

FEBRUARY 2022



DFW Retiree Network

DFW Retiree Network News

FAST AND FURIOUS FEBRUARY

February 2022 came fast and furious, with wintry weather for those in Texas and temperature lows in the teens. But you can always count on Texas weather to turn fast. A return of 70 degree weather will warm us up soon. We hope you all fared well, whether you're in Texas or Tennessee.

This month brings familiar celebrations such as Black History Month and Go Red for Women. After working at DFW Airport, you may be accustomed to the annual focus on heart health for women, although heart health is important for everyone! Many thanks to those who shared photos sporting their red attire to mark the occasion!

Speaking of health, we'll be revisiting the Blue Zones program, which encourages longer, healthier, happier lives. For those who are unfamiliar with Blue Zones, enjoy learning the secrets revealed by the founders of Blue Zones, secrets that can extend your life. And if you've already been introduced to Blue Zones, a refresher never hurts.

Also in this issue, we're kicking off a travel section. Whether you travel a little or a lot, we hope you'll find - and share - helpful tips and information.

Watch for details about our next in-person meeting in March. In the meantime, take care and keep in touch through our DFW Retiree Network Facebook page!

DFW Retiree Committee

Linda Valdez Thompson
President

Irene Clark
Vice President

Deb Sanford
Secretary

Newsletter Highlights

Message from your
DFW Retiree Network

Heart Health message
from the LiveWell

Blue Zones Connection
Recipes and challenge

Upcoming Events
Retirees at DFW Airport
March 26, 2022
9 am - 11 am
AHQ Learning Center

FAQ's from HR

Retiree Photos and
News

Go Red for Women
Supporters

HEART HEALTH MESSAGE FROM LIVEWELL

February is American Heart Month, a time when all people can focus on their cardiovascular health. Of all Cardiovascular diseases, Hypertension, or high blood pressure is the most common. Nearly half of all adults in the United States have hypertension, defined as a systolic blood pressure greater than 130 mmHg or a diastolic blood pressure greater than 80 mmHg or are taking a medication for hypertension. Having hypertension puts you at risk for heart disease and stroke, which are leading causes of death in the US.

Do you know the basics? Take a quiz and test your knowledge. Go to Blood Pressure 101: Know the Basics (qzr.com). Here are some steps you can take to lower your risk of health problems from high blood pressure.

· **Measure your blood pressure** on a regular basis
Monitoring your blood pressure is an important step toward keeping a healthy blood pressure. Because high blood pressure and elevated blood pressure often have no symptoms, checking it regularly is the only way to know for sure whether it is too high.

· **Manage Diabetes**
Most people with diabetes – about 6 out of 10 – also have high blood pressure. If you have diabetes, your doctor or health care professional may recommend certain lifestyle changes to help keep your blood glucose levels under good control. Those actions will also help reduce your risk for high blood pressure.

**Take care of Your Body,
is the only Place you have to Live !**



-Take Your Medicine

If you take medicine to treat high blood pressure or other health conditions, follow your doctor's or health care professional's instructions carefully. Stopping your blood pressure medicine without first talking to your health care team could lead to serious health consequences.

· **Make Lifestyle Changes**

You can help lower your high blood pressure by being physically active, eating a healthy diet, and making other lifestyle changes. Learn more about ways to prevent and manage high blood pressure here. [Prevent and Manage High Blood Pressure | cdc.gov](https://www.cdc.gov/healthyheart/2019/02/prevent-and-manage-high-blood-pressure/)

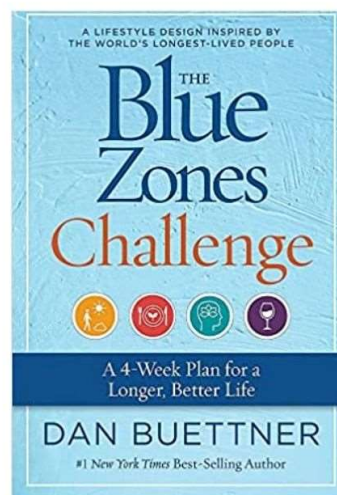
Blue Zones Connection & Challenge

Do you remember the Blue Zones? They're five areas around the world, including Okinawa, Japan, and Ikaria, Greece, where people naturally live long, happy, healthy lives. Researchers have discovered that genetics is only responsible for about 20% of how long you live and the other 80% comes down to the way you live.

Dan Buettner, who first covered Blue Zones for "National Geographic" has created the Blue Zones Challenge, a four-week plan to help you live a longer, healthier life.

