



February is Heart Awareness Month



The perfect gift this Valentine's Day is the gift of heart health. Along with Valentine's Day, February marks American Heart Month, a great time to commit to a healthy lifestyle and make small changes that can lead to a lifetime of heart health.

Heart disease is the leading cause of death for both men and women. More than half of the deaths due to heart disease in 2009 were in men. About 610,000 Americans die from heart disease each year—that's 1 in every 4 deaths. Coronary heart disease is the most common type of heart disease, killing about 365,000 people in 2014. In the United States, someone has a heart attack every 42 seconds. Each minute, someone in the United States dies from a heart disease related event. Heart disease is the leading cause of death for people of most racial/ethnic groups in the United States, including African Americans, Hispanics, and

\$207 billion each year, this total includes the cost of health care services, medications, and lost productivity.

Did you know?

- ◆ Obesity contributes to five of the ten leading causes of death in the U.S. including heart disease, type 2 diabetes, cancer, stroke and kidney disease.
- ◆ 94% of American Schools fail to meet federal standards for fat and saturated fat in school lunches.
- ◆ High blood pressure, high LDL cholesterol, and smoking are key heart disease risk factors for heart disease. About half of Americans (49%) have at least one of these three risk factors.
- ◆ Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including:
 - * Diabetes
 - * Overweight and obesity
 - * Poor diet
 - * Physical inactivity
 - * Excessive alcohol

"Have a healthy heart"

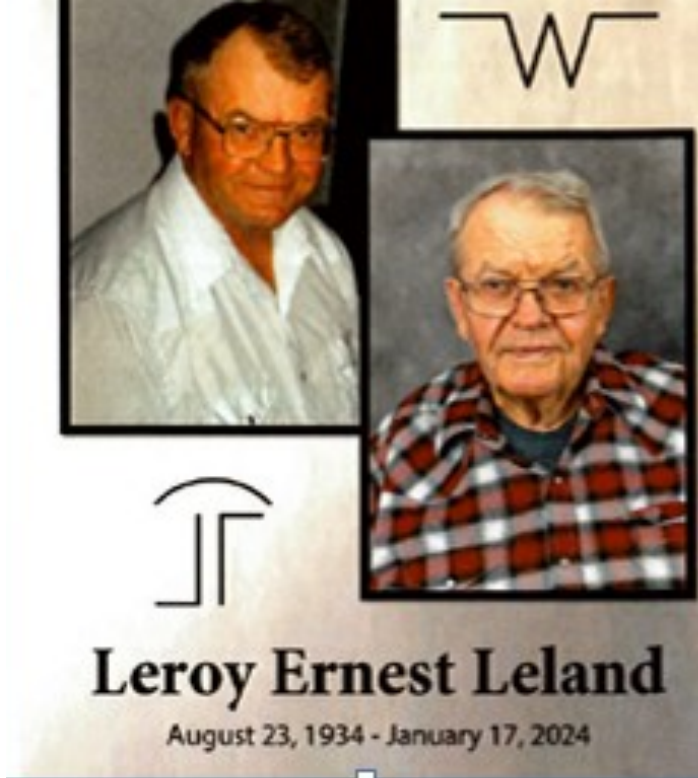
Rights Regarding Financial Affairs

Residents Have the Right To:

- Manage his or her financial affairs
- Information about available services and the charges for each service
- Not be charged for services covered by Medicaid or Medicare

Happy Birthday!!





Leroy Ernest Leland was born in Sidney, Montana on August 23, 1934, to Ernest and Johren (Gulbraa) Leland. He was raised in the rural area near Squaw Gap, North Dakota. Here he attended a one room country schoolhouse, first through eighth grade. He attended high school in Sidney, Montana where he roomed and boarded during the school week in town. He graduated high school in 1952. While in high school he was involved in sports and was asked to play football by college recruiters.

