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There are many reasons that the rate of heart disease is climbing and one thing that may put you at greater risk than ever before is sitting. John Hopkins refers to it as the “sitting disease,” the fact that people are far more sedentary than ever before and this lack of activity increases the risk of heart disease. The body is designed to stand upright and the heart and cardiovascular system work more efficiently when you do.

How much more sedentary are we? Sedentary jobs are 83% more common now than they were in 1950, according to the American Heart Association. In 1960, about half of all jobs were considered physically active. Now those jobs make up less than 20% of the U.S. work force.

Exercise is only part of the solution. Even people who exercise daily can still be at risk if they spend a lot of time sitting while they commute to and from work or the rest of the day when they aren’t exercising. One thing John Hopkins researchers discovered was that even people committed to fitness fell into the sedentary category. They’d work out for 30 minutes a day, but then sit the rest of the day. This can still cause problems.

John Hopkins reported on a review of studies in a 2015 edition of the Annals of Internal Medicine which found that “even after adjusting for physical activity, sitting for long periods was associated with worse health outcomes including heart disease. … Sedentary behavior can also increase your risk of dying, either from heart disease or other medical problems.”

The threshold level appears to be 10 hours of sitting. While doing a lot of exercise at some point during the day reduces your heart attack risk, once you start sitting for 10 hours or more, your risk goes up significantly.

Why sitting is harmful
Why does this happen? Moving muscles aid digestion. When you are sitting, you are more likely to retain the fats and sugar you eat as fat in your body. Sitting for long periods causes metabolic syndrome, which includes obesity, high blood pressure, high blood triglycerides, low levels of HDL cholesterol and insulin resistance.

How risky is all the sitting we do at our desks, in our cars or on our couches? One study discovered that men who watch more than 23 hours of television a week are 64% more likely to die from heart disease than those who only watch 11 hours a week.

Overall, experts say that people who sit a lot are 147% more likely to suffer a heart attack or stroke. Researchers recommend 60 to 75 minutes a day of moderate activity to counteract the dangers of sitting too much.
At-Home Fitness Routines

Working out at home is the new reality for many Americans across the country, and thanks to technology, they are able to find creative programs to bring the gym to them. Many health and fitness companies, as well as local gyms and workout facilities, have created virtual workout programs for their clients that have made it easy to stay in shape. Whether you’re looking for a consistent cardio routine or a high-intensity interval training to keep you in shape, there are many options out there that are easy to weave into your normal day at home.
So, read on for tips and tricks to staying in shape from home.

**Carve Out the Time**
The first step to creating a solid home workout plan is making sure you have the time to properly execute it. Many people find that waking up before the family in the morning can be the best time to exercise. Or maybe you’re more of a night owl who likes to work off the stress of the workday after hours. Whenever you choose to work out, it’s important that you find a dedicated, uninterrupted time to focus on bettering your body. Without adequate time, you’ll end up burning yourself out and not sticking with your routine.

**Body Weight Exercises**
When executed correctly, using just your body weight can give you an effective workout routine with great results. Here are a couple of ideas for you to incorporate.

**Bridge**
Lie on your back with your knees bent, feet flat on the floor, and your arms extended by your sides. Pushing through your feet, raise your posterior off the ground until your hips are fully extended. Slowly return to the starting position and repeat until you have finished a set of 10. Perform three sets for maximum effectiveness.

**Stationary lunge**
Split your stance with your right leg in front. Bend your knees and lunge forward, stopping when your right thigh is parallel to the ground. Then, push up through your right foot to return to the starting position. Repeat for a set of 10 and complete three sets.

**Extensions**
Get on all fours and simultaneously extend your left arm and right leg, keeping your hips square to the ground. Pause when you reach the position for five seconds. Return to the start position and repeat with your right arm and left leg. Do this for three sets of 10.