How about we take on this challenge together? If you would like to join us, to take this challenge, then you will need to purchase this book (available on Amazon or at any local bookstore for about \$11) or if you are interested please let us know by emailing your interest to dfwretireenetwork@gmail.com and we will be giving away 4 books in a virtual drawing TBD.

We can share our progress on Facebook. One of the ideas is to have a buddy. We can all be each other's buddies.



Quick and Easy Lemon and Dill Bean Salad

INGREDIENTS

3 cups of already cooked beans (equal to 2- 15.5 oz cans)
* garbanzo, kidney, and/or cannellini beans all work great
1 medium tomato (diced)
1 medium yellow onion (chopped)
4 celery ribs (chopped)
1 tbsp olive oil 1/2 tbsp lemon juice cilantro, dill, and pepper (all to taste)

OPTIONAL INGREDIENTS

8- 10 cups Greens of your choice (Spinach, arugula, kale)
1 cup broccoli (chopped)
1/2 - 1 cup blueberries
1 large avocado (diced)
1/2 cup walnuts (chopped)

DIRECTIONS

In a bowl, mix together all of the ingredients. If you are using the canned beans, rinse the brine off of them prior to mixing it into the dish. You may leave a little of the brine to help make it saucier. Load on the cilantro and dill to taste preference! If using the avocado, blueberries, walnuts, and greens, put these into a bowl and toss in the bean mixture.



Makes enough for about 4-6 people

SUBMIT YOUR "RETIREES LIVING WELL" PHOTOS

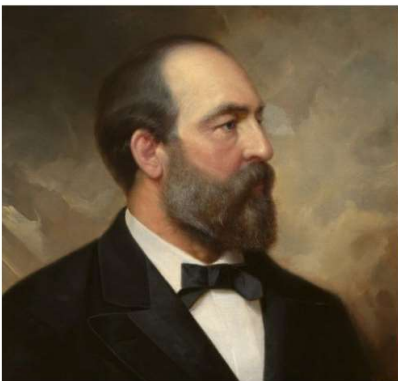
DFWRN invites you to submit your entries for the "DFW Retirees Live Well" photo of the month. The idea is to highlight interesting, engaging things retirees are doing. Snap a selfie of yourself living life to the fullest as you enjoy travel, leisure, community engagement or other wholesome, fulfilling activities in unique places. Selected entries may be showcased in the newsletter. Forward your photo along with a brief description to: dfwretireenetwork@gmail.com



As part of a road trip with his wife Tomas Rivera visits Moton Field in Alabama - Home of the Tuskegee Airmen during Black History Month

Padman Joshi reports that Immediately after the retirement, she went on a road trip with her husband to Northeast to see fall colors. She says, It was something she had in her bucket list for a long time.

QUOTE OF THE MONTH



The experience was amazing and absolutely wonderful. They loved the beauty of the best artist - Nature! They visited many places in Maine, Vermont, and New Hampshire. Here are pictures - one from Flume Gorge in NH and another one in Millinocket, Maine. If you have been thinking about going on such road trip, Padma definitely recommends doing so.

"If wrinkles must be written on our brow, let them not be written on our heart. The spirit should never grow old."

— James Garfield
(1831-1881) 20th President

Did you wear RED?

Thanks to everyone who sent you support for Go Red for Women



Padma Joshi - I went for a walk in a deserted mall on Friday, February 4th.



Sally H Watkins - I take care of my heart by avoiding stress. Stress was a major trigger for me while I worked and, thankfully, I've been able to calm down a great deal since my retirement. I also got a sweet little puppy named Mickey who has been a lifesaver for me!



Richard Morgan - I cut down on sugar intake And exercise regular usually bicycle riding



Joanne Baca Garcia - It was too cold to take a photo in the yard, so I stayed inside with the warm fire. Happy "Go Red Day"! It's about taking charge of your own heart health as well as those we care about. Stay safe everyone!



Becky Barron - I am happily retired and to take care of my heart. I try to get 10,000 steps in every day!! I use my handy Fitbit watch to track my steps. Here I am wearing my red and my watch.



Dinetta White - Move at least 30 mins a day to support your heart!



Linda Valdez Thompson and her dog Josie. Linda where is Josies red sweater!?



Irene Longacre Whiteside



Deb Sanford - likes to take long walks to keep her heart unshaob.

Stay connected with your colleagues and see what's happening at the DFW Airport. Do you have photos to share? Any questions, ideas or comments, please email dfwretireenetwork@gmail.com.