



American Heart Month

WE CARE ABOUT SENIORS' HEARTS!



February is American Heart Health Month

American Heart Month is in February and is a time to focus on heart health, especially for seniors. Heart disease is the leading cause of death in the United States, and seniors are especially prone to heart-related issues.

What to do during American Heart Month

- **Get checked:** Take heart health tests to check in on your heart's health.
- **Make healthy lifestyle choices:** Eat a healthy diet, exercise, and manage stress.
- **Quit smoking:** Smoking damages blood vessels and increases the risk of heart disease.
- **Watch for symptoms:** Be aware of symptoms like shortness of breath, fatigue, and chest pain.

- **Get support:** If you need help making healthy changes, you can talk to a healthcare professional or get help from a support group.

What can help seniors with heart health

- **Nutritionists:** Nutritionists can help seniors plan meals that are nutritious and tasty.
- **Transportation:** Help seniors get to medical appointments, exercise classes, and other places they need to go.
- **Companionship:** Offer companionship for conversations and activities.

What are some heart-related issues?

- High blood pressure
- Coronary heart disease
- Heart failure
- Diabetes
- High cholesterol
- Arrhythmia

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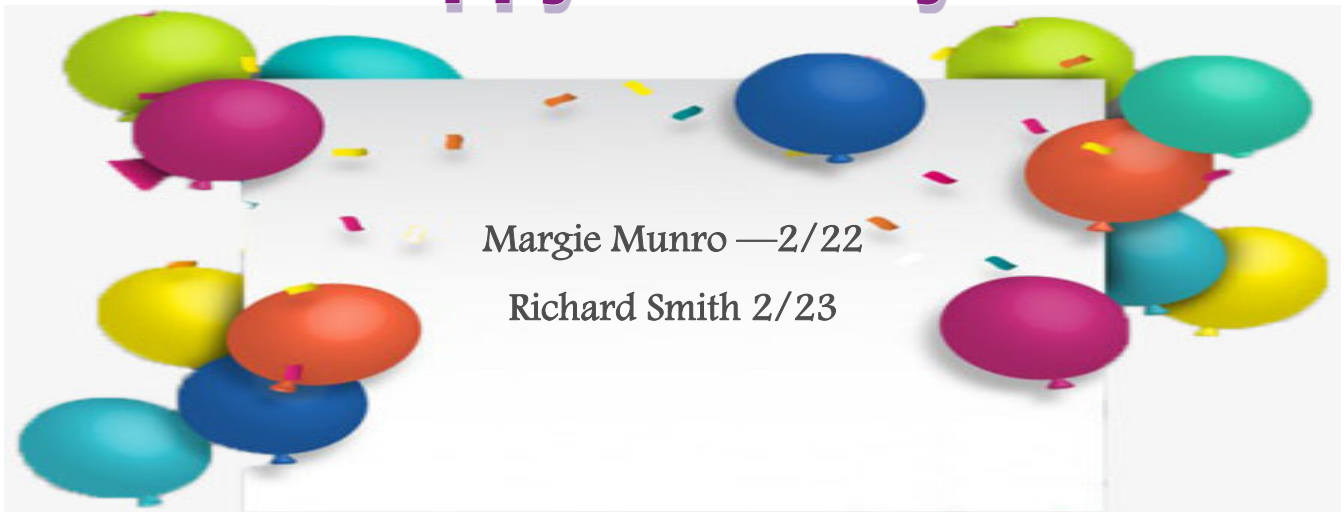
February Resident Right

Rights Regarding Financial Affairs

Residents Have the Right To:

