

## February Is Heart Health Month

February is National Heart Month, so you're probably sitting there rolling your eyes while you assume I will commence lecturing you on eating healthy and exercising. Well, not so much! This is more about the healthy effects on your heart and overall health that comes from social integration. Social integration is referring to your overall level of involvement with informal social relationships, such as having a spouse and with formal social relationships, such as those with religious institutions and volunteer organizations.

Some not very nice people figured out the connection to one's health and social integration years ago. Captors have often used social isolation to torture prisoners of war—to drastic effect. Social isolation of otherwise healthy, well-functioning individuals eventually results in psychological and physical disintegration and even death. There is a clear link between social relationships and health in the general population. Adults who are more socially connected are healthier and live longer than their more isolated peers.

Many types of scientific evidence shows that involvement in social relationships benefits health. For example, in one study done in 2001 by Brummet and Colleagues, it was found that among adults with coronary artery disease, the socially isolated had a risk of subsequent cardiac death 2.4 times greater than their more socially connected peers. Several other recent articles provided consistent and compelling evidence linking a low quantity or quality of social ties with a host of conditions, including development and progression of cardiovascular disease, recurrent myocardial infarction, atherosclerosis, autonomic dysregulation, high blood pressure, cancer and delayed cancer recovery, and slower wound healing.

Social support which could be described as a sense that one is loved, cared for, and listened to benefits mental and physical health. Social support may have indirect effects on health through enhanced mental health, by reducing the impact of stress, or by fostering a sense of meaning and purpose in life. Supportive social relationships may trigger reduced blood pressure, heart rate, and stress hormones like cortisol which is beneficial to health. People with good relationships and a social network also tend to need fewer doctor visits, shorter hospital stays, have less pain and have more positive emotions.

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### Volume 2, Issue 2

February 2019

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**February Quote:** "You can easily judge the character of a man by how he treats those who can do nothing for him." ~ James D. Miles

Club  
 President:  
 Cory  
 Hasiak



## February Volunteer Opportunities:

February 16th—Monster Trucks

## Future Volunteer Opportunities:

March 23rd—Styx & Larry the Cable Guy

April 8th—Breaking Benjamin

April 12th—14th—PBR

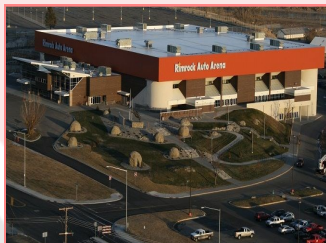
April 22nd—Rain A Tribute to the Beatles

July 13th—Brews & BBQ

August 25th—Weird Al

Come weekly at 7:00 a.m. on Friday to the Yellowstone Room and get to know your fellow Exchangites!

Yankovic



# EXCHANGE

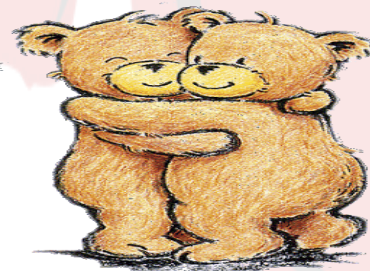
BREAKFAST EXCHANGE CLUB OF BILLINGS, MT

Not only does having favorite people to share your good news, funny stories and frustrations with have proven health benefits but your positive social network can also lead to healthier behaviors. Healthy relationships set the perfect tone for an overall healthy lifestyle. If your spouse, friends or other loved ones encourage eating a healthy diet, exercising, not smoking, etc., you're likely to follow in their footsteps. It's a lot easier to take on healthy behaviors when you surround yourself with people who are doing the same and your heart along with the rest of your body will thank you for that.

Unfortunately, this can also go the other way and lead to not so great health behaviors. There has been recent work that shows that some less desirable health outcomes can "spread" through social networks. Just as an example, it has been found that obesity increases substantially for those who have an obese friend/group just the same as positivity will spread throughout a group.

So get to exercising and eating healthy so you can be the good influence in the group and so we can keep you around in our little social network as the bonds you share with each other are life's greatest medicine.

<http://www.utah.edu> and [www.ncbi.nlm.nih.gov](http://www.ncbi.nlm.nih.gov)



### Committee Happenings:

BECON Committee—Your February BECON Editor is Patt Todd.

Program Committee—West High Youth of the Year nominees will speak in February.

Freedom Shrine Committee—McKinley School and the Yellowstone Room to have rededicated Freedom Shrines.

Food Truck Battle Committee—The Committee is diligently back at work on the next food truck battle which will be Saturday, June 15th.

### Other Upcoming Happenings:

District Convention—June 6-8 in Idaho Falls. Tracy Edwards, National Exchange CEO will be the National Speaker (if you haven't met Tracy, she is AMAZING!)