**Think Local**
Your local gym likely has online or video workout programs you can execute at home as part of their workout programs. Ask your local gym owner or fitness staff if this is an option. Many technology platforms offer online tracking and reporting so your trainer can stay updated on your at-home progress.

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From left to right: James Hollis, Amanda Coles, Anita Peterson, Anthony Hollis
Pets Contribute to Healthy Lifestyles

Dogs earn their moniker of “best friend” in a lot of ways, including helping their owners have healthier hearts.

The American Heart Association says that owning a pet, especially dogs, contribute to better heart health. In a scientific report published in 2013, scientists explored the effects that pet ownership, primarily dogs or cats, had on cardiovascular disease. The beneficial effects included “increased physical activity, favorable lipid profiles, lower systemic blood pressure, improved autonomic tone, diminished sympathetic responses to stress and improved survival after an acute coronary syndrome.

Greater activity
Many people who have pets are more active because they have to walk the animal and move more to take care of it. One study revealed that people who walk dogs get up to 30 minutes more exercise a day than non-walkers. That's exercise that contributes directly to a healthy heart. The AHA recommends engaging in healthy activities with your pet including cooling off in sprinklers, swimming with your dog in a lake, walking and running together, playing at a dog park, spending 10 to 15 minutes a day playing catch or fetch and walking home with kids and dogs after school.

Cuddle time
Did you know that even cuddling your dog or cat can make your heart healthier? A Japanese study found that pet owners had a 300% increase in the release of oxytocin just by staring in their pets’ eyes. And the dogs experienced a 130% rise.

Why is this good? Oxytocin affects the free radical and inflammation levels of the heart, two culprits that cause heart attacks. When there is too much inflammation, it leads to a build up of arterial plaque that causes heart attacks. So when you cuddle with your pet, you release the hormone that helps fight heart disease.

Stress response
Other studies have shown that people respond better to stress when they live with a companion animal. In one study, people who had pets had a significantly lower resting baseline heart rate and blood pressure. When stress was applied, they had significantly smaller increases in heart rate and blood pressure and recovered to normal after the stress more quickly. The fastest recovery and lowest reaction took place in people when their pet was present.

Social support
In addition to the physical benefits, pets provide emotional and social support that contribute to healthier hearts. The American Heart Association found that pet ownership was a powerful predictor of maintaining behavior change. In other words, pets help encourage good behavior and make people more motivated to engage in healthy habits. They can reduce the anxiety and depression which create barriers to healthy behaviors. While there are many factors that go into adopting a pet and one shouldn't do it just to have a healthy heart, pets can make your life better and longer.
How To Avoid Spreading Germs Within Your Home

It takes just one cold or flu germ inside your home before the entire family could begin coughing, sneezing and feeling miserable.

There are simple ways to stop the spread of common germs at home. Try these tips and keep your family healthy.

1. Take off your shoes at the door. The soles of your shoes connect with filthy floors in stores, restaurants, offices and sidewalks. Avoid spreading those germs throughout your home’s floors and carpets.

2. Twice a day, wipe down light switches, remote controls, doorknobs, the refrigerator handle, faucet handles, and everything else that the entire family touches on a daily basis. This may be impractical on a daily basis, but if your friends or family have been sick, you should take the time to Sanitize these areas.

3. Clean your toothbrushes. Douse them with peroxide, then rinse with water and put them in the microwave for 10 seconds. Better yet, buy in bulk and change brushes every week.

4. If anyone in the house is already sick, use separate bath and hand towels. If possible, designate one bathroom for the sick person while the rest of the family uses another.

5. Clean counters and other surfaces with paper towels. Avoid spreading germs by wiping a contaminated sponge or kitchen towel.

6. Each day, wipe the bottom of your purse or briefcase. These items can be contaminated from touching floors, seats or tables in public areas.

7. Clean your computer keyboard and mouse every day. Desk areas can be very germy.

8. Change your pillowcases every few days and wash sheets once a week.

9. Remember to avoid touching your face, especially your nose, mouth, and eyes. Wash your hands regularly. Shower daily and launder clothing that you have worn in public places.

