

THE SPRINGS TIMES

The Publication of The Springs Homeowners' Association

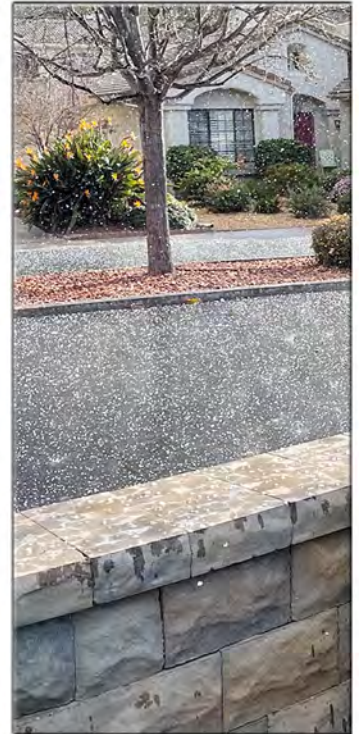
Volume 39, Number 3

March 2022



*top two photos by
Lorraine Villarreal*

*We Had a Rare
Hail Storm...*



*photo at left by
Donna Burger*

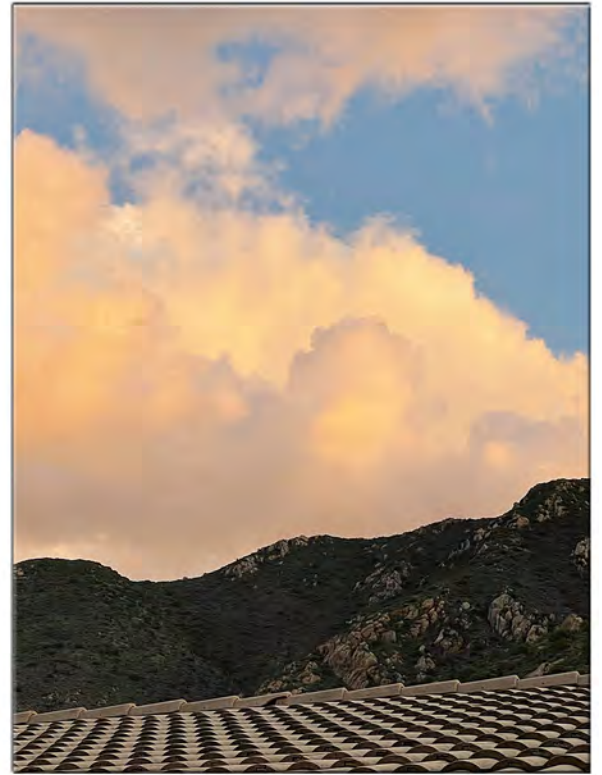
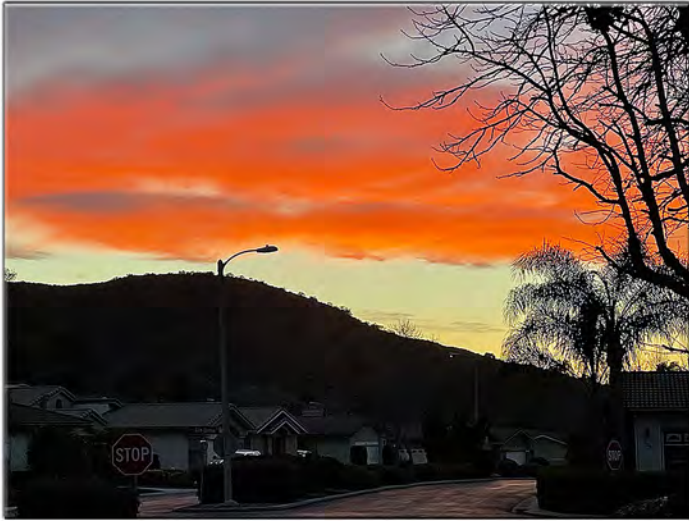


*bottom two photos
by Jack Sheehan*





*sunset photos by
Lorraine Villarreal*



Then Incredible Sunsets...

And then our
annual visitor
showed up for
lizard snacks.

*egret photo by
Robbie Dornick*



6 Warning Signs of a Heart Attack in Women

Submitted by Lorraine Villarreal; source is Kaiser Permanente at kp.org

Heart attacks are often stereotyped as something that happens to older men, not women. But heart disease is the leading cause of death for women in the United States. Yet only about half (56%) of women know this.

Plus, the way women experience a heart attack can feel different from men. While both men and women may have chest pain during a heart attack, women tend to have symptoms in addition to chest pain.

Researchers found that when women have a heart attack, they're more likely to experience 3 or more related symptoms compared to men. These symptoms may include jaw pain, neck pain, back pain, and shortness of breath, and can make it hard for women to tell if they're having a heart attack.

Women are also more likely than men to think their heart attack symptoms are caused by anxiety and stress. Oftentimes, this misunderstanding — combined with a wider range of symptoms — can cause women to wait longer to get treated.

“Several studies have shown that women wait longer to get treatment for a heart attack than men,” says Mingsum Lee, MD, a clinical cardiologist at Kaiser Permanente's Los Angeles Medical Center.

So, it's important to learn these symptoms of a heart attack and know when to seek care.

Heart attack warning signs for women:

1. Chest pain

The most common heart attack symptom for women (and men) is chest pain. “About 90% of women and men have chest pain when they're having a heart attack,” says Dr. Lee.

This chest pain and discomfort usually happens after stress — the stress can either be physical, like exercise, or emotional stress. The pain is usually strong, comes on gradually, and increases in intensity over several minutes.

“Typically, the pain feels very deep and it's hard to localize or pinpoint,” says Dr. Lee. “People generally use terms like ‘pressure,’ ‘squeezing,’ ‘heaviness,’ or ‘tightness’ to describe the sensation in their chest.”

