You can strengthen your heart and lengthen your life by eating better, moving more, being tobacco free and rethinking your drink. With your heart health in check, you can check more off your Bucket List... and even add some adventures too. You can start improving your life by:

HEART-HEALTHY FOODS
Eating nutritious foods is a surefire way to improve heart health. In every meal, incorporate items that are:

- High in fiber (lowers cholesterol)
- High in B vitamins (protects against blood clots and hardening of arteries)
- High in vitamins C and E (protects cells from damage)
- High in magnesium, potassium and calcium (lowers blood pressure)
- Low in saturated and trans fats (prevents high cholesterol)
- Low in salt or sodium (prevents high blood pressure)

Fruits and veggies are some of the best foods for improving heart health. They're naturally low in fat, calories and sodium, and they have no cholesterol. Plus they contain lots of fiber, vitamins, minerals and antioxidants. The best fruits and veggies for your heart include carrots, spinach, broccoli, oranges, tomatoes and cantaloupe.

No matter which fruits and veggies you choose, be sure to fill half your plate with them at every meal. Try these heart-healthy recipes for inspiration, and learn more about making healthy foods choices at ChooseMyPlate.gov.
February 2019 is here and our annual agency audit is complete. The CPA audit team reported to us that it is a clean audit with no questioned costs. Our compliments to our financial staff for their hard work throughout the year.

Several members of the KI BOIS Community Action staff have been in training by the IRS to do free Income Tax Preparation for our low-income clients under the VITA program. We are also assisting our clients with their Medicare Part D.

Head Start, Weatherization, CSBG, SSVF, Transit, RSVP, and Foster Grandparent programs are not affected by the government shutdown and are funded through September 30, 2019. State funded programs are funded until June 30, 2019.

Our agency continues to grow and prosper due to the hard work and dedication of our board, staff, and volunteers. We look forward to the challenges of 2019. February 14th is also St. Valentine’s Day so don’t forget your sweetheart or you may be in trouble.

R. Carroll Huggins, CCAP
Executive Director

My Story …..by Robert Mickel. About twelve years ago when I was about 12 or 13 years old, I wanted a pedal go cart, REALLY BAD! However, my mom could not afford to get one for me cause at the time they cost $179.99. My mother and I was living off of her very small disability check and even though I knew my mom would never have the money to get me one, I continued to have a dream of owning one. I constantly talked about it to the KATS drivers when I would ride the buses. Well, one day one of the drivers asked me if I was to ever get that pedal go cart what color would I want it to be. So I told the driver I would love to have a blue one. Well little did I know that Terri Sqyres had put a donation jar in the office and drivers were donating money out of their own pockets to buy me that pedal car for Christmas. When Sqyres had raised enough money, she ordered me that blue pedal car that I had talked about for several months.

One day in December me and my mom was on a bus going home from a doctors appointment and Terri asked if we was gonna be home for the rest of the day and my mom told her yes. Well about 15 minutes after we got home two buses pulled in at our house and then Terri and another driver pulled up in one of the mini vans and Terri got out and the other drivers got out and Terri made me stand against her and close my eyes and they unloaded that pedal car for me I as like a kid in a candy store when they gave me that pedal car.

Kats has always held a very deep spot in my heart and ever since that day I knew that I wanted to work for KATS. The things KATS does for the community is something I have always been very supportive of and I will continue to support.

Article submitted by Robert Mickel, who is now an employee of KATS Tahlequah.
Thank You AEP!

American Electric Power, AEP, donated $700.00 to KI BOIS Community Action Head Start Centers in PSO’s service area.

Head Start Director Donna Carolan, along with those 14 centers, were very appreciative of their donation. According to Carolan, “We realize there is a lot of need in our communities and this money could be spent by various organizations, so we appreciate AEP very much.” Carolan goes on to say a committee was formed to see what was needed in those centers. Carolan also states, “The toys our Head Start children play with have certain guidelines they need to meet so you can’t just go and buy off of a shelf in our local stores.”

Top photo, Head Start Director Donna Carolan is shown with AEP External Affairs Manager Frank Phillips discussing the donation and how it was used. Middle and bottom photos are shown with Keota Head Start children playing with the various toys purchased from the donation.

GOOD THINGS
When it comes to quenching your thirst, set your heart on some healthy, hydrating water. With zero sugar and zero calories, it can help reduce the risk of preventable diseases. Plus, it improves kidney and joint health, and it can help you maintain a healthy weight. So rethink your drink and choose ice-cold water over sugar-sweetened beverages like soda, sports drinks and energy drinks. Your heart—and your body—will love you for it.

**HEART-HEALTHY ACTIVITIES**

Not only can physical activity help you maintain a healthy weight, it can also do wonders for your heart. Daily physical activity can help:

- Lower cholesterol and blood pressure.
- Improve your body’s ability to take in and use oxygen.
- Reduce levels of fatigue.
- Improve muscle function and strength.
- Improve bone health and lower the likelihood of back pain.

Whether it’s at work, school or home, adults need at least 30 minutes of physical activity every day, and kids 60. Activities can be as simple as parking your car at the other end of the parking lot and walking the extra steps. Or, keep a list of exercises by the TV remote and get active during commercial breaks.