Leroy chose to stay and work on the family ranch on Bennie Peer Creek in Squaw Gap, until enlisting in the army on June 1, 1954. He was stationed at Fort Lewis, Washington and Fort Leonard Wood, Missouri. He is the only soldier in McKenzie County, North Dakota who was involved with the atomic bomb testing, at the Nevada proving grounds. Leroy was honorably discharged on March 2, 1956, and returned to work on the family ranch. During this time, he met a young schoolteacher named Virginia Kuykendall who taught at Leland School and boarded at his parents' home. Leroy and Virginia were married in Cartwright, North Dakota on June 6, 1958.

Leroy was a kind, quiet man with a great sense of humor that his family was fortunate to experience on a daily basis. He loved his family, working the ranch, and the Squaw Gap community. He especially enjoyed visiting and having a drink with neighbors and friends in the bunkhouse at the ranch.

Leroy peacefully passed away on January 17, 2024, at the Sidney Health Center in Sidney, MT with family by his side.

He is survived by his wife, Virginia; his children Kathy (Gary) Skarda of Keene, ND, Susie (John) Irwin of Alexander, ND, Nancy (Leif) Jellesed of Charlson, ND, and Ken (Karen) Leland of Sidney, MT; his grandchildren Courtney (Luke) Taylor of Watford City, ND, Kyle Jellesed of Minot, ND, Ty (Sarah) Skarda of Keene, ND, Katie (Kellen) Longie of Keene, ND, Brett Skarda of Bismarck, ND, Myre (Nick) Cross of Glendive, MT, Sam (Robbyn) Irwin of Alexander, ND, Marni (James) Oliver of Savage, MT, and Rory (Mandy) Irwin of Edgemont, SD; six great-grandchildren with two more on the way; brothers Myron (Ardehl) Leland of Squaw Gap, ND, Gary (Georgia) Leland of Havre, MT, and Joe Leland of Sidney, MT; sister-in-law Jeanie Leland of Sidney, MT; and numerous nieces and nephews.

Leroy is preceded in death by his parents Ernest and Johren Leland; sister and brother-in-law Marjorie and Dave Crighton; brother Raymond "Ricky" Leland, father- and mother-in-law Jim and Doris Kuykendall; and brother-in-law Nels Boe.



