

# A GUIDE FOR OLDER ADULTS: HEART MONTH

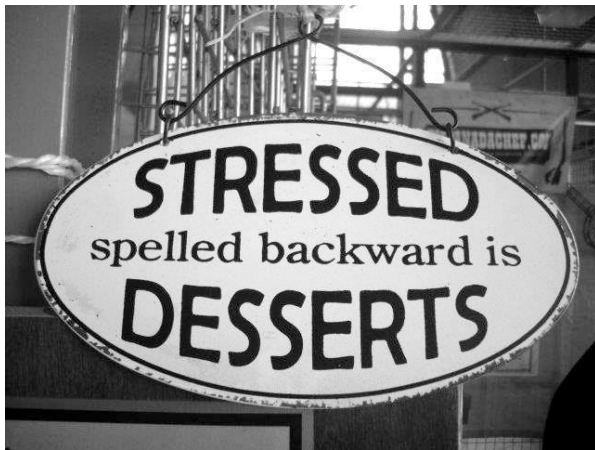


According to the National Heart, Lung and Blood Institute (N.I.H.) in the U.S, Coronary Heart Disease is the “#1 killer of women in the United States.” Wear Red on February 1 to raise awareness about cardiovascular disease and save lives. **Heart Attack Signs and Symptoms:** Chest pain or discomfort, nausea, feeling light-headed or unusually tired:, pain or discomfort in the jaw, neck, or back, Pain or discomfort in the arm or shoulder, shortness of breath.

Call 911.

### Signs of a stroke: F.A.S.T.

Face drooping, Arm Weakness, Speech Difficulty, Time to call 911. Even if symptoms go away. Submitted by Sandy Singleton.



## DYI SPRING WREATH

Looking to next month

Thursday, March 3rd @ 12:30pm

Linda Des Forges will bring all of the supplies for you to make your own Spring Wreath.



Cost - \$15 Please call now to sign up.

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## WEDNESDAY WALKERS

Wednesday, February 2nd, 9th,  
16th & 23rd.

Drop in anytime  
from 9:30 - 11:00am

Indoor Walking  
in the Gym at the

**Olmsted Community Center**

Grab your water bottle and sneakers

## CALENDAR REVIEW MEETING

Thursday, February 17th @ 10:00am

This is an opportunity to come and learn about the activities planned for March and ideas for future programming. We want your ideas!



What activities do you like best & what would you like to see us offer?  
All are welcome!

## OPEN GAMES & SOCIAL TIME

Did you know that you can use our game room and tables for any group board games, puzzles or card games? You're also welcome to come in to sit and socialize? Call in advance to check on room availability. We would love to see you!





## Celebrating February Birthdays Happy Birthday to Aina, Barb, and Sandy!

**February Birthstone is Amethyst** - The vibrant amethyst represents peace & tranquility.



**February birth flowers are Violets and Primroses**

**Violets** signify watchfulness, loyalty, and faithfulness. Give a violet to someone to let them know you'll always be there for them.



The other is the **primrose**, which lets someone know you can't live without them. Primroses are colorful perennials of European origin that are not actually related to the rose. Among the first to bloom as winter retreats, they'll multiply each year if given a little shade and moist (but not soggy) soil



**Celebrate your birthday!** Would you like to receive personal birthday greetings above (first name only) and receive a birthday card? We are collecting names and birth dates (year optional). Seniors who would like to participate can sign the Birthday List, which is kept in the Jenkins Place office, or call 440-427-2519.

**Also, a very heartfelt THANK YOU to everyone who donates cards. Please continue to donate birthday, get well, thank you, thinking of you or other cards to share.**

**Got creative with drive by programming!**

**Sprengr Village of the Falls**

**Arden Courts Brain Fit**

