



## PARKING LOT SAFETY

Summer parking lots are free from ice, whereas, winter parking lots are usually not guaranteed to be free from ice!! The Trustees are constantly working to ensure safe winter access to the church. In the meantime, there are things to consider. For those who are more stable on their feet, we ask that you park farther from the church entrances, saving those closer spots for those who are unsteady.

An area of concern is always the parking area on the North side of the building where the handicapped parking spots are located. The cement barriers can be covered with snow and ice, therefore, hidden when walking to the sidewalk. Please walk cautiously in this area. If you notice an area in need of some additional sand, there is a pail of sand at every church entrance. Don't forget, you can also put a pail of sand (*coffee cans work great*) in your car and have it available for you as needed.

There are ushers, elders, and members always willing to help individuals safely enter the church. Safety is always a main concern! We are looking for volunteers who would be willing to assist frail individuals. If you are willing to help in this way, please speak with one of the Parish Nurses or contact the church office (507-289-5147).

If the driver can walk from the parking lot, they can pull up to the church on 7<sup>th</sup> Avenue, drop your passengers at the door, and then park in the lot. From the parking lot there is a marked safe handicapped entrance. In both situations you do have to have someone park the car—but it could be an usher or a willing volunteer. Please voice your needs so that we can help you.

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## “February is Heart Month— Know Your Risk Factors. Here Are Ways to Keep Yourself Healthy.”



This Photo by Un-

Each year during Heart Month we are reminded of the primary risk factors in developing heart disease, what we need to reduce, and how we can enhance our heart health. Some risk factors cannot be changed (uncontrollable) such as race, sex, age, and family history. However, there are things you can do (controllable risk factors) to try to lower your chances of having a heart attack.

### Risk Factors:

Manage your blood pressure. Learn more about knowing & managing your blood pressure numbers by visiting [About High Blood Pressure](#).

- **Manage cholesterol levels:** Visit the American Heart Association's "[What is Cholesterol.](#)"
- **Stay Active** by using ideas from [Physical Activity](#), eat healthy meals & maintain a healthy weight.
- **Quit using tobacco:** Visit the Minnesota QUITPARTNER or call 1-800-QUIT-NOW (784-8669) for tools & support.
- **Manage your diabetes.** People with diabetes can lower their risk of stroke by controlling their blood glucose, blood pressure & cholesterol.
- **Take all of your medications as prescribed**
- **Attend your follow-up appointments as scheduled**

### Heart Attack Prevention: Signs and Symptoms

Learn and share the warning signs of heart attack. Someone Having a heart attack may experience only one or several of these warning signs. Don't delay. Call 9-1-1 at the first sign of heart attack:

- **Chest discomfort or pain** in the center of the chest that lasts longer than a few minutes or that goes away, and then comes back. It can feel like uncomfortable pressure, squeezing, fullness and pain.
- **Discomfort in other areas of the upper body.** Symptoms include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath.** May occur with or without chest discomfort.
- Other signs may include breaking out in a cold sweat, feeling weak, nausea or lightheadedness.

*If you are possibly having a heart attack, it is an emergency.  
Call 9-1-1 immediately!*

**Resources:** American Heart Association: [222.americanheart.org](http://222.americanheart.org);  
[Cardiovascular Health-Minnesota Department of Health](#)  
([state.mn.us](http://state.mn.us))