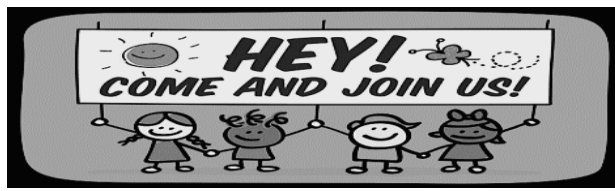
19	
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					<ul style="list-style-type: none"> Italian Potluck Dinner & Comedy Bar Night 5 pm
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26	<ul style="list-style-type: none"> • Arroyo Cleanup
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	<ul style="list-style-type: none"> • Yoga 10 am-12 pm • Bridge 1-3:30 pm 	<ul style="list-style-type: none"> • Card/Game Club 1-4 pm 	<ul style="list-style-type: none"> • Yoga 10 am-12 pm • Mahjong 1-4:30 pm 		
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***Please Notify Editor of Calendar Changes/Additions Send email to deanzanews@gmail.com**



BRIDGE is played in the Clubhouse on Mondays 1 - 3:30 pm and 1 - 5 pm on Fridays. These are two different groups. To join the Friday group, contact Ellie by texting her at **408-779-2451**. Show up at the Clubhouse for the Monday group.

COFFEE AND DONUTS Visit with your neighbors in the Clubhouse on Fridays, from 8 - 10 am. Grey Bears grocery delivery arrives around 9 am, and the group tends to thin out afterwards, as people leave to take their groceries home.



GAME DAY meets in the Clubhouse from 1pm-4pm on Tuesdays. The group usually plays Rummy for the first half of the period and Mexican Trains (a dominos game) for the second half. Contact Cher with **(831)-459-0473**

MAHJONG is played on Wednesdays from 1 - 4:30 pm. All levels are welcome, including beginners interested in learning. Contact questions....**(831)-423-8374**

MEDITATION meets on Thursdays. Contact **pitakaloversoftruth.net@gmail.com**

MORNING meets on Fridays in the Clubhouse.

QI GONG meets on Saturdays. Contact advanced.

Teacher to a rest day off

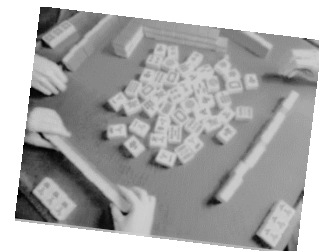
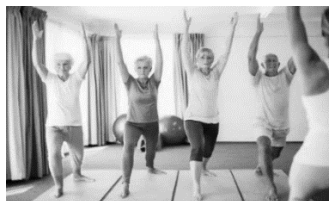
REA fiction are

TAI CHI meets for beginners movements and routines. Contact Marge Shaw

WATER AEROBICS meets Monday-Wednesday. Contact Amor **amorp139@aol.com** with any questions.



YOGA meets on Mondays and Wednesdays at 10 am in the Clubhouse. Teacher Mitra Treadwell leads a 2-hour class of invigorating yoga. Mitra has been practicing yoga for 50 years and teaching yoga for 43 years. Contact Mitra Treadwell **mitrayoga@yahoo.com** with any questions.



***PLEASE CONTACT ME WITH ANY CHANGES IN SCHEDULES!

deanzanews@gmail.com

MEET OUR TEAM

Do you know who puts the trash bins out on delivery day, picks up your garden waste and does general maintenance around here? Well that would be Enrique Rios, our property maintenance technician. Enrique came here about two years ago from the ELS property in Castroville, when the position was open. He has continued to provide the same excellent service he did there.

Enrique was born in Oakland, California. His parents are originally from Mexico and came north for more job opportunities. He is one of ten children and is the eldest son in the pecking order. His father worked in agriculture, eventually becoming a heavy equipment operator, and moved the family to Castroville to an artichoke ranch when Enrique was two years old. He says he has never lived anywhere else besides Castroville and enjoys being near his family. He inherited his father's work ethic and credits him for being his role model as a good employee who does his job well. Enrique's mother stayed home with the children and established a solid home life for all of them. He told a story of when he was a child and has six siblings that all have birthdays in August. His mom would pick a day and make a cake, then put all the kids names on the cake. He said those were some of the fun things his family did to celebrate those times.