Tired of being tired? Experiencing digestive issues? Increasing cholesterol or blood sugar levels? Too much stress?

Bobbi Fuller
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Is It An Emergency, Or Just Urgent?

By Valor Health

Do you know when to seek care at an Emergency Room or at Urgent Care? Do you know the costs that may be associated with that choice? Depending on the severity of your illness, you may decide you need to see a doctor immediately, or you may wait it out and schedule a check-up appointment with your family doctor in a few days. Valor Health wants to help you understand your healthcare choices, the differences between family practice, urgent care and the emergency room and the estimated costs associated with those choices.

A family doctor is the best place to start when you are hurt or sick. They are committed to treating the entire person, instead of focusing on one specific health situation. Family doctors provide care to patients of all genders and every age and they advocate for their patients in the complex healthcare system. They know their patients’ medical history and previous conditions. Most appointments can be made same day or within a few days. This option is also the least expensive, with most insured patients having visit copays as low as $25. Valor Health Emmett Medical Center is accepting new patients, if you are looking for a family doctor, please call (208) 365-6004 to find out more.

Common reasons to visit your family doctor: Wellness and management of chronic health conditions, and acute issues, such as ear infections, cold, flu, joint pain and headaches

But what happens if you get sick or injured when your doctor’s office is closed, or you can’t get an appointment?

If your condition isn’t life-threatening but needs to be taken care of right away, then urgent care may be the right choice. Valor Health Urgent Care is open 8am-8pm, 7 days a week and offers evaluation, treatment and diagnostic testing. Urgent Care is walk-in only and patients can expect to experience a greater wait time due to this. The urgent care option is commonly less expensive than going to an emergency room, the urgent care national average cost per visit is between $150-$400. Valor Health Urgent Care is located within Emmett Medical Center [(208)365-6004].

Common reasons to visit urgent care: Unable to see your family doctor, fevers, flu/cold, ear infections, animal/insect bites, bronchitis, sprains, cuts/bleeding, vomiting/diarrhea, urinary tract infections, or lab/x-ray testing

If you are experiencing a life-threatening condition the emergency room is the best place to treat severe conditions. The Valor Health Emergency Department is open 24 hours a day, 7 days a week. Emergency care is the most expensive type of care and although costs can vary significantly, national average suggests costs per visit to be around $2000 or higher due to the severity of your injuries or illness. Wait times are dependent on serving the most severe cases first. If experiencing a life-threatening emergency, please dial 911.

Common reasons to visit the Emergency Room: chest pain, paralysis, serious bleeding, repeated vomiting, broken bones, poisoning, head/eye injuries, allergic reactions, unconsciousness or severe difficulty in breathing

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Healthy Eye Care Habits

Having healthy eyes can sometimes come down to smarter choices. There are a few simple, yet critical ways you can protect your sight, from having regular exams to dietary changes.

In some cases, injury or illness play a role. Family history can also be a direct indicator of problems ahead. Absent those outside influences, however, you can go a long way toward healthier eyes by following these helpful tips.

**REGULAR EXAMS**
It’s easy to take eye health for granted. It’s also not uncommon for small but worrisome changes to go virtually unnoticed with our sight. That’s why it’s so important to schedule regular comprehensive eye exams with an eye care professional. Some eye diseases, including age-related macular degeneration and diabetic eye disease, don’t have any warning signs. A dilated exam is the only way to diagnose these issues in the critical early stages. Tests will also help make sure that glasses aren’t needed or if you should change your prescription strength.

**EATING RIGHT**
Diets rich in dark, leafy greens like spinach, collard greens or kale have been shown to improve eye health, according to researchers. There are also benefits in eating fish that boast higher levels of omega-3 fatty acids, like tuna, salmon and halibut. Being overweight is also a risk factor in failing eyesight, because it increases your risk of developing diabetes or diabetic eye disease. Consult a physician if you need more guidance on creating a meal plan that bolsters eye health.

