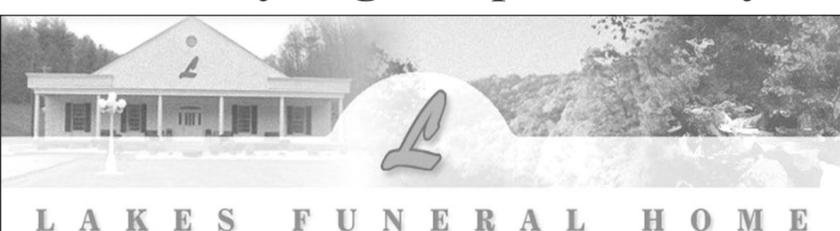


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## Geraldine Barrett

April 17, 1943 - February 16, 2021

Geraldine Barrett was born April 17, 1943 in Clay County, Kentucky and departed this life Tuesday February 16, 2021 at her residence being 77 years of age. She was the daughter of the late Dave and Rada Lynch Maggard.

Geraldine is survived by her husband Delton Barrett of McKee and by three children, Danny and Jessica Barrett of McKee, Ky., Sherry and Ryan Judd also of McKee and Darlene and Don Plummer of Ohio, also by two brothers Lewis "Fuzz" Maggard and Kay and Ronnie and Opal Kay Maggard both of McKee, Ky. and by a host of grandchildren and great grandchildren.

Other than her parents Geraldine is preceded in death by a son Rick Barrett and four siblings: Bruce Maggard, Christine Brandenburg, Godie Fields and Doris J. Belt.

She was a member of the Stone Coal Baptist Church.

Funeral service of Geraldine Barrett is 2:00 Sunday February 21, 2021 at the Lakes Funeral Home in McKee with Bro. Keith Hensley and Bro. Eddie Judd officiating with burial in the New Zion Cemetery.

Lakes Funeral Home in charge of the arrangements.



## Your Heart Care Shouldn't Wait

Courtesy of AdventHealth Manchester

You may be slowly inching back into some of your important health routines, which might include heart care at one of our facilities. We want you to know that we're here to protect your heart and whole health as our cardiac clinics and offices reopen. It's our promise to safely deliver the care you need. Here's why that's important.

### A Healthy Heart Supports a Healthier Body

While some health issues are out of our control, many — including maintaining heart health — are. It's important to refocus on strengthening your health in body, mind and spirit. And when almost half of Americans have high blood pressure or high cholesterol — the key risk factors for heart disease — it's important to get the heart care you need.

### Routine Care for Heart Conditions is Important

You may be at risk for other serious infections if you have a heart condition. When your heart is not working as well as it should, your immune system may be more susceptible to other health issues. This is why it's important to seek routine care from your cardiologist if you've been delaying it. Your heart care team is here to help keep your heart strong while keeping you as safe as possible from other illnesses, including coronavirus.

We've put the following safety measures in place at our cardiac clinics to protect you and your caregivers:

- Separate areas for anyone with or suspected of having COVID-19
- Social distancing
- Temperature screening
- Universal mask use
- Visitor restrictions

### How to Help Protect Your Heart Health Right Now

Your cardiac care team might recommend other important strategies to stay healthy, including:

- Making sure you have at least a two-week supply of heart disease medications, such as those to treat high cholesterol and high blood pressure
- Managing and controlling your blood pressure
- Staying up to date on vaccinations against influenza and pneumococcal disease
- Taking your medication, such as angiotensin-converting enzyme (ACE) inhibitors or angiotensin-II receptor blockers (ARB), exactly as prescribed

Following current CDC guidelines also will help to protect your health. This includes staying home if possible, washing your hands frequently, avoiding close contact with others, cleaning and disinfecting frequently touched surfaces, using a cloth face mask, and covering coughs and sneezes.

### Tips to Keep Your Heart Healthy

Stress can impact your heart health, so take time to safely reconnect with the activities, people and habits that promote health, joy and happiness in your life. If you're spending more time at home, it may bring new opportunities to adopt healthy habits, such as:

- Choosing healthy meals and snacks — foods high in fiber and low in fat, salt and sugar contribute to better heart health in the long term
- Maintaining a healthy weight — extra weight puts extra stress on your heart and blood vessels
- Staying active — exercise helps you maintain a healthy weight and lowers your blood pressure, cholesterol and blood sugar levels
- Connect with your support system — staying connected to your support system can help bring more peace of mind and resiliency

## 5 Simple Health Goals to Help You Feel Whole This Year

The new year always brings a new opportunity for change, and this year more than possibly ever before, many of us feel there's some room for improvement in our lives.

Whether you want to increase your physical fitness, or further develop your relationships or work-life balance, February is an excellent time to take stock and set goals. If you have a sense that something is missing, or that you could feel stronger, more fulfilled, or more at peace, what realistic changes can you make that might bring you balance?