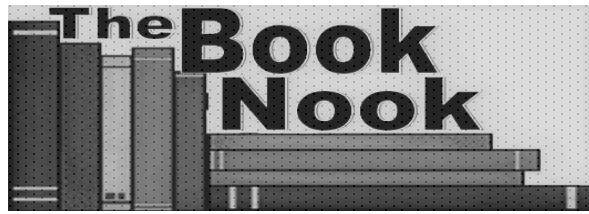
Enrique graduated from North County High School and later became a union painter specializing mostly in commercial painting. He did that for 17 years and slowly transitioned into property maintenance when one of the employers where he was painting, began having him do other tasks on the job. He enjoyed that so much, he decided to make the career change to doing it full time.



Enrique has two sons, Isaac and Vincent. Isaac works in retail management and has two children, Zoey, who is almost 5 and Liam, 6. They recently moved here from Indiana and Enrique is looking forward to spending time with them, doing the usual grandparent things. His other son, Vincent, is going to school and is studying to be an EMT. Enrique states he was very involved with his boys as they grew up, usually on the sidelines at football games, giving them water, snacks and encouragement. He says they were and still are his main focus in life, as well as his grandchildren.

Enrique spends his limited time off watching sports; mainly basketball since he's a big Warriors fan and has been since the age of 7. He used to play basketball until a few months ago when he had a bad ankle sprain. He now goes cycling or hits the gym for exercise.

So remember the next time you need something from maintenance, catch him as he whizzes by on his cart to ask for the favor or just stop him to say hello and tell him how much you appreciate what he does for us. He will reply with his usual smile.



From April Fool's Day to Arbor Day—sacred clowns, and planting trees

William Shakespeare, *A Midsummer Night's Dream*

Bottom, the weaver, is the perfect fool or clown, who has a delightful way with words—

"I have had a most rare vision. I have had a dream past the wit of man to say what dream it was. Man is but an ass if he go about to expound this dream."
"I see a voice!"
"Sweet Moon, I thank thee for thy sunny beams."
"O grim-look'd night! O night with hue so black!
O night, which ever art when day is not!
O night, O night! alack alack, alack . . ."

Tony Hillerman, *Sacred Clowns*

"[Hillerman's] clowns are . . . every bit as raucous, profane, and funny as Shakespeare's." (New York Times Book Review)
In this classic Hillerman mystery, "During a kachina ceremony at the Tano Pueblo, the antics of a dancing *koshare* fill the air with tension. Moments later, the clown is found bludgeoned to death, in the same manner a reservation schoolteacher was killed only days before. Officer Jim Chee and Lieutenant Joe Leaphorn believe that answers lie in the sacred clown's final cryptic message to the Tano people. But to decipher it, the two Navajo policemen may have to delve into closely guarded tribal secrets—on a sinister trail of blood that links a runaway, a holy artifact, corrupt Indian traders, and a pair of dead bodies."

Katherine Anne Porter, *Ship of Fools*

"Comedy and tragedy, love and death, boredom and adventure, pain and pleasure—all are witnessed in the lives and actions of the ship's company of the German freighter-passenger ship *Vera* embarked from Veracruz, Mexico and destined for Bremerhaven, Germany. The story covers a period of twenty-seven days in the year 1931. Katherine Anne Porter has succeeded in creating the brilliant panorama of life in all its glory and depravity. Her *Ship of Fools* is the ship of humanity, and it is an unforgettable masterpiece.

John Ashbery and James Schuyler, *A Nest of Ninnies*

The Tosti sisters of Paris, France, have come to the small, upstate New York village of Kelton for a change of pace. But when the pair enters the lives of Alice, an unfulfilled cellist, her brother Marshall, and Fabia and Victor, another sister and brother who are as bumbling as they are overindulged, it is certain that Kelton will never again be the same unassuming place. The original *A Nest of Ninnies* was written by the Elizabethan comic actor and author, Robert Armin, who "changed the part of the clown or fool from the rustic servingman turned comedian to that of a high-comedy domestic wit. That fool of Shakespeare's, the actor Robert Armin, became so popular that finally Shakespeare wrote him out of *Henry IV*. In a book called *A Nest of Ninnies*, Armin wrote about the difference between a fool artificial and a fool natural."

