1. SPECIAL OLYMPICS

The EACS Special Olympics team will compete in the Area 3 Track & Field event on Saturday, May 3 at Leo Jr. Sr. High School. Opening Ceremonies start at 9 am. EACS will have 28 students competing in the events. There will be approximately 320 athletes (8 years and up) from the surrounding areas also competing. Please join us!

Tamyra Kelly, ext. 1050

2. NATIONAL HIGH BLOOD PRESSURE EDUCATION MONTH

May is National High Blood Pressure Education Month, and nearly one in three adults in the United States have high blood pressure, also called hypertension. High blood pressure is dangerous because it increases the risk of stroke, heart attack, heart failure, kidney failure, death.

High blood pressure is called the "silent killer" because it has no symptoms until it causes major damage. A number of FDA-approved drugs, along with lifestyle changes, can help treat this condition. See Enclosure #1 for more information.

Wendy Walker, ext. 7309

3. REMINDER: HEALTHIER CHOICES RECIPE ROUNDUP

The EACS Employee Wellness Program is putting together a Healthier Choices Recipe Book. Submit your healthy recipe by Monday, May 19 to Eric Manor, EACS Wellness Coach at emanor@eacs.k12.in.us. For more information see Enclosure #2.

Eric Manor, ext. 1003

4. REMINDER: ELEMENTARY & GRANDPARENT 1 MILE 4 WELLNESS

New Haven Parks & Recreation is sponsoring the 1 mile 4 wellness for boys and girls in preschool thru sixth grade. The event will be held at New Haven High School on May 17, 2014 at 9:00 am. To register go to RUNRACE.NET. See Enclosure #3 for an application form.
5. **REMINDER: WORLD DIABETES SUMMIT**

The Diabetes Summit starts on May 5, 2014 and runs for 12 days through May 16. Each day you'll be invited to watch 4-5 incredible presentations, right on your computer. There’s no need to travel, book a hotel, or pay for an expensive seminar. These cutting-edge experts will come right into your office or living room and share valuable lessons from their extensive knowledge and experience. These presentations are yours to enjoy, absolutely free, for 24 hours. See **Enclosure #4** for more details.

Eric Manor, ext. 1003
Medications for High Blood Pressure

Nearly one in three adults in the United States has high blood pressure, also called hypertension. High blood pressure is dangerous because it increases the risk of stroke, heart attack, heart failure, kidney failure, death.

“High blood pressure is often called the ‘silent killer’ because it usually has no symptoms until it causes damage to the body,” says Douglas Throckmorton, M.D., Deputy Director of FDA’s Center for Drug Evaluation and Research. Many studies have shown that lowering the blood pressure with drugs decreases that damage.

A Lifelong Condition
Blood is carried from the heart to all parts of the body in vessels called arteries. Blood pressure is the force of the blood pushing forward through the body and against the walls of the arteries. The higher the blood pressure, the greater the risk of stroke, heart attack, heart failure, kidney failure, and death.

Blood pressure is made up of two numbers:
• The “top” number is the systolic blood pressure—the pressure while the heart is pumping blood out. According to the National Institutes of Health (NIH), this number should be less than 120 to be in the normal range.

Hypertension tends to worsen with age and you cannot tell if you have high blood pressure by the way you feel, so have your health care provider measure your blood pressure periodically.
Tell your health care provider about any side effects you are having. Some side effects may go away over time, others may be avoided by adjusting the dosage or switching to a different medication.

- The “bottom” number is the diastolic blood pressure—the pressure while the heart is filling up with blood, getting ready to pump again. According to NIH, this number should be less than 80 to be in the normal range (www.nhlbi.nih.gov/health/health-topics/topics/hbp/).

It was once believed that only diastolic pressure (the “bottom” number) was important, but this is not true. Elevated systolic pressure alone, particularly common in older people, is just as dangerous as elevations of both systolic and diastolic pressure.

Blood pressure is elevated for two main reasons:
- too high blood volume
- too narrow blood vessels.

Most of the time, the cause of a person's high blood pressure is unknown. Once it develops, high blood pressure usually lasts the rest of the person's life. But it is treatable.

Some people can lower blood pressure by losing weight, limiting salt intake, and exercising. But for most people, these steps are not enough. Most people need medication for blood pressure control, and will probably need it all their lives.

**Types of Medications**
FDA has approved many medications to treat high blood pressure, including
- Diuretics, or “water pills,” which help the kidneys flush extra water and salt from your body and decrease blood volume
- Angiotensin converting enzyme (ACE) inhibitors and Angiotensin II receptor blockers (ARBs), reduce blood pressure by relaxing blood vessels
- Beta blockers, which also cause the heart to beat with less force
- Drugs that directly relax the blood vessels. These include calcium channel blockers (CCBs) and other direct dilators (relaxers) of blood vessels
- Alpha blockers, which reduce nerve impulses that tighten blood vessels
- Nervous system inhibitors, which control nerve impulses from the brain to relax blood vessels

Many people with high blood pressure will need more than one medication to reach their goal blood pressure. Your health care provider can tell you if you should be on medication and, if so, which drug(s) may be best for you.

**Tips for Consumers**
Controlling your blood pressure is a lifelong task. Blood pressure is only one of a number of factors that increase your risk of heart attack, stroke, and death. High cholesterol and diabetes are other risk factors. Lifestyle changes—such as weight loss, a healthy diet, and physical activity—can affect all three risk factors, but many people will also need medications.

