

DEERBROOK



FEBRUARY IS HEART MONTH: REDUCE YOUR RISK FOR HEART DISEASE

Several health conditions, your lifestyle, your age and family history can increase your risk for heart disease. These are called risk factors.

About half of all Americans (47%) have at least 1 of 3 key risk factors for heart disease: high blood pressure, high cholesterol, and smoking. Some risk factors for heart disease cannot be controlled, such as your age or family history. But you can take steps to lower your risk by changing the factors you can control.

To lower your chances of getting heart disease, it's important to do the following:

- **Know your blood pressure.** Having uncontrolled blood pressure can lead to heart disease. High blood pressure has no symptoms, so it's important to have your blood pressure checked regularly.
- **Talk to your doctor or health care team** about whether you should be tested for diabetes. Having uncontrolled diabetes raises your risk of heart disease.
- **Quit smoking.** If you don't smoke, don't start. If you do smoke or vape, research ways to quit.
- **Discuss checking your blood cholesterol and triglycerides** with your doctor.
- **Make healthy food choices.** Obesity or being overweight raises your risk of heart disease.
- **Avoid or limit alcohol** to one drink a day.
- **Manage stress levels** by finding healthy ways to cope with stress, such as meditation, exercise, or reading.

Source: [cdc.gov](https://www.cdc.gov)



SKILLED NURSING & REHABILITATION



HAPPY BIRTHDAY

Aurora M.	02/03
Doris A.	02/22
Alice B.	02/27

Special Events

Feb. 14 VALENTINE'S PARTY
 2pm-3pm Crowning of the King & Queen

Healthy Snack Options for your Big Game Party

Here are three low-prep, healthy snack ideas for a big game party or to consider choosing between meals:

Popcorn with Herbs: Air-popped popcorn is a whole-grain snack that can be made flavorful with the addition of herbs like rosemary, thyme, or a sprinkle of black pepper or garlic powder. It's a crunchy and low-calorie option for those who like to munch.



Fruit Skewers: Make colorful skewers with a variety of fresh fruits like berries, pineapple, grapes, and melon balls. These sweet treats are not only visually appealing but also provide natural sugars and essential vitamins.



National Cardiac Rehabilitation Week: February 9-15, 2025

If you have a heart attack or other heart problem, cardiac rehabilitation may be an important part of your recovery. Cardiac rehabilitation can help prevent another, perhaps more serious, heart attack and can help you build heart-healthy habits. Learn more about if you can benefit from a cardiac rehabilitation program and how it can aid in your recovery. **Benefits of Cardiac Rehab:**

- Strengthening your heart and body after a heart attack.
- Relieving symptoms of heart problems, such as chest pain.
- Reducing stress.
- Improving your mood.
- Increasing your energy and strength.
- Building healthier habits such as getting more exercise, quitting smoking, and eating a heart-healthy diet.
- Making you more likely to take your prescribed heart medicines.
- Preventing future illness and death from heart disease.



Source: cdc.gov

Tell A Fairy Tale Day

Over the years, oral histories, myths, and legends have evolved to become known the world over as "fairy tales." The origins of most fairy tales are rough around the edges, and would not be considered appropriate for children by today's standards. **If you enjoyed fairy tales as a child, then exploring the source material as an adult can make for a fun and interesting afternoon.**

Alternatively, there are lots of new fantasy stories for



adults that feature beautiful characters and magic. Make a cup of your favorite drink, settle into a cozy chair with a book, TV show, or movie and immerse yourself in the world of romantic royalty, tricky fairies, hard lessons and fierce dragons.

Looking for a different way to celebrate Tell a Fairy Tale Day on February 26? Share your own original fairy tale from your imagination!

LETTER FROM ADMINISTRATOR

As the winter months approach, it's important to take proactive measures to ensure the safety, comfort, and well-being of all our residents. The colder weather and shorter days can present unique challenges, but with a little preparation, we can make sure that everyone is well cared for and secure.

Many residents may be more sensitive to the cold, so keeping indoor temperatures at a comfortable level is essential. Staff should check that each room is adequately heated, and residents have access to warm blankets and clothing. Extra layers of clothing, such as sweaters and thermal socks, may help keep individuals comfortable. Long-term care staff are essential in providing daily care, especially during difficult seasons. Offering support, regular check-ins, and opportunities for staff to take breaks is critical to prevent burning out and maintain a positive, compassionate work environment. In conclusion, the winter months require additional planning, attention, and care to ensure the well-being of our residents and staff. With the right preparations, we can provide a safe, supportive environment that helps everyone thrive during this time of year. Together, let's make this winter season a warm and nurturing experience for all.

Thank you for your continued dedication and support

Sincerely,

Tangel Manuel, Administrator



NATIONAL CHERRY PIE DAY!

On February 20, we celebrate what is often referred to as the "great American dish," the cherry pie!

The original version of the cherry pie, came over with the very first English settlers of the United States. Oddly enough they used long narrow containers called "coffyns" made of flour, water and fat, to hold the cherry filling while it cooked, and would often throw out the coffyn after eating the filling, thinking of it more as a medieval Tupperware.

It wasn't until the American Revolution when sugar became more accessible that

the traditional coffyn recipe was retired, and the more delicious sweet dough was given the name "crust." With all that work, it only makes sense that it was best to eat the whole pie going forward!

There are many delicious and fun ways to celebrate National Cherry Pie Day. Host a cherry pie exchange party. Instruct your guests to bring a cherry pie dessert. Order a specialty cherry pie from a local bakery, bake a batch of mini cherry pie tarts, or share your favorite cherry pie recipes with family and friends for a simply sweet afternoon.



Black History Month

was established in 1926 to recognize and celebrate the significant contributions of Black Americans throughout history.

This month serves as an important reminder of the struggles and achievements of the Black community, highlighting resilience, cultural richness, and pivotal role in shaping American culture and society. Through education and reflection, Black History Month strives to promote unity, diversity, equality, and social justice.



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WORD SEARCH Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!

C	L	I	F	E	S	T	Y	L	E	H	V	O	Z	Q
A	N	O	D	Y	F	V	E	M	R	E	A	V	O	Y
R	S	X	F	L	O	W	E	R	S	A	L	Q	F	P
E	M	H	F	P	W	F	R	P	J	R	E	N	A	K
L	Y	C	E	R	W	O	V	I	I	T	N	C	N	M
Q	U	R	E	A	A	L	M	C	S	S	T	S	T	Q
A	Y	N	X	O	L	P	Y	I	Q	K	I	F	A	E
F	P	C	E	G	X	T	X	H	L	H	N	X	S	Y
O	C	Q	R	L	P	C	H	C	O	I	E	V	Y	B
W	A	W	C	I	O	H	C	Y	V	S	V	K	S	K
K	R	J	I	S	I	E	R	I	E	T	L	Q	S	M
P	D	W	S	N	V	R	Z	E	H	O	G	L	E	E
M	I	U	E	A	K	R	J	M	D	R	H	G	K	Z
Y	A	S	V	C	B	Y	O	J	L	Y	Y	P	K	W
V	C	P	C	K	W	R	X	X	J	U	K	Z	A	Y

WORD LIST

- CARDIAC
- CARE
- CHERRY
- EXERCISE
- FANTASY
- FLOWERS
- HEALTHY
- HEART
- HISTORY
- LIFESTYLE
- LOVE
- RED
- RISK
- SNACK
- VALENTINE