**PROTECTIVE EYEWEAR**
Safety glasses, shields, goggles and eye guards are critical for those who participate in certain sports, jobs involving machinery and activities like yard work where material might fly into our eyes. Most of these protective lenses are now made of polycarbonate, which is some 10 times stronger than conventional plastics. You can find this safety equipment at sporting goods and outdoors stores, or at your local eye care office. Sunglasses are also important in protecting your eyes from day-to-day exposure to harmful ultraviolet rays. Look for glasses that specifically block UV-A and UV-B radiation.

**STOP SMOKING**
If you haven’t started smoking, don’t start. If you already smoke, be aware that the risks aren’t limited to your lungs. Smoking has been linked to increasing instances of cataracts, macular degeneration and optic-nerve damage. All of these issues can lead to blindness.
What to know about the new Valor Health Center

Frequently Asked Questions:

Why is Valor Health building a new clinic?
The new Valor Health Center will be an additional clinic location to make quality family medicine and urgent care services accessible to people in the Gem Community, as Emmett and the surrounding areas continue to grow. The Valor Health Center brings important family medicine services to an area that is currently underserved and adds a clinic location that allows for future growth as community needs evolve.

Where will the new clinic be located?
Valor Health Center will be conveniently located near the southwest corner of Highway 16 and Substation Road in Emmett. This land was carefully evaluated and selected to provide easy access to healthcare for people living and commuting in this area. Valor Health Center will be built at an accessible location to provide people with quality primary and urgent care services where it’s closer, more convenient and eliminates the need for people in the Gem Community to travel over the hill for care.

What services will be offered?
The new Valor Health Center will offer family medicine and urgent care services and maintain Valor Health’s commitment to patient-centered care. The 6,182-sq. ft. facility will feature nine exam rooms, one procedure room and will be designed for future expansion. Valor Health will occupy the entire building.

What are the benefits of an additional clinic for family medicine care?
Regular family medicine care is the foundation for overall health and wellness. Family medicine providers see people of all ages and use wellness visits to provide regular screenings, schedule immunizations and monitor physical development and emotional health. Valor Health family medicine providers have a team approach to care and can also make seamless connections to other providers or specialists at Valor Health.

How will the new clinic be financed?
Valor Health will be funding the new clinic using its own resources and donations received through the Valor Health Foundation.

Can I make a financial gift to support the project?
To make a tax-deductible contribution to the new Valor Health Center project or for more information, please visit https://www.valorhealth.org/about-us/foundation/.

When does construction begin?
Groundbreaking for the Valor Health Center is Spring 2023.

When will the new clinic open?
The planned opening of the Valor Health Center is Fall 2023.

Where can I find more information?
www.valorhealth.org/center/
Assisted Living

Apple Valley Residence
715 N. Butte Ave
Emmett, ID 83617
208-365-1497

Assisting Angels
3222 W. Overland Ave
Boise, ID 83705
208-365-7409

Cherry Ridge at Emmett
Care & Rehabilitation Center
501 W. Idaho Blvd.
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208-365-3597

Cottages of Emmett, The
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Emmett, ID 83617
208-365-9490

Home Helpers
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Middleton, ID 83644
208-963-5655

Meadow View Senior Living
1013 S. Johns Ave
Emmett, ID 83617
208-365-1122

River’s Edge Rehabilitation
714 N. Butte Ave
Emmett, ID 83617
208-365-4425

Chiropractor

Advanced Chiropractic
108 E. 6th St.
Emmett, ID 83617
208-365-6300

Downey Chiropractic
316 S. Washington Ave
Emmett, ID 83617
208-365-5333

Emmett Chiropractic
288 Hwy 16 Ste 101
Emmett, ID 83617
208-365-2225

Gardner Chiropractic
518 S. Washington Ave
Emmett, ID 83617
208-365-2024

Schreck Chiropractic
701 S. Washington Ave
Emmett, ID 83617
208-365-1392

Crisis Intervention & Victim Advocacy

Rose Advocacy
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Emmett, ID 83617
208-365-1615
24 Hour Crisis Line
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Dental / Orthodontics