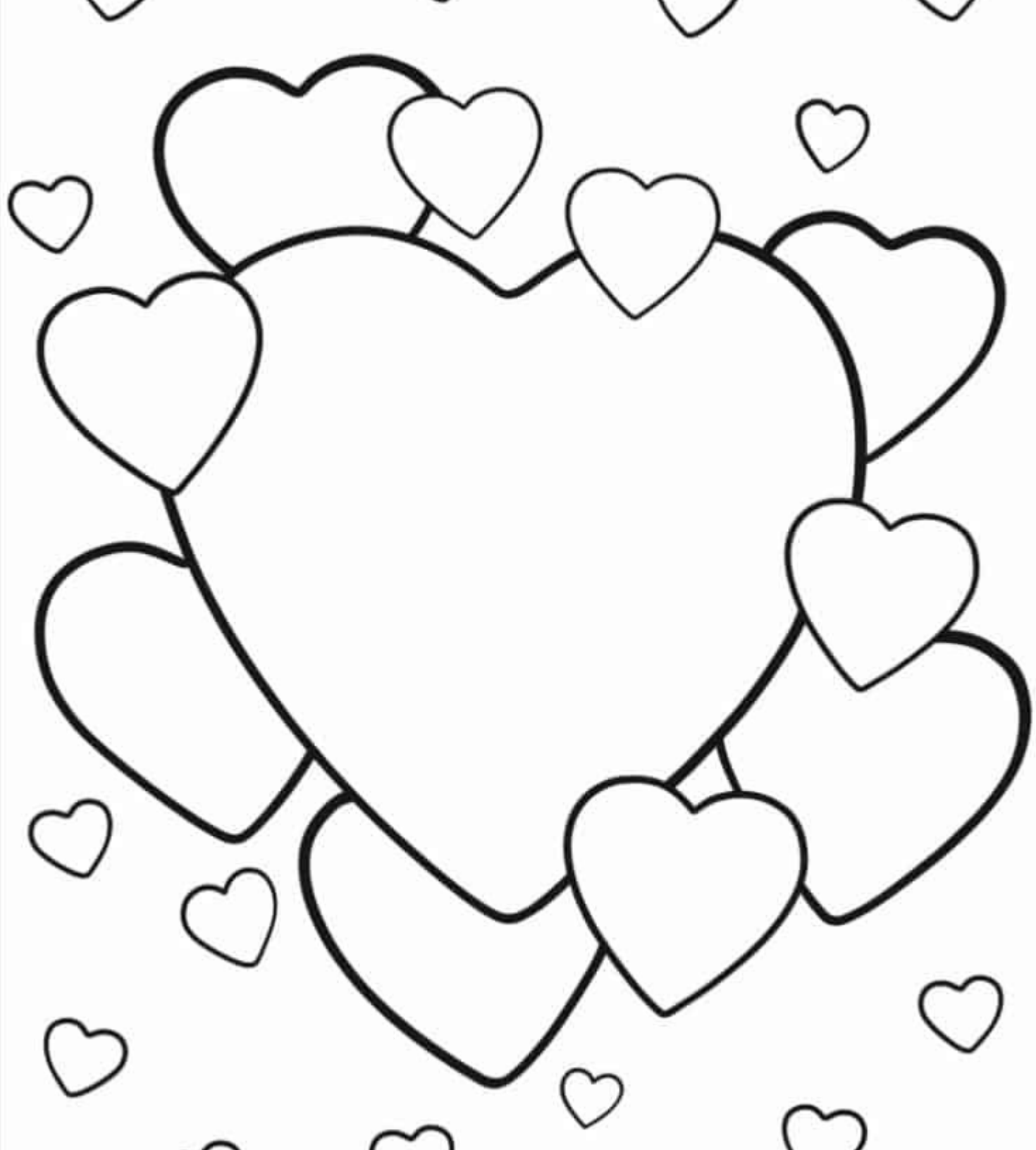


What do you like the most about your job and working at The Lodge.