Take your medicines and monitor your blood pressure. Take the medications prescribed for you regularly and don't stop them except on the advice of your health care provider. Hypertension tends to worsen with age and you cannot tell if you have high blood pressure by the way you feel, so have your health care provider measure your blood pressure periodically. You may also want to buy a home blood pressure monitor, available in many drug stores, to measure your blood pressure more frequently. Your health care provider or pharmacist can help you choose the right device. Many drug stores also have blood pressure measuring devices you can use in the store.

Tell your health care provider about any side effects you are having. Some side effects may go away over time, others may be avoided by adjusting the dosage or switching to a different medication. FDA
The EACS Employee Wellness Program is putting together a Healthier Choices Recipe Book – I Need Your Help!

Share your favorite healthy recipes! I will put together a collection of the submissions and create a Healthier Choices Recipe Book that will be distributed throughout the district for FREE.

What is a healthy recipe?
Clearly, everyone has a different idea of what is healthy. To me, a healthy recipe means a dish that will improve your physical and mental health and put you in a positive, happy, healthy frame of mind. So tell me in your submission a little bit about why you feel your recipe is healthy.

Submit recipes for the following categories:
✓ Substitutions (Example: Greek yogurt in place of sour cream)
✓ Breakfast
✓ Lunch
✓ Dinner
✓ Snacks
✓ Deserts

Include the following with your submission:
✓ Dish Name
✓ Ingredients
✓ Directions
✓ Servings
✓ Why you feel your recipe is considered healthy
✓ Personal Comments about the recipe that you want to share (Optional)

Submit your healthy recipe by Monday, May 19th to Eric Manor, EACS Employee Wellness Coach at emanor@eacs.k12.in.us

Questions? Contact Eric Manor, EACS Wellness Coach: emanor@eacs.k12.in.us or 446-0100 ext. 1003
This event is open to any boys or girls in preschool thru sixth grade. Preschoolers thru 2nd grade will run 800 meters; while 3rd thru 6th grade will run 1600 meters. Race schedule is an estimate. We will run the next race as soon as the previous race is over. The first race will start at 9 and each race will follow shortly after the previous race is completed. At the mid point, all grandparents will walk 1 mile together (4 laps around the track).

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**Waiver:** I know that running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running or walking in this event including, but not limited to: falls, contact with other participants, the effect of the weather including high heat and/or humidity, traffic and the conditions of the road or any other running surface: all such risks being known and appreciated by me. For my safety, I understand that bicycles, skateboards, baby joggers, roller skates or in-line skates, animals and radio headsets are not allowed in the race and I will abide by this guideline. Having read this waiver and knowing the facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release New Haven Adams Township Parks Department, City of New Haven, East Allen County Schools and all sponsors, all volunteers, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this event though that liability may arise out of negligence or carelessness on the part of the person named in this waiver. I allow my photograph or likeness to be used for any lawful purpose.

Signature or Guardian __________________________ Date ____________

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**REGISTER ONLINE AT RUNRACE.NET or DROP COMPLETED FORM TO NH PARK OFFICE: 1125 HARTZELL STREET NEW HAVEN, IN 46774**

COST IS $10 BY WEDNESDAY APRIL 30TH OR AFTER $15 THROUGH WEDNESDAY MAY 15TH

You must register by April 30th to be guaranteed that you will receive a t-shirt. If you do not want a t-shirt, please use coupon code NS to save $5. Coupon can only be used until April 30th.

FOR QUESTIONS CONTACT Mike Clendenen or mclendenen@newhavenin.org 260-749-2212
Whether you’ve been diagnosed with diabetes, were told that you have pre-diabetes, have a family history, or just want to make sure you don’t get diabetes, this 12 day, power-packed summit will give you the ammunition you need to fight off the diabetes monster and win!!

What is the World Diabetes Summit?
This is the first ever online conference devoted to preventing and reversing type 2 diabetes.

How does The Diabetes Summit work?
The Diabetes Summit starts on May 5, 2014 and runs for 12 days through May 16. Each day you’ll be invited to watch 4-5 incredible presentations, right on your computer. There’s no need to travel, book a hotel, or pay for an expensive seminar. These cutting-edge experts will come right into your office or living room and share valuable lessons from their extensive knowledge and experience.

These presentations are yours to enjoy, absolutely free, for 24 hours. After that, they will be taken down and replaced with the next day’s set of amazing presentations. That’s why it is so important to register for the event – so you don’t miss a single speaker.

How Do I Register for the World Diabetes Summit?
You can register for this FREE event at http://thediabetessummit.com/
It’s absolutely FREE! No strings attached!

Questions? Contact Eric Manor, EACS Wellness Coach: emanor@eacs.k12.in.us or 446-0100 ext. 1003
Recognition Bulletin

V-29  5.2.14

1.  THE UNTOLD EACS STORIES ~ EDUCATIONAL VIDEOS

Release party was Wednesday, April 30. Go to www.YouCanDreamIt.Dolt.com to view the great things happening at EACS!

More stories coming soon.....

2.  HERITAGE FFA MEMBERS EXCEL AT STATE COMPETITION

Members of the Heritage FFA competed in the State competition of the Floriculture and Nursery/Landscape career development divisions. Team members received individual awards and will compete in the National competition in October, 2014.

Way to go Heritage FFA!