

Homeowners Association Update

February 2017



Healthy Heart Starts in February!

February is the beginning of Healthy Heart where Renton RFA attends public outreach events for the next 4 months to promote heart health. It is an important time for everyone to learn more about their own cardiovascular health and the benefits of prevention, early diagnosis, and treatment of heart disease. Healthy Heart provides people with the tools and knowledge they need to take the next step toward better health and a longer life.

- 12th year of the campaign
- An important campaign to the RFA because heart disease is the leading cause of death in the United States.
- Heart disease affects men and women of every age and race.
- The purpose of Healthy Heart is to increase public awareness of the importance of fighting cardiovascular disease.
- During Healthy Heart firefighters will be out in the community at many locations providing free blood pressure and blood sugar screenings.
- Although family history can play a role in heart health, most of the factors that impact the heart directly are affected by habits and lifestyle choices.
- Good news - the chance of developing coronary heart disease can be reduced. Steps to take include:
 - Develop good eating habits
 - Be physically active - a minimum of 30 to 60 minutes of exercise each day
 - Take advantage of preventive screenings
- Talk to your health care professional about other ways you can reduce your risk such as:
 - Avoiding stress
 - Stopping now if you smoke
 - Limiting alcohol & salt intake
- Warning signs of a heart attack:
 - Chest discomfort
 - Discomfort in other areas of the upper body
 - Shortness of breath
 - Breaking out in a cold sweat, nausea or lightheadedness
- Warning signs of a stroke:
 - Numbness or weakness of the face, arm or leg, especially on one side of the body

- Confusion, trouble speaking or understanding
 - Trouble seeing in one or both eyes
 - Severe headache with no known cause
- Learn how to perform cardiopulmonary resuscitation (CPR) and use an automatic external defibrillator (AED).

Significant Incidents:

Renton Regional Fire Authority responded to many significant incidents during the month of January. Some incidents were in other jurisdictions where we provided assistance to the local fire jurisdiction. January's significant incidents included the following;

- 9 fires – 5 Building fires, 1 kitchen fire, 1 electrical fire, 1 vehicle fire and 1 trash fire in the Renton service area. Also 1 apartment fire in Skyway, 1 house fire in Maple Valley and 1 building fire in Kent.
- 1 motor vehicle accident involving a school bus that sideswiped a car.
- 1 stabbing of a bystander at a car versus pedestrian accident.