

## Forrest City Water Utility

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# Alive With Pride

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Volume 3 Issue 1

## Aging: What to Expect Part 1

### Special points of interest:

- **Aging: What to Expect Part I**
- **Breast Cancer Awareness Month 2016**
- **Manager's Corner**

*If you have a water emergency after-hours, weekends or on holidays, please call us at 870.633.1571*



Arthur Hines 10/06

Richard Rice 10/08

Kevin Thompson 10/09

Kendra Triggs 10/10

Jeffery Simms 10/10

**ASK ABOUT E-BILLING:** Get your water bill sent to you through your email.

**Wonder what's considered a normal part of the aging process? Here's what to expect as you get older — and what to do about it.**

[By Mayo Clinic Staff](#)

You know that aging will likely cause you to develop wrinkles and gray hair. But do you know how the aging process will affect your teeth, heart and sexuality? Find out what kind of changes you can expect in your body as you continue aging — and what you can do to promote good health at any age.

**Your cardiovascular system**

### What's happening

As you age, your heart rate becomes slightly slower, and your heart might become

bigger. Your blood vessels and your arteries also become stiffer, causing your heart to work harder to pump blood through them. This can lead to high blood pressure (hypertension) and other cardiovascular problems.

### What you can do

To promote heart health:

**Include physical activity in your daily routine.** Try walking, swimming or other activities you enjoy. Regular moderate physical activity can help you maintain a healthy weight, lower blood pressure and lessen the extent of arterial stiffening.

**Eat a healthy diet.** Choose vegetables, fruits, whole grains, high-fiber foods

and lean sources of protein, such as fish. Limit foods high in saturated fat and sodium. A healthy diet can help you keep your heart and arteries healthy.

**Don't smoke.** Smoking contributes to the hardening of your arteries and increases your blood pressure and heart rate. If you smoke or use other tobacco products, ask your doctor to help you quit.

**Manage stress.** Stress can take a toll on your heart. Take steps to reduce stress — or learn to deal with stress in healthy ways.

**Get enough sleep.** Quality sleep plays an important role in healing

## Breast Cancer Awareness Month 2016

### The First Event

In 1985, the first Breast Cancer Awareness Month (BCAM) was observed in the United States. In the US this event is referred to as *National Breast Cancer Awareness Month* (NBCAM).

Initially, the aim of this event was to increase the early detection of breast cancer by encouraging women to

have [mammograms](#).

As many women know, a mammogram is an x-ray of the breast used to detect abnormalities in breast tissue. Early detection means that cancer can be more effectively treated and prevented from spreading to other areas of the body.

### The Color Pink & The Pink Ribbon

With the founding of The Breast Cancer Research Foundation in 1993, the pink ribbon, which had previously been used to symbolize breast cancer, was chosen as the symbol for breast cancer awareness.

# Aging: What to Expect Part 1 cont.

## Alive with Pride

and repair of your heart and blood vessels. People's needs vary, but generally aim for 7 to 8 hours a night.

### Your bones, joints and muscles

#### What's happening

With age, bones tend to shrink in size and density — which weakens them and makes them more susceptible to fracture. You might even become a bit shorter. Muscles generally lose strength and flexibility, and you might become less coordinated or have trouble balancing.

#### What you can do

To promote bone, joint and muscle health:

**Get adequate amounts of calcium.** For adults ages 19 to 50 and men ages 51 to 70, the Institute of Medicine recommends 1,000 milligrams (mg) of calcium a day. The recommendation increases to 1,200 mg a day for women age 51 and older and men age 71 and older. Dietary sources of calcium include dairy products, almonds, broccoli, kale, canned salmon with bones, sardines and soy products, such as tofu. If you find it difficult to get enough calcium from your diet, ask your doctor about calcium supplements.

**Get adequate amounts of vitamin D.** For adults ages 19 to 70, the Institute of Medicine recommends 600 international units (IU) of vitamin D a day. The recommendation increases to 800 IU a day for adults age 71 and older. Although many people get adequate amounts of vitamin D from sunlight, this might not be a good source for everyone. Other sources of vitamin D include oily fish, such as tuna and sardines, egg yolks, fortified milk, and vitamin D supplements.

**Include physical activity in your dai-**

**ly routine.** Weight-bearing exercises, such as walking, jogging, tennis, climbing stairs and strength training can help you build strong bones and slow bone loss.

**Avoid substance abuse.** Avoid smoking and don't drink more than one or two alcoholic drinks a day, depending on your sex and age.

Tune in next month for the conclusion on what to expect on Aging.



## Breast Cancer Awareness Month 2016 Cont.

The color pink itself, at times, has been used to striking effect in raising breast cancer awareness. Many famous buildings and landmarks across the globe have been illuminated in pink light during this event; Sydney's Harbour Bridge, Japan's Tokyo Tower and Canada's Niagara Falls to name a few.

Due to the success of this awareness event, for many people, the color pink and [breast cancer awareness ribbons](#) are now associated with breast cancer awareness.

### Background To This Event

[Breast cancer](#) is a disease which begins in the breast tissue; it's the second most common

type of cancer and mainly affects women (breast cancer is rare in men).

During 2005, over 185 000 women were diagnosed with breast cancer. Left undetected and untreated, breast cancer can spread to other areas of the body. Where breast cancer has to spread to other areas, it is referred to as metastatic breast cancer and classed as [stage 4](#).

The prognosis for stage 4 breast cancer is not good; the 5 year survival rate is only 16 percent. Given the high incidence and destructive nature of breast cancer, early prevention and treatment of this disease is a high priority.



St. Francis Health Unit is having a Mass Flue Shot Clinic at the Forrest City Civic Center on 10/26/2016 7 a.m.—6 p.m.

Arkansas One Call



Know what's below. Call before you dig.



# ADEQ

ARKANSAS  
Department of Environmental Quality

## Manager's Corner

As we approach a final ruling on our Net Metering Petition from The Arkansas Public Service Commission, we can't wait to begin this new era of energy independence city-wide. We are anticipating savings of approximately \$500,000 This will mean long term savings to our customers and the reallocation of resources to

none revenue generating departments within the city, such as Police, Fire, Parks and Recreation.

Once installed, the solar farm will be the largest solar array in the state of Arkansas. The solar Farm will represent the continual efforts and commitment to advance renewable energy and environmental sustaina-

bility in the region .

As we look for ways to make our community better, let me encourage you to support this game changing landmark event in the life of the Water Utility and the City of Forrest City.

W.H. Calvin Murdock,  
Manager