



Healthy Living Tips

Be Good To Your Heart:

Most heart attacks occur in the day, generally between 6 A.M. and noon. Having one during the night, when the heart should be most at rest, means that something unusual happened. Dr. Somers and his colleagues have been working for a decade to show that sleep apnea is to blame.

1. If you take an aspirin or a baby aspirin once a day, take it at night.
**The reason: Aspirin has a 24-hour "half-life"; therefore, if most heart attacks happen in the wee hours of the morning, the Aspirin would be strongest in your system.
2. FYI, Aspirin lasts a really long time in your medicine chest for years, (when it gets old, it smells like vinegar).



There are other symptoms of a heart attack, besides the pain on the left arm. One must also be aware of an intense pain on the chin, as well as nausea and lots of sweating; however, these symptoms may also occur less frequently. Note: There may be NO pain in the chest during a heart attack.

>The majority of people (about 60%) who had a heart attack during their sleep did not wake up. However, if it occurs, the chest pain may wake you up from your deep sleep.

>If that happens, immediately dissolve two aspirins in your mouth and swallow them with a bit of water.

>Afterwards call 911. - Phone a neighbor or a family member who lives very close by. Say "heart attack!" - Say that you have taken 2 Aspirins. - Take a seat on a chair or sofa near the front door, and wait for their arrival andDO NOT LIE DOWN!!

Drinking water at a certain time maximizes the effectiveness on the body:

- 2 glasses of water after waking up—helps activate internal organs.
- 1 glass of water 30 minutes before a meal—helps digestion.
- 1 glass of water before taking a bath—helps lower blood pressure.
- 1 glass of water before going to bed—helps avoid stroke or heart attack.



Pope's Corner

I would first like to give thanks to our God almighty for watching over and protecting us all. I also would like to give thanks to all of the families that have allowed our staff to become a part of their family through our help and support during their time of need.

The days ahead will become challenging, but with God and the true friends that we have we will make it through this difficult time.

I encourage you to call one our councilor if you feel there is a need. Always remember our service never stops.

H.D. Pope



The management and staff of H.D. Pope Funeral Home sincerely thanks each and every one who assisted, contributed and/or attended our 10th Annual Holiday Celebration. You are the reason for the event's success. We thank you and we pray peace and blessings to you in this New Year!

As we enter this new year of 2013, I'm reminded of several scripture verses given long years ago, but very applicable today. When Joshua lead the Israelites across the Jordan into the Promised Land, he directed them to follow the Ark of the Covenant, borne by the priests, because "You have never passed this way before". Joshua 3:4. In the days ahead, we too, will encounter many new experiences. For some the others, they could be marked with sorrow and because "we have not passed this way before". we are trusting the Lord for direction in the fol-



the Israelites shortly before his death and their mind, he encouraged the people, "Be strong and the Lord your God, He is the One who goes with you. He will not leave you nor forsake you." Deut. 31:6 When we claim that promise for ourselves, we too, will not be afraid of the future and will face un-traveled pathways with confidence, trusting the Lord in every situation. As we grow older, sometimes the bend in the road looks sharper than it really is. Jesus said, "I will never leave you nor forsake you." So we can boldly say: "The Lord is my helper; I will not fear". Hebrews 13:5,6. A very comforting truth. May the coming year be a truly blessed one for you as you experience the comforting presence and guidance of the Lord

and His provision for each step of the way. coming 12 months may be the best we've known. For disappointment. No one knows what lies ahead, simply That fact can strike fear to our hearts, but need not, if lowing days and months. Think of Moses' challenge to entrance into Canaan. With the giants of that land in of good courage, do not fear nor be afraid of them; for

and His provision for each step of the way. ~ ~ H.D. Pope

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