Tracy Chevalier, *At the Edge of the Orchard*

"1838: James and Sadie Goodenough have settled where their wagon got stuck – in the muddy, stagnant swamps of northwest Ohio. They and their five children work relentlessly to tame their patch of land, buying saplings from a local tree man known as John Appleseed so they can cultivate the fifty apple trees required to stake their claim on the property. 1853: Their youngest child Robert is wandering through Gold Rush California. Restless and haunted by the

broken family he left behind, he has made his way alone across the country. In the redwood and giant sequoia groves he finds some solace, collecting seeds for a naturalist who sells plants from the new world to the gardeners of England."

Jeanette Winter, Wangari's Trees of Peace

A paperback picture book based on the true story of Wangari Maathai, an environmental and political activist in Kenya and winner of the Nobel Peace Prize in 2004. "As a young girl growing up in Kenya, Wangari was surrounded by trees. But years later when she returns home, she is shocked to see whole forests being cut down, and she knows that soon all the trees will be destroyed. So Wangari decides to do something—and starts by planting nine seedlings in her own backyard. And as they grow, so do her plans...

This true story of Wangari Maathai is a shining example of how one woman's passion, vision, and determination inspired great change."

Thomas Pakenham, Meetings with Remarkable Trees

"With this astonishing collection of tree portraits, Thomas Pakenham produced a new kind of tree book. The arrangement owed little to conventional botany. The sixty trees were grouped according to their own strong personalities: Natives, Travellers, Shrines, Fantasies and Survivors. From the ancient native trees, many of which are huge and immeasurably old, to the exotic newcomers from Europe, the East and North America, *Meetings with Remarkable Trees* captures the history and beauty of these entrancing living structures. Common to all these trees is their power to inspire awe and wonder."

Jean Giono, The Man Who Planted Trees

This allegorical tale "tells the story of one shepherd's long and successful single-handed effort to re-forest a desolate valley in the foothills of the Alps in Provence throughout the first half of the 20th century."

Hope Jahren, Lab Girl

"A beautifully written memoir about the life of a woman in science, a brilliant friendship, and the profundity of trees. Terrific." (Barack Obama) Geobiologist Hope Jahren has spent her life studying trees, flowers, seeds, and soil. *Lab Girl* is her revelatory treatise on plant life—but it is also a celebration of the lifelong curiosity, humility, and passion that drive every scientist. In these pages, Hope takes us back to her Minnesota childhood, where she spent hours in unfettered play in her father's college laboratory. She tells us how she found a sanctuary in science, learning to perform lab work 'with both the heart and the hands.'"

W.S. Merwin, What Is a Garden?

"Poet and environmentalist W. S. Merwin moved to Maui in 1976 and spent forty years planting nineteen acres with more than eight hundred species of palm, creating a lush garden on a ruined former pineapple plantation. This land served as Merwin's muse and passion, appearing as a consistent subject of his poems and his germinal essays on conservation. *What Is a Garden?* collects eight of Merwin's poems and three of his essays emblematic of his palm garden writings, and presents them alongside photographer Larry Cameron's spectacular images of Merwin's garden." *Wendell Berry's inspirational poems and essays about nature*

Among them, the poems "Planting Trees", and "I Go Among Trees":

I go among trees and sit still.
All my stirring becomes quiet
around me like circles on water.
My tasks lie in their places
where I left them, asleep like cattle.
Then what is afraid of me comes
and lives a while in my sight.
What it fears in me leaves me, and the fear of me leaves it.
It sings, and I hear its song.

It's appropriate that April is also National Poetry Month.

- **It's For The Birds!** -Jennifer Anderson

You may remember that last year information was posted on the website about the Breeding Bird Survey for the Santa Cruz Bird Club. I put out a call for help in finding nests or evidence of breeding birds in the park.



Well, I am doing it again this year.

On one of the first days I was out looking for birds, my field partner, Stephanie Singer, and I ran into Bruce Barnett on the bridge. Bruce is with Barnett Environmental Consulting and is overseeing the restoration work in the Arroyo and on the beach. When he found out what we were doing, he enlisted our help and also got us in touch with the other person who is overseeing the project, Mike Sukel from ELS.