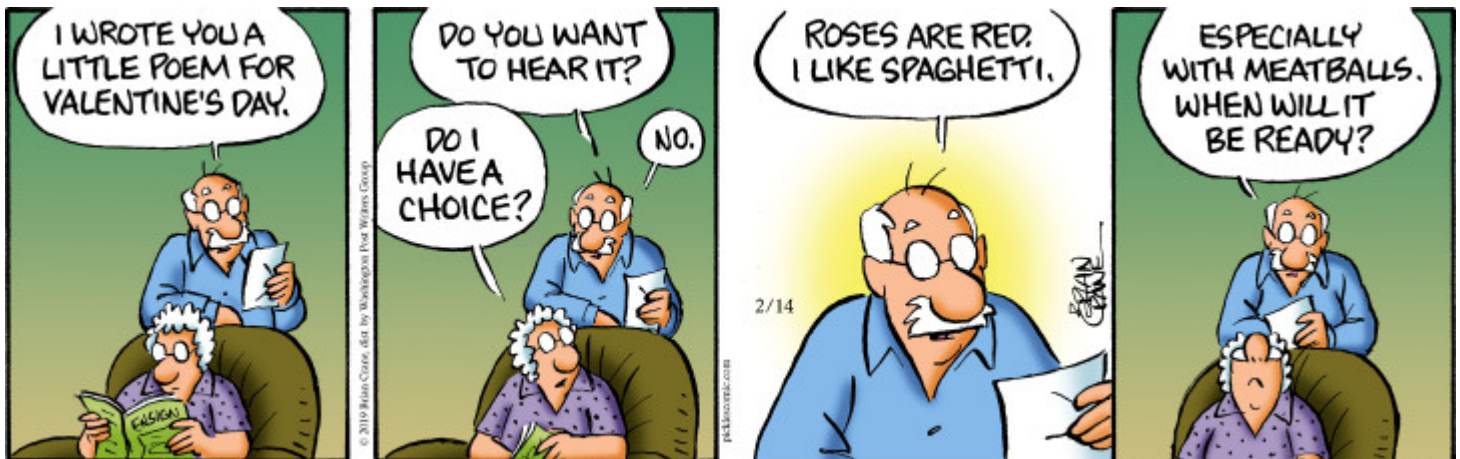
- Manage his or her financial affairs
- Information about available services and the charges for each service
- Not be charged for services covered by Medicaid or Medicare

Happy Birthday!!



Margie Munro —2/22

Richard Smith 2/23





In the Spotlight

Allen Peterson

Where were you born?

Plentywood, MT

What big world events do you remember most from when you were growing up?

World War II

What is different about growing up today from when you were growing up?

Growing up in a small town, we didn't have all accommodations, we have now.

What was your first job?

As a teller and a janitor at Culbertson State Bank

How did you meet your spouse?

At the triangle night club.

If you won \$1 million dollars tomorrow what would you do with the money?

Put it in the bank and save it

What is your favorite family tradition?

Making German food

Do you have any hobbies or special interests?

Basketball

What advice did your parents/grandparents give you that you remember most?

Be Good

What is your favorite Holiday?

Christmas



Where did you grow up?

Sidney, MT

When you were little, what did you want to be when you grew up?

Mommy

What was your first job?

Dairy Queen

If you could visit anywhere in the world you've never been, where would you go and why?

Italy, Love the food and would enjoy all the site seeing

What are some of your pet peeves?

Don't like to be late

What is your favorite family tradition?

Getting together with family and playing games

What advice did your parents/grandparents give you that you remember most?

