

## Matters of The Heart

It is surely no coincidence that The American Heart Association has chosen February as Heart Health Month. February already contains Valentine's Day--a fun-kind of holiday which we observe by decorating with hearts and giving tokens of our affection to those who are dear to us.

The *heart* has long been linked poetically to love and affection. And when we want to delve into a topic, we state we are truly getting *to the heart of the matter*. When we are emotionally wounded, we feel we've been *pierced in the heart* or may even be *broken-hearted*. We even link the *heart* to our spiritual condition. If we are feeling isolated from God or others, we say we are *heavy-hearted*.

Yes, the heart is a vital organ and symbolizes the very essence of human life. Everyone, right down to the youngest child, knows that the heart is most important. It is not surprising, then, that heart health is a frequent topic in the news media. Magazines and news programs alike boast the latest reports on care and improving the health of our heart .

So, while we concentrate in February on *matters of the heart*, we invite you to take time to review some of the critical information made available by The American Heart Association on their website: [www.americanheart.org](http://www.americanheart.org). You will find links to *Common Heart Attack and Stroke Warning Signs and Symptoms...Nutritional Information and Heart-Healthy Recipes...safe exercise tips...and so much more*.

Just as we are encouraged to care for the health of our heart in order to avoid heart attack, stroke, and related vascular disease, we would do well to *take heart* and attend to our emotional and spiritual heart as well. A healthy emotional and spiritual life leads to a healthier body and mind--a healthier you!

### So, how is your heart?

**Our nurses and home health specialists at Aker Kasten Home Health Care Agency are eager to discuss these *matters of the heart* with you.** We may be able to clarify what you have read, provide further information and/or details on heart care, or even help you assess your own heart health in cooperation with your primary physician.

The stated mission of ***The Aker Kasten Home Health Care Agency*** is to embrace the physical, emotional, and spiritual needs of those entrusted to our care with a view to improving their quality of life in a gentle, dignified, and loving manner. To that end we are available to you not only for your physical needs, but for any concerns about your emotional and spiritual heart matters as well. Just give us a call to make use of our chaplain/pastoral care services. **Call 561-955-6010 today - Because we truly care about you and your heart!**