Bruce and Mike have charged us with finding birds that are breeding in and around the pond. What's important here is that many of these birds are federally protected by the Migratory Bird Treaty Act. We will update Bruce and Mike daily if we find nests or potential nests by marking them on the map below. They



will then alert the subcontractors so that the nest locations can be protected by an avoidance barrier. A copy of this map is also on the office door for the park and will be updated daily if possible.

I am excited to be part of this team and welcome anyone who sees evidence of nesting to contact me. Also, if you see me out there with my binoculars and clipboard, stop and say, "Hello."

Maybe we can find a Common Yellowthroat together. There is one in each pond!

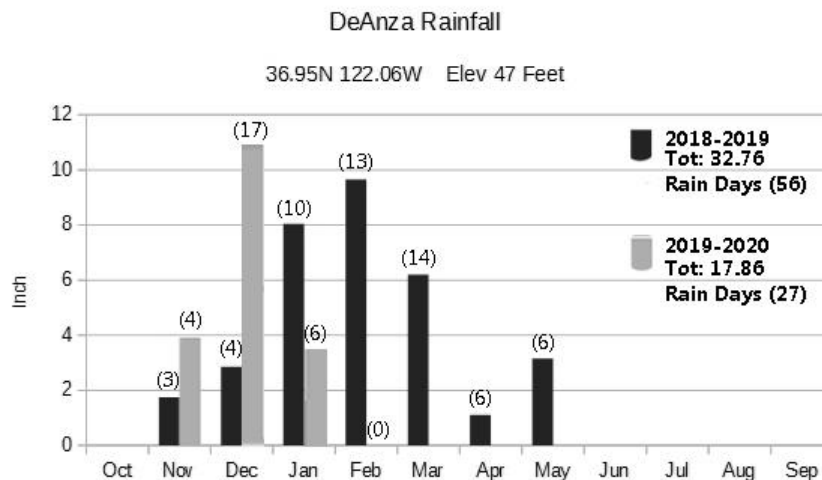
- **QUESTIONS ABOUT CORONAVIRUS? SEE THE WEBSITE FOR USEFUL INFORMATION.**
www.deanza-park.org

- **Rain Totals:** Rain Day and a Trace Amount

A rain day occurs when the recorded amount in a rain gauge is 0.01 inches or more within a 24 hour period.

If less than 0.01 inches, it is considered a trace amount. Trace amounts will appear as a wetness to streets with very little or no water flowing in the gutter.

As Tom said, "a very dry month"!



Volunteer Opportunities

Because we CAN make a difference!

Volunteers aged 55 and older involved in various phases of community life.

SENIOR OUTREACH PROGRAM Family Service Agency of the Central Coast

104 Walnut Avenue #208

Santa Cruz 95060

831-459-9351

www.fsa-cc.org

Volunteers trained to do peer counseling with seniors.



SUICIDE PREVENTION SERVICE

Family Service Agency of the Central Coast

PO Box 1222

Santa Cruz 95061

831-459-9373-Administrative Office

www.fsa-cc.org

Volunteers trained for telephone crisis line and outreach.

VOLUNTEER CENTER OF SANTA CRUZ COUNTY

1740 17th Avenue

Santa Cruz 95062

427-5070

349 Main Street, Suite 208

Watsonville 95076

722-6708

San Lorenzo Valley & Scotts Valley

831-427-5070

www.scvolunteercenter.org

Volunteers of all ages involved in various phases of community life. Also see separate entries in this directory for:

Helping Hands Senior Home Repair Program 831-427-5070

Retired Senior Volunteer Program (RSVP) 831-427-5070

Volunteer Center Transportation 831-427-3435, 831-722-6708

DOMINICAN HOSPITAL

1555 Soquel Ave.

Santa Cruz, Ca 95065

Volunteering at Dominican Hospital is a rewarding way to help in your community. Volunteers work in a variety of areas throughout the hospital and get first-hand experience of what it's like to work in the health care. Requirements are: commit to 100 hours of service and complete an interview, orientation, background check, TB testing, D-Tap vaccination and flu vaccination during September – April.

Call volunteer services at 831-462-7740

Two De Anza resident organizations. Two different membership dues.

The De Anza Arroyo Association

Annual dues: \$5/person

(Payable at events or to Debbie Cameron, Membership Chairperson)

The Arroyo Association plans and executes all resident social events throughout the year. All events are low or no-cost to residents. The small annual dues help fund these events and allow for a minimal cost social bar as well.