Here are some simple and effective steps you can take to make this year the year you feel your best in body, mind and spirit.

Remember, change can be challenging, but moments of transition are the perfect times to get plans in place to help yourself and your family feel whole.

### See Your Primary Care Provider

Make an appointment and initiate an open and honest conversation about your real health goals and what you and your care team can do to achieve them.

Tell your doctor: "I'm ready to change, to maximize my health, and I need your help."

Talk about your emotional and mental health and any concerns you have there. How is your attention span? Are you overly tired? It's all connected to your overall wellness.

Your doctor will likely start with a physical to get baseline numbers for blood pressure, blood sugar, cholesterol and other important measurements. That way, you can track your health progress and make lifestyle or medication modifications if necessary.

If you don't have a primary care provider, you can visit [AdventHealthManchester.com](http://AdventHealthManchester.com) to find a provider near you.

### Get Moving

Make a plan and then get active and make it a quick enough pace that you can't hold a conversation. Do it every day for 30 minutes.

You won't believe how much better you'll feel meeting this goal. Getting started is as simple as walking in one direction for 15 minutes and walking back. Do whatever it takes to make time — it's not an exaggeration that regular exercise greatly improves your whole health.

### Rest When You Need It

Physical activity is important, but so is rest. Without the right kind and right amount of sleep, you cannot function, recover, get healthy, stay healthy, control weight or keep your sanity. You need 7 – 8 hours per night, and if you're not getting it, your doctor needs to know.

If you do feel like you're sleeping but are still tired, that's a problem. People think significant fatigue is a natural part of aging, but it isn't. If you're waking up tired, you may have a treatable sleep disorder. It's easy to find out.

### Eat, Hydrate and Be Healthy

Get your doctor's nutritional recommendations based on the findings of your physical. If you need to lose weight, prepare healthy meals in advance so that you're not tempted to eat out or grab quick, processed food. Drink water — a lot of it — and let that be the majority of what you drink.

Hardly anyone drinks enough water. The benefits of hydration are real. Challenge yourself to drink 64 ounces a day for a week and see how you feel.

By setting realistic and trackable goals for the new year, you're more likely to stick with them and stay motivated.

### Nurture Your Mental and Emotional Health

It's natural to want to leave behind the stress and negativity from 2020, but also important to recognize that a new year may also bring new challenges. Give yourself grace as you navigate these changes and watch for signs that stress and anxiety are having physical and emotional consequences in yourself and your loved ones. Warning signs include:

- Anger or irritability
- Feeling burned out
- Lack of motivation
- Trouble concentrating or sleeping
- Physical reactions, such as headaches, pain, stomach problems and rashes
- Sadness, hopelessness and depression
- Worsening of chronic or mental health conditions

When you start to notice these red flags, get proactive about managing your stress by reaching out to loved ones and doing activities that you enjoy. You can also reach out to mental health professionals.



## Grayson Earl Wayne Lunsford February 16, 2021 - February 16, 2021

Grayson Earl Wayne Lunsford, infant son of Brian and Whitney Brock Lunsford, of Manchester, KY, passed away Wednesday, February 16th, at the Advent Health Manchester Hospital.

Grayson is survived by his parents, Brian and Whitney Lunsford, and his sisters, Haley Grace Lunsford and Jenna Lynelle Tressa Lunsford, all of Manchester.

Also, surviving are his grandparents: Jennifer and Paul Jackson, and Norma Caudill, all of Manchester; his great grandparents, Wilma and Tommy Collett of Richmond; his aunt and uncles: Victoria Jackson of Somerset, Matthew Smith of Manchester, Ben and Jenelle Lunsford of London, Timothy and Susie Lunsford of London, and Dave and Tabatha Bowling of Manchester; and a host of cousins.

Grayson is preceded in death by his grandfather, Chester Lunsford, Jr.; his great grandmother, Tressie Jackson; and his great-great-grandparents, Haley and Earl Asher.



Services will be held at 12:00 PM on Saturday, February 20th at Britton Funeral Home, with Marty Jackson officiating. Burial will follow in the Jackson-Lunsford Cemetery.

Visitation will be held from 10:00 AM to 12:00 PM on Saturday, February 20th at Britton Funeral Home. Britton Funeral Home is in charge of the arrangements.

# FLAT ROCK MONUMENTS

Across from  
Lakes Funeral Home  
at the former  
McKee Monument.

Call us at (606) 287-3800.



Please have all Obituaries and In Memories  
in to our office by 12:00 on Tuesday.

You can drop them off at or mail to:  
17 Lakewood Dr. McKee, KY 40447

You may also email them to  
[sue@thejacksoncountytimes.com](mailto:sue@thejacksoncountytimes.com)