

Hello February!

February is Heart Healthy Month. Read on page 2 on ways to take control of your Heart Health!



It's been a busy month! In January we celebrated music legends Elvis Presley's birthday as well as hockey great Tim Horton's birthday! We welcomed Jasmine from CHATS for a presentation on Health Living and Exercise and Sarah, Art Therapist from Soul-Full Art Therapy visited us and facilitated a painting using many creative mediums. In February we are just as busy with our outing to Sunrise Senior Living to meet Derek from Fundance and learn how to Ballroom Dance. Olivia will be visiting us to lead us in a painting project and Bailey will be back for pet visits and snuggles. We are closed on February 17th for Family Day! Enjoy your time with your loved ones!

Upcoming February Events:

- February 4th—Pet Visits w/ Bailey
- February 6th—Outing: Sunrise Senior Living: Learn to Ballroom Dance
- February 11—Painting w/ Olivia
- February 13—Music Therapy w/ Hailey
- February 17—Closed for Family Day
- February 20—Pet Visits w/ Bailey
- February 28—Harp Lessons w/ Sharon



Article of the Month

February is Heart Month



You Could Be at Risk

Many of the conditions and behaviors that put people at risk for heart disease are appearing at younger ages:

High blood pressure: Millions of people of all ages have high blood pressure, including millions of people in their 40s and 50s. About half of people with high blood pressure don't have it under control. Having uncontrolled high blood pressure is one of the biggest risks for heart disease and other harmful conditions, such as stroke.

High blood cholesterol: High cholesterol can increase the risk for heart disease. Having diabetes and obesity, smoking, eating unhealthy foods, and not getting enough physical activity can all contribute to unhealthy cholesterol levels.

Smoking.: More than 37 million U.S. adults are current smokers, and thousands of young people start smoking each day. Smoking damages the blood vessels and can cause heart disease.

Four Ways to Take Control of Your Heart Health

You're in the driver's seat when it comes to your heart. Learn how to be heart healthy at any age.

Don't smoke. Smoking is the leading cause of preventable death in the United States. If you don't smoke, don't start. If you do smoke, learn how to quit.

Manage conditions. Work with your health care team to manage conditions such as high blood pressure and high cholesterol. This includes taking any medicines you have been prescribed. Learn more about preventing and managing high blood pressure and high cholesterol.

Make heart-healthy eating changes. Eat food low in trans-fat, saturated fat, added sugar and sodium. Try to fill at least half your plate with vegetables and fruits, and aim for low sodium options. Learn more about how to reduce sodium.

Excerpt from: <https://www.cdc.gov/features/heartmonth/index.html>

For Memories+ Members and Loved Ones

For urgent calls regarding your loved one currently at the day program please call the number below to reach the Program Manager directly during program hours.

226-702-4044