2. Arm, back, neck, or jaw pain

“Sometimes chest pain can radiate or travel through your arm, neck, jaw, or your back,” says Dr. Lee. The pain may gradually get more intense over several minutes.

Since most people expect pain to be in their chest during a heart attack, these symptoms can be very confusing. This is especially true because it may be difficult to pinpoint where the pain started.

3. Stomach pain

Nausea and stomach pain may also be heart attack warning signs for women. “Sometimes people come in late for care because they think they're having heartburn or acid reflux,” says Dr. Lee. Heartburn or reflux comes from inflammation in the esophagus, which is right next to the heart. This can make it hard to tell if it's discomfort from eating certain foods or a heart attack. “Generally speaking, heartburn can be triggered by certain spicy food, citrus, and alcohol,” she explains. And acid reflux feels worse when you lie down.

4. Shortness of breath

You might be having a heart attack if you suddenly have shortness of breath for no apparent reason. It may feel like you have to stop and catch your breath while doing an ordinary task. “For example, if you can normally do grocery shopping with no problem, but suddenly you can't catch your breath while you're walking down the grocery aisle and you have to stop to rest, that's a warning sign,” says Dr. Lee.

5. Sweating

Sudden sweating plus chest pain is another related heart attack symptom for women. You may feel like you're having a cold sweat or feel clammy while also feeling some chest pain.

continued on page 4

Heart Attack in Women *continued from page 3*

6. Fatigue

Similarly, chest pain with sudden fatigue and exhaustion may be a sign that you're having a heart attack. You may feel overly tired for no reason — and the fatigue comes out of nowhere. Your regular activities suddenly become too difficult because you're extremely tired. Don't hesitate to call 911.

You might not have all of these heart attack warning signs. But if you're having any of these symptoms, call 911 immediately. Don't wait.

In her work, Dr. Lee has seen both younger and older women put off going to the doctor — even when they're feeling heart attack symptoms. “Young women are often focused on being the caretaker for their children or elderly parents, and they don't come into the hospital because there's no one else to take care of their children or parents,” she says.

On the flip side, Dr. Lee has seen older women who are widowed and live alone not want to bother their children or friends. “These women may be having chest pain, but they don't want to bother people. So they sit at home and hope the symptoms go away,” she says. Sometimes, they don't drive and are too embarrassed to ask for help.

“I think a lot of times women are used to being the caregivers, so when they themselves need help they aren't used to asking for it,” Dr. Lee says. This could be another reason why women wait so long to get care for heart attacks.

But it's important to listen to your body and prioritize your health.

Bottom line: If you're not sure if you're having a heart attack, come into the hospital to get checked out. “The earlier you come in for medical care,” Dr. Lee says, “the earlier we can start therapy and the less damage there will be to the heart.”

REMEMBER, IN THE SPRINGS ~



The Springs Homeowners Association Financial Report for January, 2022	
Beginning Operating Balance	\$65,941.14
Cash Receipts	\$69,195.06
Reserve Trans from Operating	\$<18,750.00>
Cash Disbursements	\$<26,131.30>
Transfers/Misc.	\$<4,17.60>
Interest Earned	\$0.92
Ending Operating Balance	\$86,108.22
Beginning Reserve Balance	\$1,029,483.87
Reserve Trans from Operating	\$18,750.00
Cash Disbursements	\$<0>
Transfer/Misc	\$0
Interest Earned	\$81.88
Ending Reserve Balance	\$1,048,315.75
Reserve Liability	\$<1,048,315.75>
Reserve Overage or Shortage	\$0



Birthdays

Gary Zelinski	3	CA
Brent Attebery	7	Corvallis, OR
Mary Smith	11	Pittsburgh, PA
Joanne Sobka	14	Glen Ridge, NJ
Donna Burger	17	Wichita, KS
Mary Hall	17	Terre Haute, IN
Margarete Luesebrink	20	Nurnberg, Germany
Maureen Milner	20	Winnipeg, Manitoba
John Petit	24	Jersey City, NJ
John Thompson	24	Denver, CO
Sonja West	24	Detroit, MI
Jerry Roberg	25	Newell, IA
Joan Knisely	27	Seattle, WA
Jerry Zins	27	Los Angeles, CA



Anniversaries

Bob & Jean Kelly	4	Las Vegas, NV
	72 years	
Ted & Kay Koupal	5	Toledo, OH
	62 years	
Verill & Esther Robins	17	N. Hollywood, CA
	71 years	
Don & Jessica Noble	23	Torrance, CA
	53 years	

Never laugh at your spouse's choices; you are one of them.

Note: If your birthday/anniversary information is incorrect or incomplete, please contact Malisa in the clubhouse office to have it corrected.

Clubhouse and Masks

Malisa emailed the following information on February 16, 2022:

Following the guidelines of the State and County guidelines; masks will no longer be required at the Clubhouse if you are fully vaccinated.

If you are not fully vaccinated, masks are required.

We are evaluating the effect the recent announcement has on clubhouse events.

VC ALERT

Everyone in The Springs should register with VC Alert in order to receive emergency notifications.

Register online at vcalert.org or by calling (805) 648-9283.

THE SPRINGS BOARD OF DIRECTORS

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SPRINGS TIMES

<i>Editor:</i>	Robbie Dornick
<i>Photo Editor:</i>	Robbie Dornick
<i>Production:</i>	Robbie Dornick
<i>Distribution:</i>	Malisa Kundin

Note: The Springs Times is now being distributed by email and is also available at the website below. If you'd like a printed copy to be mailed to you, please contact Malisa in the Clubhouse Office.

March 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																										
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