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Emmett, ID 83617
208-369-4532

Emmett Dental & Orthodontics
314 S. Washington Ave
Emmett, ID 83617
208-365-6313

Peterson Orthodontics
1312 S. Washington Ave.
Ste. C
Emmett, ID 83617
208-365-6800

Valley Family Dental Care
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208-365-5064

Wallace Family Dentistry
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Emmett, ID 83617
208-365-5064

Emergency

Valor Health E.R.
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Emmett, ID 83617
208-365-3561

EMS
Emergency Medical Services
208-365-3684

Police
Emmett Police Department
208-365-6055

Gem County Sherriff
208-365-3521

Fire
Gem County Fire Department
208-365-3521

Poison Control
1-800-222-1222

Sexual Abuse
1-800-656-4673

Suicide Hotline
1-800-273-8255

Fitness

Functional Fitness Training
902 S. Washington
Emmett, ID 83617
541-519-5862

Kamakazee Kickboxing
142 W. Main St.
Emmett, ID 83617
208-369-0471

Raw Iron Gym
121 S. Commercial Ave.
Emmett, ID 83617
208-401-5109
**Health Insurance**

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- The Insurance Group  
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  Emmett, ID 83617  
  208-365-0115

- Farmers Insurance  
  1500 S. Washington Ave. Ste. A  
  Emmett, ID 83617  
  208-365-4150

**Hearing**

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  Emmett, ID 83617  
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- Horizon Home Health & Hospice  
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- Lighthouse Hospice  
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  208-369-8589

- Terrace Hospice  
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  Meridian, ID 83642  
  208-506-7200

**Mental Health**

- Bell Counseling  
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  Emmett, ID 83617  
  208-365-1060

- Clarity Counseling  
  1500 E. Locust Ave  
  Emmett, ID 83617  
  208-918-0054

**Nutrition Counseling**

- Valerie Lawrence, RDN, CDCES  
  709 S. Washington Ave., Ste. B  
  Emmett, Idaho 83617  
  208-365-8212  
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**Optometric/Vision**

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  Emmett, ID 83617  
  208-365-2020  
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- Gem Vision Clinic  
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  Emmett, Idaho 83617  
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  208-369-4510  
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- Savon-Albertsons  
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  Emmett, ID 83617  
  208-365-4327

**Physical Therapy**

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  208-365-4400  
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**Rehabilitation**

- Cherry Ridge at Emmett Care  
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  208-365-3597

- River’s Edge Rehabilitation  
  714 N. Butte Ave  
  Emmett, ID 83617  
  208-365-4425

**Specialty Services**

- Valor Health Specialty Medicine  
  and Surgical Clinic  
  1024 E Locust St  
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  208-365-2338  
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- Valor Health Orthopedics and  
  Sport Medicine  
  1202 E Locust St  
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  208-398-5151

- ALANON  
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- Celebrate Recovery and the  
  Landing  
  120 E. 3rd St  
  Emmett, ID 83617  
  208-365-3712

- Compassion Care  
  1013 S. Johns Ave  
  Emmett, ID 83617  
  208-365-1122

- Dementia/Alzheimer’s  
  411 E. 12th St.  
  Emmett, ID 83617  
  208-365-9490

- Domestic Violence  
  128 N. Washington Ave  
  Emmett, ID 83617  
  208-365-1616

- Gem County Recovery Community Center  
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  Emmett, ID 83617  
  208-398-5151

- Lighthouse Community Partners  
  829C S. Washington Ave  
  Emmett, ID 83617  
  208-369-8589

