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Description automatically generatedFebruary 2023 Family Newsletter

Dates to remember:

February 3 – National Wear Red Day: Go Red for Women  
February 14 – Valentine's Day  
February 20 – President's Day  
  
Center Introduction:  
  
Love is in the air and we are excited to celebrate our favorite Valentines this month! Join us in celebrating all things love and get into the heart of this wonderful holiday.

Center News:

We’ll be having many performances in February including Lightning Charlie, Dan Perkins, Carol Johnson, Curt Mathson, Pat Quarrels, Judy & Ralph, Raymond Akers, Jessica Lequieu, The Sevens, One Man Gospel Band. Pet Therapy: Brooke her dog Ziggy, Kathy with her dog Bailey, Mary with her dog Gus, Donna with her dog Juno. February is Black History Month, Groundhog Day the 2nd (be on the lookout for any shadows), Special Valentine’s Day Party Feb 14th Crowning the King and Queen Sweethearts at 2pm (voting can be done on each station, vote for your pick one male and female to receive this honor), Presidents' Day 20th, Ash Wednesday is the 22nd. Bingocize, Devotions, Crafting, Hymns, Trivia, Cooking, Singo, Name that Tune, Jewelry Making, Card Club, Life size Monopoly, Hymns with Trudy, and Many More.

Special Announcements for Families:

We’re asking families to encourage and join their loved ones for any activities, all are welcome. It’s a great way to spend time together. Still on the lookout for Churches to Volunteer a Service. Preferably on Sunday, morning or afternoon. Please let your Church know we are needing this service. If you or anyone you know is interested please call the center and ask for Recreation. We look forward to your call.

Special Thanks:

Edna Morris (Night Shift Nurse) and Bonnie Jones (Laundry) have retired. Special thanks to their years and dedication to our patients and center.

American Heart Month

February is American Heart Month. One of the greatest gifts you can give yourself is focusing on your cardiovascular health. Check out these special [tips](https://www.heart.org/en/health-topics/caregiver-support/top-10-caregiver-tips-for-staying-healthy-and-active) from the American Heart Association. Remember to wear red this Friday and Go Red for Women!



10 Tips for Senior Caregivers  
Caring for a Senior relative can have its challenges. It is important to remember you are not alone in this process. Take a look at 10 tips for Senior caregivers [here.](https://www.heart.org/en/health-topics/caregiver-support/top-10-caregiver-tips-for-staying-healthy-and-active)