The De Anza Homeowner's Association (HOA)

Annual dues: \$10/residential unit

(Payable at bi-monthly meetings or to Eugene Markowitz, HOA Treasurer)

The HOA is the liaison organization between the residents and the park management. Although all residents have direct access to the management, some issues may require discussion or action by the HOA. All residents are automatically members of the HOA, but dues are required to be a voting member.





Arroyo Assn. 2020 Event Calendar Change

Same dates. Switching events.

NEXT EVENT: Italian Potluck 6:00



Arroyo Bar Night.

Originally scheduled for Saturday, October 10, the Arroyo Association has moved up the date for this fun resident social event. The event previously on the calendar for April, Spaghetti Western Casino Night, will now be on October 10. Two super-fun events. Hope to see you at both (and, of course, all those in between).

April 25, Saturday

Italian Potluck
Sign up in club
and parmesan



dish to share. The Arroyo will provide garlic bread
(bake to share as well)

May 9, Saturday

Cinco de Mayo Celebration
Catered taco bar with 3 fillings, beans and rice. Chips, salsa and guacamole, too!

June 6, Saturday

Music and Art Bar Night
Featuring De Anza residents' art show. (Artists and Crafts persons: Check out entry details in this newsletter and on the website).

July 4, Saturday

Fourth of July Celebration
Food and games in the clubhouse. Doors open at noon.

September 19, Saturday

Pool Party and Salad/Dessert Potluck
Hot Dogs and Live Music on the patio. Celebrate the start of "Locals' Summer".

October 10, Saturday

Spaghetti Western Casino Night-NEW EVENT!
Spaghetti, meatballs and Old West Casino. Wear those boots, hats and Western duds.

November 14, Saturday

De Anza Thanksgiving Dinner

December 19, Saturday

De Anza Holiday Party

Your Arroyo Association presents two great events

Show off your Italian (food) masterpiece, then make the Mona Lisa laugh out loud!

Italian Potluck Dinner & Comedy Bar Night

Saturday, April 21
Doors & bar open at 5:00
Dinner at 5:30-ish
Laughter at 6:30-ish



Sign up in the clubhouse by Wed. April 22

Arroyo Association will provide garlic bread, parmesan cheese and our famous nicely-priced bar.



Then, in May, join your neighbors for **Cinco de Mayo Celebration**

Saturday, May 9

Doors & bar open at 5:00

Dinner at 6:00



Featuring a full taco bar presented by **Taquito Watsonville**

Four tacos with four filling choices: asada, chicken, al pastor, chorizo plus all the condiments and beans, chips, salsa and guacamole.

Only \$8/per person!



DO YOU KNOW WHAT TO DO IN CASE OF A HEART ATTACK?

Know the Warning Signs

Expect that if you do not have a history of heart attack, then your doctor and the doctors at the emergency room will not be sure what is going on when you have symptoms. They will depend on you to tell them your symptoms, if you can... They can do a Electro Cardiogram (EKG), listen to you heart, and could do a CT scan. Insist on tests if you feel your symptoms are real and dangerous. (Do not be put off that some people` may have a "scary panic-attack", breathing rapidly, feeling faint or ill, and think it is a heart attack. Breath normally as you can/stay calm.)



Do not ignore common symptoms. The most obvious symptom of a heart attack is chest ache/pain or "discomfort", but there are numerous, typical symptoms you should be aware of, too.

- Chest discomfort usually occurs in the center of the chest, including:
- Heaviness, tightness, pressure, aching, burning, numbness, fullness, or squeezing, and the pain can either last for several minutes, go away and come back repeatedly. Don't overlook or ignore symptoms such as:
- Unexplained pains in the torso/the upper body, including the arms, left shoulder, back, neck, jaw, or stomach.
- Difficulty breathing/feeling out of breath
- Sweating or "cold" sweating
- A feeling of fullness, indigestion, or choking
- Nausea or vomiting
- Light-headedness, dizziness, feeling you may faint
- Unexplained tiredness, weakness, extreme weakness (like you can't do easy tasks), or extreme anxiety reacting to symptoms
- Rapid (racing heart/tachycardia) or irregular heartbeats

Beware: women's symptoms can differ somewhat. Even though women frequently experience the usual chest pains and other common symptoms of heart attack, they are also likely to experience uncommon symptoms, as well.