National Convention—July 17—20 in Norfolk, VA (always a great event for learning and having lots of fun).

**GET INVOLVED!!**

**\*\* Committee Chairs—Please email your upcoming events to [dinaharmon1212@gmail.com](mailto:dinaharmon1212@gmail.com) to be included in next months newsletter!\*\***

THE BREAKFAST  
EXCHANGE CLUB OF  
BILLINGS, MT

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[www.breakfastexchangeclub.org](http://www.breakfastexchangeclub.org)

*Exchange, America's Service Club, is a group of men and women working together to make our communities better places to live through programs of service in Americanism, Community Service, Youth Activities, and its national project, the Prevention of Child Abuse.*

Looking for something to do and support community organizations at the same time?

February 1—Art Walk

February 2—BINGO benefitting Zaria's Pink Ladies & Aspen's Angels (American Legion)

February 9—Community Pint Night Benefitting Tumblewood (Carter's)

February 12—1st Annual "UN" Silent Auction & Banquet (benefiting Be Better)

February 15—Feel the Love Gala (benefitting Big Brothers Big Sisters)

February 26—BINGO to benefit the **Heights Exchange Club** (406 Taproom)

Mondays—Community Monday @ Hooligans (each week benefits different organization)

Tuesdays—Pint night at Last Chance Cider House (each week benefits different organization)

Tuesdays—Bingo Night at 406 Kitchen & Taproom (each week benefits different organization)



# EXCHANGE

BREAKFAST EXCHANGE CLUB OF BILLINGS, MT

## CAP Center Corner

What is the *Period* of **PURPLE** Crying program?

The *Period* of **PURPLE** Crying program is an evidence-based shaken baby syndrome/abusive head trauma (SBS/AHT) prevention program available since 2007. The program has two aims:

1. To support parents and caregivers in their understanding of early increased infant crying
2. To reduce the incidence of SBS/AHT

The program approaches SBS/AHT and infant abuse prevention by helping parents and caregivers understand the frustrating features of crying in normal, healthy infants that can lead to shaking or abuse. The program provides the opportunity for parents to learn about the crying characteristics from over 50 years of research on normal infant crying conducted by Dr. Ronald G. Barr, and other scientists worldwide.

### The Letters in **PURPLE** Stand for

**PURPLE**

**PEAK OF  
CRYING**

Your baby may cry more each week, the most in month 2, then less in months 3-5

**UNEXPECTED**

Crying can come and go and you don't know why

**RESISTS  
SOOTHING**

Your baby may not stop crying no matter what you try

**PAIN-LIKE  
FACE**

A crying baby may look like they are in pain, even when they are not

**LONG  
LASTING**

Crying can last as much as 5 hours a day, or more

**EVENING**

Your baby may cry more in the late afternoon and evening

The word *Period* means that the crying has a beginning and an end.

Sources: [www.dontshake.org](http://www.dontshake.org)





# EXCHANGE

BREAKFAST EXCHANGE CLUB OF BILLINGS, MT

Elections are coming up for next FY! Have you ever wondered about Past Presidents? These will really get you wondering!



Ed has a "don't you dare" look on the left and on right he looks as though he's posing for a magazine!



I can't tell if something is very funny or painful? Jerry will have to fill us in!

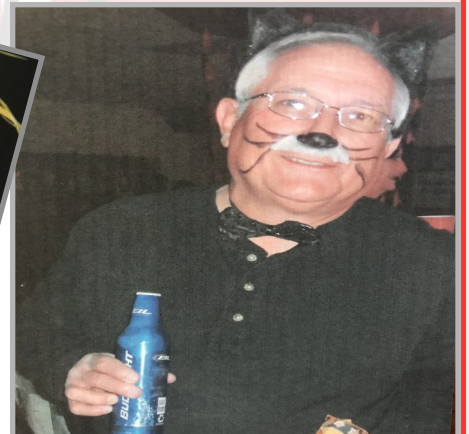


Don't ask, don't tell, right Bruce?

Don't worry, this isn't it. More Past President pictures to come in March as we get even closer to elections!!  
(If you drank too much and blacked out during your past term, you should now be worried about that picture surfacing!)



Love the hat Quentin, hope it's a wardrobe staple!



Maybe for a little kiss on the cheek, Bruce could get Larry a Bud Light ad gig?

Thinking about running for President - Elect this year? Looks like having the ability to be silly and have fun is a prerequisite!



The man responsible for making your breakfast, don't let the picture worry you about John!



What a cool cat that Leif is!



Looks like Kent got caught with his mouth open!