



motion picture
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SOCIAL SERVICES CORNER

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ASK THE SOCIAL WORKER: HIGH BLOOD PRESSURE-HYPERTENSION

Question: What can you tell me about high blood pressure? My doctor is monitoring my blood pressure to determine if it might be high. I am 48 years old, but I really know very little about this disease. What is the difference between hypertension and prehypertension?

Answer: I am glad you want to learn about high blood pressure. Knowledge of this health condition may help you prevent and control it.

Blood pressure is the force of blood against the walls of your arteries. It is measured in millimeters of mercury (mmHg) and is recorded as two numbers: systolic pressure (as the heart beats) and “over” diastolic pressure (as the heart relaxes between beats). Blood pressure rises and falls throughout the day, but when it stays high over time it is called high blood pressure. Usually a blood pressure level higher than 140/90 mmHg is considered hypertension, the medical term for high blood pressure. Blood pressure between 120/80 mmHg and 139/89 mmHg is considered prehypertension.

According to the National Heart, Lung, and Blood Institute (NHLBI), one out of three American adults has high blood pressure. Since there are usually no warning signs of this condition, it is very important you have your blood pressure checked regularly. If

not controlled, high blood pressure can lead to heart and kidney disease, stroke and blindness. Ask your doctor what you can do to help lower or prevent high blood pressure. The NHLBI reports that high blood pressure can be prevented and lowered by:

- Maintaining a healthy weight
- Being physically active
- Following a healthy eating plan
- Reducing sodium in your diet
- Drinking alcohol in moderation
- Taking prescribed drugs as directed
- Quitting smoking

I encourage you to learn more about high blood pressure. Request the Will Rogers Institute’s free brochure, “Controlling High Blood Pressure,” at wrinstitute.org or (877)957-7575. Read the NHLBI’s free brochure, “Your Guide to Lowering Blood Pressure,” available at nhlbi.nih.gov or (301) 592-8573.

Sources: National Heart Lung and Blood Institute, www.nhlbi.gov; and American Heart Association, www.americanheart.org.

JOKE OF THE MONTH

A garage sale is a technique for distributing all the junk in your garage among all the other garages in the neighborhood.

— *The Best of the Good Clean Jokes* by Bob Phillips

Laughter is known to boost the immune system, lower blood pressure, burn calories and release pleasure-inducing chemicals in the brain.

Go Green!

Receive the *Social Services Corner* by email.
Call 888.994.3863, ext. 2370, or e-mail info@wrmail.org.

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Renewable resources were used to produce this printed piece.



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COMPANION PETS: CREATING HAPPIER LIVES

It is medically documented that companion animals, like dogs, cats, rabbits and birds, help people to live longer and healthier lives. Some of the medical benefits of an animal companion include lowered blood pressure, decreased stress, reduced bone loss, lower cholesterol levels and improved blood circulation.

Animals also offer unconditional love and commitment to their owners. Likewise, being responsible for the care of an animal often provides one with a new sense of self and purpose, especially if living alone. Older adults may want to consider adopting an older animal, instead of a puppy or kitten. Older pets are more likely to be



calm, already house-trained and less susceptible to unpredictable behavior.

Animal shelter staff can help people find the most suitable animal for their lifestyle. For more information about pets, pet adoption and animal shelters in your community, please visit:

- Petfinder.com
- Pets911.com or (888) PETS-911
- WorldAnimal.net or (617) 524-3670
- AdoptAPet.com or (800) SAVE-A-PET
- The Humane Society of the United States: hsus.org or (202)-452-1100

Sources: The Humane Society of the United States, www.hsus.org.

DOES YOUR PET DESERVE A LITTLE TIME IN THE SPOTLIGHT?

In 2006 our readers were delighted to see their pet's photo in our February issue. Today, our readers continue to ask when they can introduce a new pet or honor a loving pet's birthday. We are now holding space in our September 2009 issue for your pet's photo. Send us your pet's photo before August 2009 and you just might see your pet in the Social Services Corner.

Send digitized photos (scanned or from a digital camera) to Karen@wrmail.org. Please send photos in a JPG or GIF format only. Send photographs, not to exceed 4"x6," to **Karen Wiener, Will Rogers Motion Picture Pioneers Foundation, 10045 Riverside Drive, 3rd Floor, Toluca Lake, CA 91602.**

Please be sure to include your pet's name with the photo and do not send a photo that includes people or pets that do not belong to you. By sending your pet's photo, you are giving the Will Rogers Motion Picture Pioneers Foundation (WRMPPF) permission to print your pet's photo in the *Social Services Corner* and you are agreeing that the WRMPPF will not return your photo, will not be held liable for lost or damaged photos, the print quality of the photo in the *Social Services Corner* or not printing your pet's photo in the *Social Services Corner*. All photos (digitized or physical) become the property of the WRMPPF.

QUOTE OF THE MONTH

“No man can be condemned for owning a dog. As long as he's got a dog he's got a friend and the poorer he gets the better the friend he has.”

— Will Rogers



QUESTIONS OR COMMENTS?

Call Karen Wiener, Manager of Social Services at (888) 994-3863, ext. 2390, or write to karen@wrmail.org.