- These additional symptoms can include:
- Pain that spreads down the left arm
- Unusual fatigue for multiple days
- Difficulty sleeping,
- Feeling heart palpitations
- Women may have at least one common or uncommon symptom, repeatedly, for more than one month prior to their heart attack. Up to 78 percent of female heart attack patients experienced such warnings.



Never downplay your symptoms. People often expect heart attacks to be dramatic and instantaneous, but the truth is that many heart attacks are mild and can continue for an hour or longer. Mild heart attacks can be just as serious, though, so if you experience any of the symptoms described here for 5 minutes or longer, you should begin taking steps to ensure your survival.

- You should get treatment for your heart attack within the first hour of your initial symptoms. If you wait longer than that, your heart will have more difficulty repairing the damage/cell death in muscles of the heart. The ultimate goal is to have the constricted artery back open within 90 minutes to minimize damage as much as possible.
- People often wait to seek treatment because the symptoms vary from what they expect or because they think the symptoms are related to other health issues. They may also delay if they are young and skeptical about a heart attack happening in their youth -- or if they are in denial about the seriousness of their symptoms and trying to avoid the embarrassment of going to the hospital for a "false alarm."



Part 2



Call 9-1-1 (or whichever provider is in your area) immediately. The most important thing to do when you suspect that you are having a heart attack is to call emergency medical services.

- Always call 9-1-1 before you attempt to contact anyone else. This will almost always be the quickest way to get treatment, and even if you live in an area that an ambulance may have a hard time getting to, the 9-1-1 dispatcher can provide you with instructions on how to minimize the damage.
- Emergency help can begin treatment as soon as they arrive, which is another reason why this is a better option than calling a friend or relative for help.
- **Consider contacting someone to come over immediately.** If you have a trustworthy neighbor or relative who lives nearby, make another phone call asking that person to come meet you. Having another person nearby can be helpful if you suddenly go into cardiac arrest.
- You should only do this if the 9-1-1 dispatcher gives you permission to get off the phone or if you have a second line you can call on while the dispatcher stays on the first line.
- Do not rely on another person to get you to the hospital unless instructed to do so by the 9-1-1 dispatcher. Wait for emergency paramedics to show up.



Chew on aspirin. *Chew and swallow a single 325-mg non-enteric coated aspirin tablet. This is especially effective if done within 30 minutes of your first symptoms.*

- Aspirin inhibits platelets, which are a key component in the formation of blood clots. Taking aspirin can delay the formation of blood clots that could further block your arteries during a heart attack.
- Do not use enteric coated tablets since these will release too slowly to be of much use.
- Chew the aspirin before swallowing it. By chewing the aspirin, you release more of the medicine directly into your stomach and hasten its ability to get into your blood stream.
- If you are on a medication that interacts poorly with aspirin or have otherwise been told by your doctor not to take aspirin, do **not** use this treatment.



Do not attempt to drive. Driving yourself to the hospital is not recommended, and if you begin to experience heart attack symptom while you are behind the wheel, you should immediately pull off to the side of the road.

- The only reason you should consider driving yourself to the hospital is if all other options have been completely exhausted and it is, quite literally, the only way for you to get emergency medical treatment.
- If you suffer from a cardiac arrest, you will pass out. This is the main reason why driving while suffering from a heart attack is ill-advised.



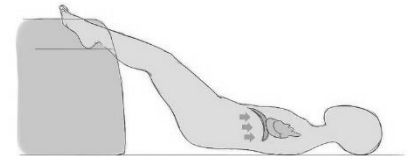
Remain calm. As frightening as a heart attack is, rushing around or putting yourself into a state of panic can worsen the problem. Relax as much as possible to keep your heart rate steady and calm.

- To calm yourself down, think of a soothing memory and assure yourself that you have familiarized yourself with what you need to do and that help is on the way.
- Count as a way of slowing your heartbeat. Make sure that your counts are slow, and use the standard *one-one-thousand, two-one-thousand, three-one-thousand...* approach.



Lie down. Lie on your back and raise your legs upward. This opens up the diaphragm, making it easier for you to breathe and supply oxygen to your blood.