- Mental Illness  
  115 S. McKinley Ave  
  Emmett, ID 83617  
  208-398-5151

- Narcotic Anonymous NA  
  115 S. McKinley Ave  
  Emmett, ID 83617  
  208-398-5151

**Transportation**

- Elder Opportunity Agency  
  134 N. Washington  
  Emmett, ID 83617  
  (208) 365-4461

- Gem County Senior Center  
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  Emmett, ID 83617  
  (208) 365-4343

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The Role of Diet in Fitness

Working out isn’t enough if you’re still making poor food choices

Combine your physical fitness goals with a commitment to eating right in order to achieve a healthier lifestyle. Even small tweaks to your diet can have a huge impact when combined with a smart workout plan, providing the energy you need while controlling your weight. As with any exercise regimen, consult your doctor before making wholesale changes in your daily menu, in particular if you’re on a special diet or unfamiliar with healthier choices.

WHAT YOUR BODY NEEDS

Pay attention to things like protein, which remains vitally important as we age. Higher consumption levels can reduce the symptoms of sarcopenia, the natural loss of muscle mass, function and strength among seniors. Proteins help us recover from exercise regimens, maintain mobility and balance, and build and retain strength. Some 30% to 35% of your total caloric intake should include protein, according to medical professions. Protein also helps with absorption of vitamins, energy levels and concentration. As you ramp up your physical activity, it becomes even more crucial.

MIXING THINGS UP

Eating right doesn't mean limiting your intake to salad or starving yourself. Keep yourself from boredom and hunger by mixing up your protein sources with healthier alternatives like fish, peas, chicken and beans. They're packed with nutrients, and can be prepared in a seemingly endless number of ways. Incorporating more vitamin-rich vegetables in your life not only helps ensure wellness. They can be surprisingly filling. Promote your bone health by enjoying fat-free or low-fat dairy items that are fortified with vitamin D.

REWARD YOUR EFFORT

You've probably heard the old saying about all work and no play. The same caution should be taken with your healthier diet. As you eat and exercise your way to wellness, don't forget to acknowledge the small victories that propel this journey. Indulge in a small dessert or favorite snack to avoid becoming discouraged. They can be a great reward for when you reach that all-important next goal. Worried you might back slide too far? There are also a huge number of non-food rewards that may inspire you. Consider treating yourself to a massage, facial, manicure and pedicure, or spa day. Purchase a small gift for yourself, even if it's only a trip to the stylist. Then get back out there!
How to Avoid Falls

A few simple steps can help ensure you don’t experience a mishap
As many as one-third of seniors suffer a fall every year, according to the National Institutes of Health.
But you don’t have to be one of them. Recommended precautions coupled with a few targeted exercises can lower your risk.
Balance is a key element, along with awareness of the hazards that surround your daily life. Living upstairs and certain medications may increase your likelihood. These falls are particularly hazardous if there’s an associated hip injury.

**CONSULT A PRO**
Talk about your fall risks with your doctor, since they’ll be intimately familiar with your prescription medications, related health conditions and history of injury. Joint pain, eye or ear disorders and shortness of breath can also be key indicators for potential falls. Medical professionals can offer helpful advice to help limit these risks. They might also adjust your prescriptions, in certain instances. Trainers can also help tailor a regimen just for you. Easier weight-bearing activity like climbing stairs or walking can actually slow down osteoporosis, a disease that weakens your bones.

**GET PHYSICAL**
Many older adults end up taking bigger risks because they’re afraid of falling. They may avoid shopping, walking or certain social activities in a misguided effort to keep themselves safe. But being inactive actually increases your chances of a fall. Any form of exercise where you’re moving your body can help lower these risks, but pay particular attention to balance routines that will provide a better defense against a fall by strengthening your core. Walking, jogging and swimming are some of the most convenient and easiest exercises, and they help with both coordination and balance. Your confidence will grow by leaps and bounds, while extending the period of time you can live independently.