Be honest and considerate of others



Valentine Words

adore

honey

dear

February

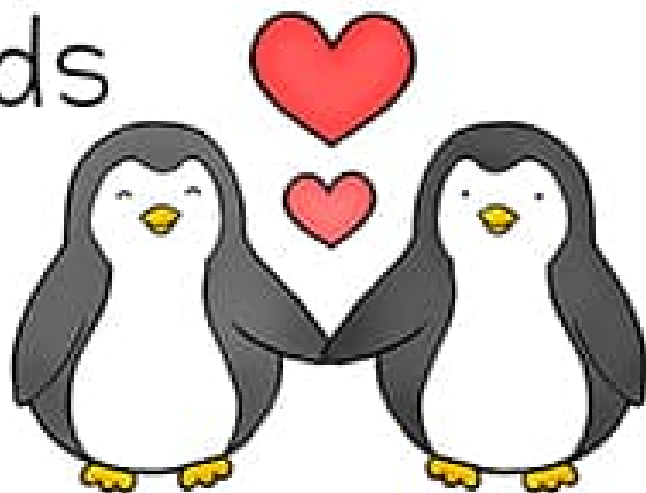
admire

love

friend

special

hug



o l a d f i d e a r

c a f h e v e k u h

r i a j b y a l a o

g c t f r i e n d n

p e r a u q u t o n

s p m n a c l o r y

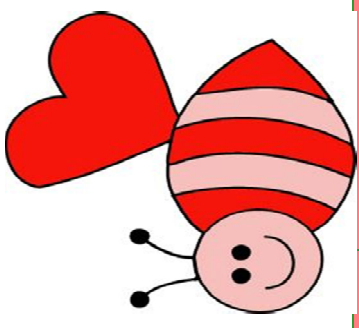
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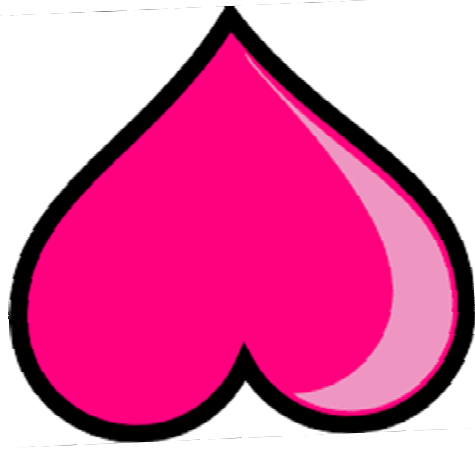
w a d m i r e s e h

February

2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<ul style="list-style-type: none"> ◆ Self Directed ◆ Puzzle Tables ◆ Reading ◆ Adult Coloring 	Activities <ul style="list-style-type: none"> ◆ Walking Path ◆ Puzzle Books ◆ WII Activities 					
2 1:00 Fingernail — Fireside 3:00 Coffee Time	3 9:00 Chair Exercises/Devotional W Jeanie 3:00 Coffee Time	2:00 Methodist Church 3:00 Coffee Time	9:00 Chair Exercises 2:00 Bingo 3:00 Coffee Time	2:00 Church Service Pastor Evans 3:00 Coffee Time	9:00 Chair Exercises 3:00 Coffee Time	1 2:00 Bingo 3:00 Coffee Time/ Specialty Drinks (Italian Sodas, Wine, Beer, Electric Lemonades)
9 2:00pm Bingo W/4H kids 3:00 Coffee Time	10 9:00 Chair Exercises/Devotional W Jeanie 3:00 Coffee Time	11 9:00 Catholic Church 2:00 Methodist Church 3:00 Coffee Time	12 9:00 Chair Exercises 2:00 Bingo 3:00 Coffee Time	13 2:00 Church Service Pastor Meehan 3:00 Coffee Time	14 9:00 Chair Exercises 2:00 Valentine's Party 3:00 Coffee Time	15 2:00 Bingo 3:00 Coffee Time/ Specialty Drinks (Italian Sodas, Wine, Beer, Electric Lemonades)
16 3:00 Coffee Time	17 9:00 Chair Exercises/Devotional W Jeanie 3:00 Coffee Time 3:00 Coffee Time	18 2:00 Wisdom & Coffee Hour W/Sister Rita 3:00 Coffee Time	19 9:00 Chair Exercises 2:00 Bingo 3:00 Coffee Time	20 2:00 Church Service Pastor Evans 3:00 Coffee Time	21 9:00 Chair Exercises 3:00 Coffee Time	22 Margie Munro 2:00 Bingo 3:00 Coffee Time/ Specialty Drinks (Italian Sodas, Wine, Beer, Electric Lemonades)
23 Richard Smith 2:00 Movie time 3:00 Coffee Time	24 9:00 Chair Exercises/Devotional W Jeanie 3:00 Coffee Time	25 2:00 Methodist Church 3:00 Coffee Time	26 9:00 Chair Exercises 2:00 Bingo 3:00 Coffee Time	27 2:00 Church Service Pastor Meehan 3:00 Coffee Time	28 9:00 Chair Exercises 3:00 Coffee Time	



**THE
LODGE**

Managed by
SIDNEY HEALTH CENTER

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