- Make the position easier to maintain by propping your legs up on pillows or another object. You could also lie down on the floor with your legs propped up on a couch or chair.
- If you cannot immediately lie down or sit, such as working on a ladder or



crossing traffic, you make your way carefully, using the horizon and what you see to help keep yourself oriented. If you feel dizzy, or unable to walk properly, watching a fixed object such as the horizon, or a large fixed object, might help calm you and help you control the situation until help arrives.



Take deep, steady breaths of fresh air. Even though your natural instinct might be to take rapid breaths when you experience a heart attack, the best way to maintain a steady supply of oxygen to your blood and your heart is to take slow, deep breaths.

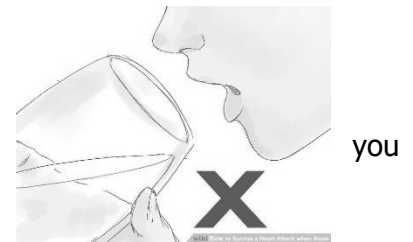
- Consider lying down in front of an open window, open door, fan, or air conditioner. Providing yourself with a consistent stream of fresh air can further help supply your heart with oxygen.

Do *not* attempt "cough CPR." For quite some time, there was an Internet hoax going around saying that you could survive a heart attack when alone by coughing in a particular manner. This probably won't work, and worse still, attempting this technique may even put you in graver danger.



- Cough CPR is used in hospitals on occasion for patients who are about to go into full cardiac arrest. Even then, it should only be done under the strict supervision and instruction of a doctor.
- Attempting this procedure on your own can cause you to accidentally work against the rhythm of your heart and make it harder to get oxygen into your blood rather than easier.

Avoid food and drink. Eating and drinking are probably the last things on your mind when you experience a heart attack, but just in case, you should avoid food and drink even if you want them. Having anything other than aspirin in your system can make it more complicated for paramedics to give adequate treatment.[14]



- If necessary, you can swallow a little water to help you get the aspirin into your system, but even this should be avoided if possible.

Part 3

Follow-Up

Talk to your doctor about what to do in the future. Suffering a heart attack once increases your risk of experiencing a heart attack in the future. When you survive your heart attack this time around, you should talk with your physician to discuss ways of improving your chances of survival if you should suffer from one again.[15]

- Doctors prescribe certain medications (meds) for treating cardiac problems. [16]
- Nitroglycerin to help widen the blood vessels and lower pressure on the arteries.
- Beta blockers will block the hormones responsible for triggering stress responses in the heart and surrounding cardiac tissue.
- Blood thinners to lessen chances of blood clots -- and anti-stickness meds for platelet, both of which help prevent future heart attacks due to blockages of arteries in the heart.
- Ask about bottled oxygen for you to inhale should another heart attack occur.
- Talk with your doctor about ways to reduce your risks of experiencing further heart disease through diet, exercise/cardiac rehab, and lifestyle.



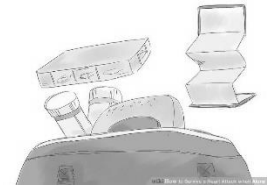
Check into getting a Personal Emergency Response System (PERS). A PERS is an electronic device you can wear around your neck or slip into your pocket. You can activate the device when you experience a heart attack or other medical emergency and are unable to reach a phone to call 9-1-1.



- Even if you have a PERS, you should still call 9-1-1 when you are able to do so. A PERS is not quite as reliable as calling 9-1-1 directly, and you will probably get treatment faster by calling 9-1-1.
- You should also do thorough research before purchasing a PERS to determine which has the best features and the best known reliability.

Keep a "go list" of meds and emergency contact information. Being at risk of a heart attack, you should have a current list of your medications and dosages and up to date emergency contact information in your wallet or bag that can be quickly grabbed on your way to the hospital.

- Realize that the hospital will not allow you to furnish or bring your meds into the hospital. They have to control meds that you take. You might keep all you meds in a bag to grab and bring to show to the doctors at the emergency department.
- Keep a card with your medical information in your wallet, regardless. Include physicians, medications with dosage times and amounts, and contact info for significant others, kin or caretakers.
- Also include a list of doctors and family members to contact in case of emergency.



Source: wikiHow February 13, 2020 Special thank you to Sandy Brunett for the suggestion!