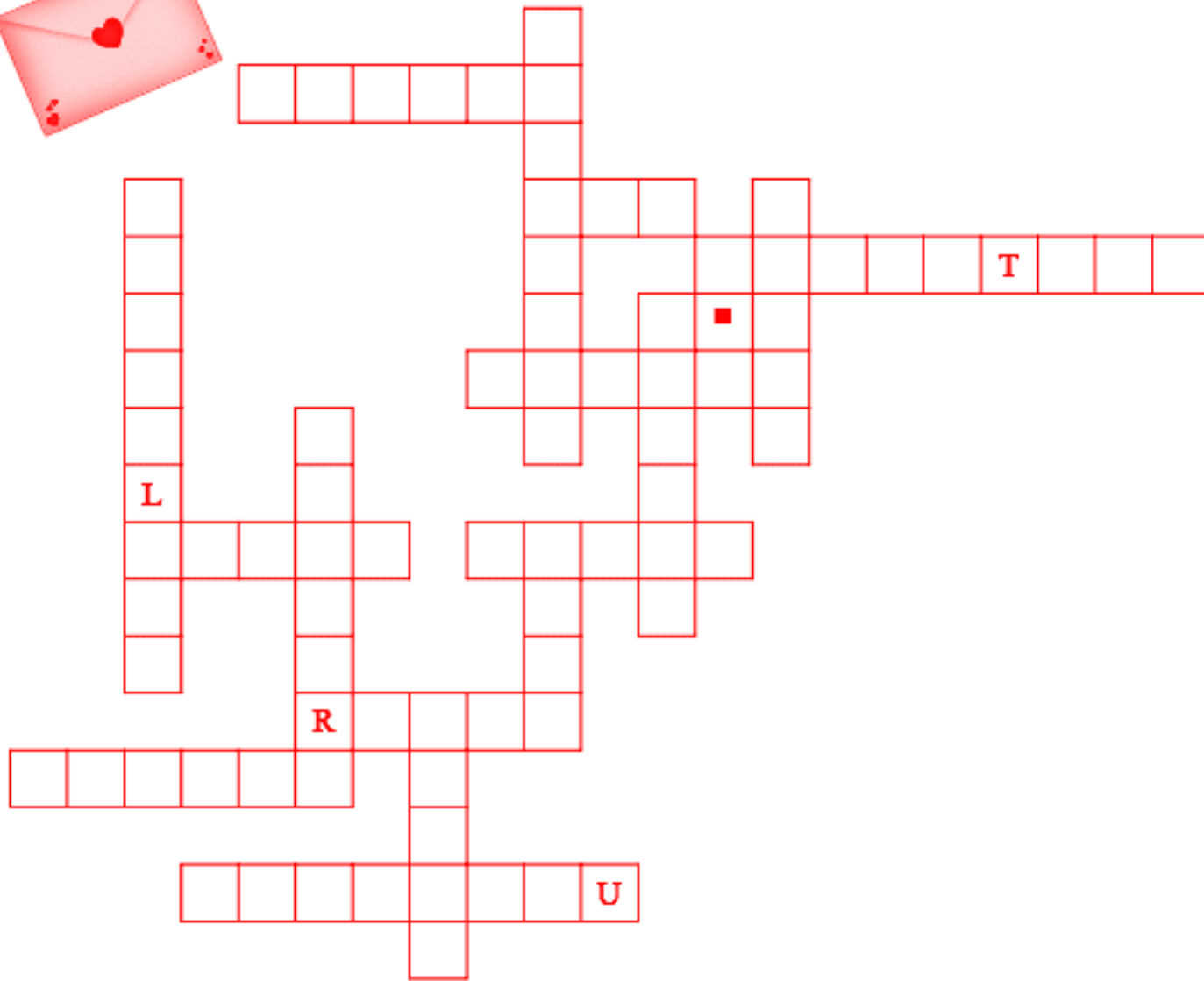
What I really enjoy about my job is getting to see the residents everyday.

Nothing brings me more then coming to work and seeing all the smiling faces of all my favorite people. It's like having a second family. I get to learn everything about my residents, from their favorite food to how they grew up.

I love coming to work and have everybody be so welcoming and friendly.