**RECOMMENDED EXERCISES**
Small changes can make a big difference when it comes to falls. Leg raises, done from a behind a sturdy chair, strengthen your hips and thighs. The National Institutes of Health also recommend walking heel to toe and standing on one foot, in order to strengthen your balance. As you get stronger through a steady exercise program, begin using only one hand on the chair exercises. Then switch to only a single finger, and continue working until you can completed this routine without any assistance from your hand.
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Everyone gets angry sometimes, but you’ve probably noticed that some people lose their tempers more often or at higher degrees of intensity.

People who get angry a lot — and do so at levels where they slam doors, pound tables, throw things or hurt others — are far more likely to experience heart disease than those who are able to express their anger constructively and lose their temper less often. Equally at risk are people who suppress rage and find no way to let it out in a healthy manner. Research into anger has discovered that those who have existing heart disease are more likely to die from heart problems if they have high rates of hostility and anger. Another study found that middle-aged people who experience intense and frequent anger but have normal blood pressure, were nearly twice as likely to experience coronary artery disease and three times as likely to have a heart attack than those who had low anger levels.
Physical effects of anger
How does anger affect the heart? According to HeartSense in India, anger can:

- Reduce the strength of heart contractions.
- Increase heart rate.
- Increase blood pressure.

But it goes beyond that. According to Harvard researchers, if your body has an excess of the stress hormones that get released when you go into high anger mode, fatty plaque can build up in the arteries and speed the process of atherosclerosis. Anger can cause heart rhythm issues by disrupting the electrical impulses of the heart.

Trait anger
The way people handle anger may be genetic. Scientists refer to “trait anger” as a measure of how a person expresses anger — either in rages or in milder forms. People with high trait anger typically have higher cholesterol and triglycerides in their blood stream. High trait anger has been linked to high blood pressure.

It’s important to understand the different types and levels of anger. Not all anger is bad for the heart. Researchers have found that constructive anger, as compared to destructive anger, can actually reduce your stress, help you relax and calm you down. It’s the healing effect of blowing off steam.

A Canadian study found out something surprising about the link between anger and heart attack. When someone exercises while angry, they are more likely to have a heart attack, regardless of any other risk factor.

Exercise and being angry works together to increase blood pressure while also reducing the amount of blood that goes to the heart muscle. So if you find yourself in an intense state of ire, choose something relaxing such as a walk instead of a run. Don’t do anything strenuous.

Getting it under control
Experts say that anger management can help contribute to a healthier heart. Counseling and anger management classes are two options when the problem is severe. However, there are also simpler steps that you can teach yourself, steps such as counting to 10, walking away from a situation and training yourself to counter angry thoughts with coping statements.

Doing so will not only contribute to a healthier heart, but it will likely improve the relations you have with others in your life.

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On the following pages of this Medical Health Directory is
a Community Resource Guide. If you want to get a quick
connection to this resource guide, just scan the QR code be-
low with your smart phone and it will take you to an inter-
active and hot linked version of this Resource Guide.
Those hotlinks will take you to the designated websites,
Facebook pages or other internet connections that each of
the Resources have provided for additional information.
EMERGENCY SERVICES

Child Protection Services (24Hours)
208-334-5437
healthandwelfare.idaho.gov/services-programs/children-families/child-protection-and-foster-care

Domestic Abuse Hotline
800-799-SAFE (7233)
icdv.idaho.gov

Emmett Fire Department
208-398-8042
cityofemmett.org/fire

Emmett Police Department
208-365-6055
cityofemmett.org/police

Gem County Fire District 1
208-365-2012
gemfireems.org/#/

Gem County Fire District 2
208-584-3400
facebook.com/Gem-County-Fire-Protection-District-2-107954120857958/

Gem County Public Defender
208-365-4548
gemcounty.org/departments_offices/court-(magistrate-district)/index.php