**BE TOBACCO FREE**

Tobacco use greatly increases your risk for heart disease. Even people who smoke fewer than five cigarettes a day show signs of early stages of cardiovascular disease. If you don’t use tobacco, don’t start. If you do use tobacco, the [Oklahoma Tobacco Helpline](https://www.OKhelpline.com) offers nonjudgmental support and free help to all Oklahomans. These services include free text and email support, phone and web coaching, patches, gum, lozenges and more for registered participants. Call 1-800-QUIT NOW or visit [OKhelpline.com](https://www.OKhelpline.com) to learn more.

Celebrate Heart Month and Valentine’s Day with Heart Healthy recipe ideas at Shapeyourfutture.org!
KI BOIS Community Action staff pose around the old “Pecan Tree” just one more time! The pecan tree will be felled in just a couple of days against the protest of many, including the squirrels. The tree stood during the building of 1992 but as time passed has succumbed to unsafe conditions and future progress. Top left photo, KI BOIS Community Action Executive Director Carroll Huggins along with Jodi Briggs, Linda Love and JoAnna Bunch show their sign of support for the mighty tree. Top right photo, The tree has produced many “pecan pies” during the pecan season, not only for staff but many holiday tables in our community and has been a food source and home to numerous squirrels and their families. The tree has also been an awesome backdrop for many photos. Bottom right, a squirrel decided to join in the activities and find out what all the fuss was about.
Recycling Facts:

Americans Produce More than 200 Millions tons of Waste Every Year……
Aluminum cans can be recycled and used again in just 2 months……
Glass containers can go from a recycling bin to a store shelf in as little as 30 days…..
2.5 Million plastic bottles are used every 30 minutes in the U.S…..
Water is one of the most important materials to recycle……
Disposable diapers are one of the most thrown away products in the U.S…..
and your Sunday Paper could be responsible for the death of half a million trees….

Left: A resident of McAlester utilizes the McAlester Recycling Center. Bottom Photo: The McAlester Recycling Center is manned by developmental disabled individuals and KI BOIS Community Action staff and is located at the old Armory, 319 East Polk, McAlester. A “Big Shout Out” to the staff who works at the McAlester Recycling Center as they are all smiles as they go about, not only doing their job, but serving the needs of their community.
Johnny Milo Cagle was born in Wasco, CA on September 20th, 1945 and passes away in Quinton, OK on February 4th, 2019. He is survived by his wife, Connie and daughter Denice Daniels and husband Joe. Denice is the Halt Coordinator for KI BOIS Community Action.

Don’t Sit on the Sidelines…… Get Involved!

In Loving Memory

Norma Denny started her career with the Foster Grandparent Program over 15 years ago. Denny stated, “Her grandson started kindergarten at Brushy and came home and told his grandma they needed a granny… and I have been there ever since.” Denny shares she has always worked since the age of 13 and she doesn’t have time to quit now. She loves working with her second graders and sometimes is broken hearted by the their lives. “I have some children who want me to take them home to live with me. I just tell them, “I can’t, but I will never forget you and I will always be your granny!”

Ms. Denny was born on October 12, 1932 and passed away on Wednesday, February 13, 2019. She is survived by her daughter and son in law: Linda and Rick Foxx of Sallisaw, Oklahoma.

Save the Date
Child Abuse Prevention Conference
April 26, 2019
McAlester, OK
SE Expo
Piecing it All Together

Dr. Walid “Wally” Khalid Attisha passed away peacefully in his sleep in the early morning of September 29th, 2018 from a cardiac event. Dr. Attisha was born in Baghdad, Iraq on October 8th, 2017. At the age of four his parents and four sisters fled Iraq in the hope of a better life in America and each obtaining American Citizenship. Dr. Attisha graduated from Baylor College of Medicine, after which he practiced as a neuroradiologist at the Medical Clinic of Houston.

Dr. Attisha is survived by his wife, Janet and three sons, Roman, Jon Carlo and Louis. His parents Drs. Khalid and Faiza Attisha and his mother-in-law Kay Box and husband, Sam. Dr. Attisha was preceded in death by a son, Gabriel, and they will rest along side of each other.
Ideas to Warm up Your February

It’s February: the month of love and valentines and, depending on where you live, possibly very chilly temperatures. Some places have experienced record-breaking cold this winter. Below are five simple ideas and activities were chosen not only for their temperature-raising potential, but also for their ability to promote warmth and connection among you and your loved ones.

Bake Together
The more the merrier when it comes to baking. Even very young children can help out by measuring, pouring and stirring ingredients. To spread the warmth even further, invite friends and/or other family members to join in for a Bake-Off. Choose one food item that everyone makes and then throw a party where you share the finished products. Everyone gets to taste and vote on the best recipe, and maybe the winner gets a prize? This is also a great idea for older kids who like to cook to do with friends.

Build a Blanket Fort.
Who doesn’t love a blanket fort? You can wing it on your own with a few chairs, blankets and pillows. For optimal warmth and connection, be sure to grab flashlights and get in the fort with your kids.

A Warm Drink and a Game.
Nothing’s better on a chilly evening than holding a mug of something warm and sweet in your hands. To make it more fun, get the kids in the kitchen to help you make homemade hot chocolate. As for games, you’ve got plenty to choose from, although if it’s really cold, we recommend Charades to keep you moving and raise your body temperature!