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Description automatically generatedNHC Maryland Heights February 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 have a lot of exciting events this month. Valentine's Open Mic Night on February 1st. Super Bowl Party February 12th. Mrs. Senior Missouri visit February 14th. Bunnies Petting Zoo February 17th. Lastly, a Mardi Gras Party February 21st!

Special Announcements for Families:

We want to give a hearty welcome to our new Assistant Administrator, Jennifer Hammond. Jennifer has worked with NHC for 13 years! She was the Regional Wellness Coordinator but has taken the leap to prepare to lead a center. If you see her around, ask her to sing you a song! She has an amazing voice, and joyous heart that is a welcome addition to Maryland Heights!

Balloon Grams are on sale now for $5.00 until 2/12. Order one to surprise your favorite resident or partner on Valentine’s Day!

Blarney Bingo is back to raise money for The Foundation for Geriatric Education! This fundraiser is open to the public. We are requesting donations for prizes in the form of gift cards, baskets, etc. For questions about donating and participating, call the center and ask for Amanda Taylor.

Want to get together with your resident and a few family/friends for a special day? Call the center and speak with the receptionist to reserve the library (up to 5 persons) or Conference Room (up to 10 persons).

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)