VALENTINE'S DAY



HEARTS

RED

CANDY

FEBRUARY

ARROW

SWEET

BE MINE

I LOVE YOU

VALENTINE

HUGS

FLOWERS

CHOCOLATE

WHITE

KISSES

ROSES

FRIEND



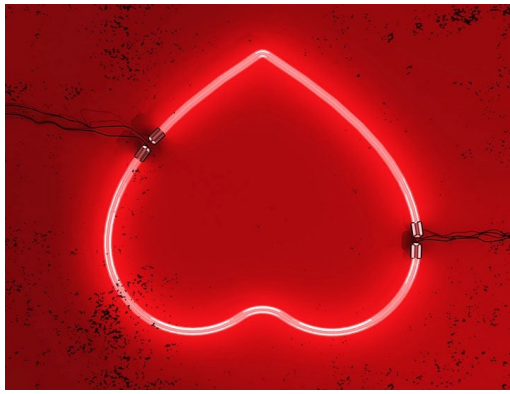
February

2024



Mon	Tue	Wed	Thu	Fri	Sat
<p>1 3:00 Coffee Time</p> <p>6:00 Church Service Pastor Tim</p>	<p>2 9:00 Chair Exercises</p> <p>2:00 Bingo</p> <p>3:00 Coffee Time</p>	<p>3 9:00 Chair Exercises</p> <p>2:00 Bingo</p> <p>3:00 Coffee Time</p>	<p>4 9:00 Chair Exercises</p> <p>2:00 Bingo</p> <p>3:00 Coffee Time</p>	<p>5 9:00 Chair Exercises</p> <p>2:00 Bingo</p> <p>3:00 Coffee Time</p>	<p>6 9:00 Chair Exercises</p> <p>2:00 Bingo</p> <p>3:00 Coffee Time</p>
<p>7 9:00 Chair Exercises</p> <p>2:00 Bingo</p> <p>3:00 Coffee Time</p>	<p>8 9:00 Chair Exercises</p> <p>2:00 Bingo</p> <p>3:00 Coffee Time</p>	<p>9 9:00 Chair Exercises</p> <p>2:00 Bingo</p> <p>3:00 Coffee Time</p>	<p>10 9:00 Chair Exercises</p> <p>2:00 Bingo</p> <p>3:00 Coffee Time</p>	<p>11 9:00 Chair Exercises</p> <p>2:00 Bingo</p> <p>3:00 Coffee Time</p>	<p>12 9:00 Chair Exercises</p> <p>2:00 Bingo</p> <p>3:00 Coffee Time</p>
<p>13 9:00 Chair Exercises</p> <p>2:00 Bingo</p> <p>3:00 Coffee Time</p>	<p>14 9:00 Chair Exercises</p> <p>2:00 Bingo</p> <p>3:00 Coffee Time</p>	<p>15 9:00 Chair Exercises</p> <p>2:00 Bingo</p> <p>3:00 Coffee Time</p>	<p>16 9:00 Chair Exercises</p> <p>2:00 Bingo</p> <p>3:00 Coffee Time</p>	<p>17 9:00 Chair Exercises</p> <p>2:00 Bingo</p> <p>3:00 Coffee Time</p>	<p>18 9:00 Chair Exercises</p> <p>2:00 Bingo</p> <p>3:00 Coffee Time</p>
<p>19 9:00 Chair Exercises</p> <p>2:00 Bingo</p> <p>3:00 Coffee Time</p>	<p>20 9:00 Chair Exercises</p> <p>2:00 Bingo</p> <p>3:00 Coffee Time</p>	<p>21 9:00 Chair Exercises</p> <p>2:00 Bingo</p> <p>3:00 Coffee Time</p>	<p>22 9:00 Chair Exercises</p> <p>2:00 Bingo</p> <p>3:00 Coffee Time</p>	<p>23 9:00 Chair Exercises</p> <p>2:00 Bingo</p> <p>3:00 Coffee Time</p>	<p>24 9:00 Chair Exercises</p> <p>2:00 Bingo</p> <p>3:00 Coffee Time</p>
<p>25 9:00 Chair Exercises</p> <p>2:00 Bingo</p> <p>3:00 Coffee Time</p>	<p>26 9:00 Chair Exercises</p> <p>2:00 Bingo</p> <p>3:00 Coffee Time</p>	<p>27 9:00 Chair Exercises</p> <p>2:00 Bingo</p> <p>3:00 Coffee Time</p>	<p>28 9:00 Chair Exercises</p> <p>2:00 Bingo</p> <p>3:00 Coffee Time</p>	<p>29 9:00 Chair Exercises</p> <p>2:00 Bingo</p> <p>3:00 Coffee Time</p>	<p>30 9:00 Chair Exercises</p> <p>2:00 Bingo</p> <p>3:00 Coffee Time</p>
<p>31 9:00 Chair Exercises</p> <p>2:00 Bingo</p> <p>3:00 Coffee Time</p>	<p>1 9:00 Chair Exercises</p> <p>2:00 Bingo</p> <p>3:00 Coffee Time</p>	<p>2 9:00 Chair Exercises</p> <p>2:00 Bingo</p> <p>3:00 Coffee Time</p>	<p>3 9:00 Chair Exercises</p> <p>2:00 Bingo</p> <p>3:00 Coffee Time</p>	<p>4 9:00 Chair Exercises</p> <p>2:00 Bingo</p> <p>3:00 Coffee Time</p>	<p>5 9:00 Chair Exercises</p> <p>2:00 Bingo</p> <p>3:00 Coffee Time</p>





 **THE
LODGE**
Managed by
SIDNEY HEALTH CENTER

1015 7th Ave SW - Sidney, MT 59270