Gem County Sheriff Department
208-365-3521
gemcounty.org/departments_offices/county_sheriff/index.php

Idaho CareLine
211
healthandwelfare.idaho.gov/services-programs/211

Idaho Suicide Prevention Hotline
208-398-4357
idahosuicideprevention.org

Poison Control
1-800-222-1222
poison.org

Rose Advocates-
ssexual and domestic violence
208-414-0740
roseadvocates.org

MEDICAL

Black Canyon Medical Group
208-365-2735
blackcanyonmed.wixsite.com/mysite

Clarity Counseling Connections
208-918-0054
claritycounselingconnections.org

Emmett Counseling & Psychiatric Servicess LLC
208-365-5445
counselingidaho.com

Emmett Family Medicine and Direct Primary Care
208-365-7131
emmettfamilymedicine.com

Idaho Department of Health and Welfare
877-456-1233
healthandwelfare.idaho.gov

Southwest District Health
208-365-6371
phd3.idaho.gov

Valley Family Health Care
208-365-1065
vfhc.org/

Valor Health Family Medicine
208-365-6004
valorhealth.org/services/family-medicine/

Valor Health Hospital
208-365-3561
valorhealth.org

Valor Health Urgent Care
208-365-6004
valorhealth.org/services/urgent-care/

EMERGENCY SERVICES

HOUSING

Apple Valley Residence
208-365-1497

Cherry Ridge Nursing Home
208-365-3597
cherryridgeofcascadia.com/

Elderly Opportunity Agency Inc.
208-365-4461
eoaaidaho.org/index.html

Meadow View Assisted Living
208-365-1122
meadowviewal.com

River's Edge Nursing Home
208-365-4425
riversedgerehab.com/contact

The Cottages Assisted Living
208-365-9490
assistedlivingidaho.com/portfolio/emmett-location
COMMUNITY

Adult Protection-
Idaho Commission on Aging
208-334-3833
aging.idaho.gov/contact/

Community Partnerships of Idaho
208-365-5781
mycpid.com/

Emmett City Clerk’s Office
208-365-6050
cityofemmett.org/city-clerks-office

Gem County Chamber of Commerce
208-365-3485
gemmetidaho.com

Gem County Clerk’s Office
208-365-4561
gemcounty.org/departments_offices/coun-
ty_clerk/index.php

Gem County Indigent Care
208-365-4561
gemcounty.org/departments_offices/coun-
ty_clerk/index.php

Gem County Ministerial Association
208-365-4477
facebook.com/EmmetGCMA/

Gem County Recovery Center
208-398-5151
gemrecovery.org/

Gem County Recreation District
208-365-5748
gcrd.activityreg.com

Gem County Senior Center
208-365-4343
facebook.com/gemsrctr/

The Guest House (clothing)
208-365-0775
theguesthouse-emmett.weebly.com

U of I Gem Co./4H Extension Office
208-365-6363
uidaho.edu/gem

Vocational Rehabilitation
208-888-0648
vr.idaho.gov

Western Idaho Community Action Partnership Community Collaborative (WICAP)
208-365-3116
wicap.org

EDUCATION

Emmett School District
208-365-6301
emmettschools.org

Kenneth Carberry Elementary 208-365-0839
emmettschools.org/carberry

Ola Elementary
208-584-3589
emmettschools.org/Domain/13

Payette River Technical Academy
208-365-0985
pr2ta.com

Shadow Butte Elementary
208-365-0877
emmettschools.org/Domain/12

Sweet-Montour Elementary
208-584-3378
emmettschools.org/Domain/13

WICAP Head Start
208-365-3743
wicap.org/head-start

FINANCE

Idaho Department of Health and Welfare
877-456-1233
healthandwelfare.idaho.gov

Vocational Rehabilitation
208-888-0648
vr.idaho.gov

WICAP
208-365-3116
wicap.org
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