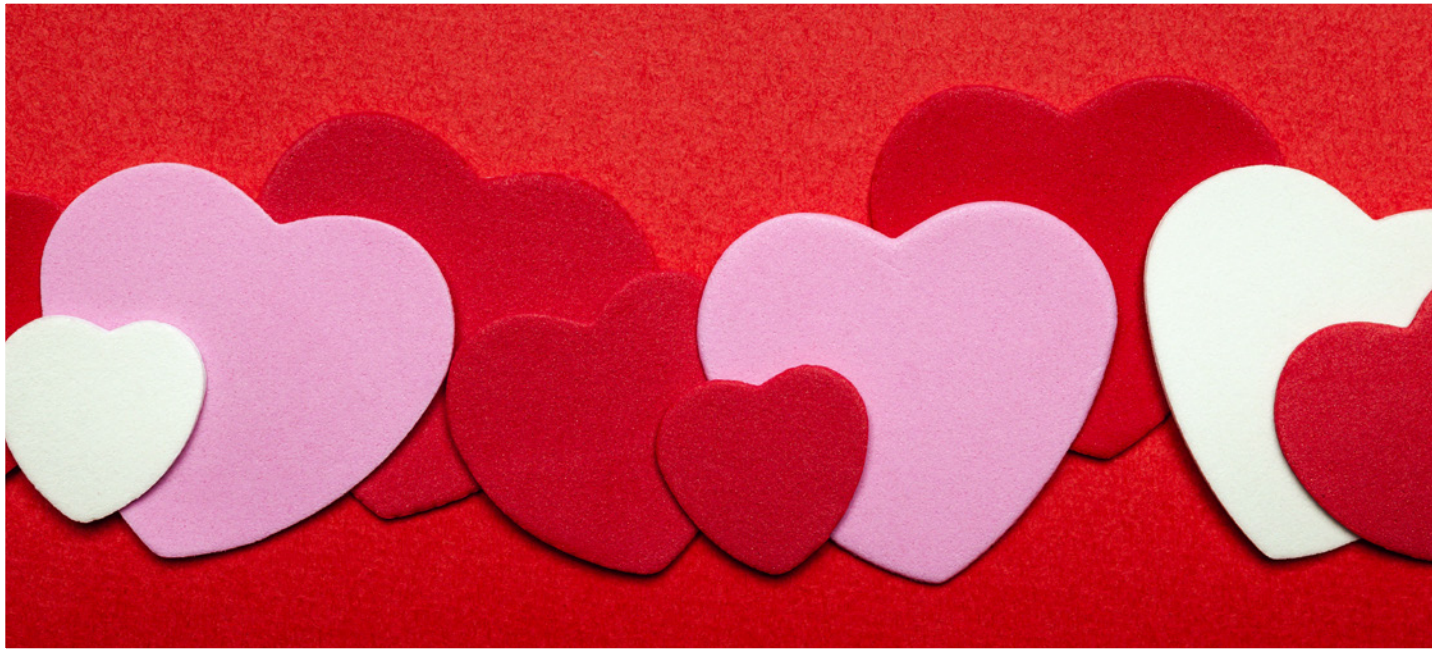


THE WESTLAKE WHISTLER



Tips for Better Heart Health

Along with Valentine's Day, we celebrate American Heart Month during February. How can you help your heart stay healthier longer?

Fill up on fiber. Not only does fiber help lower levels of LDL ("bad") cholesterol, it can aid weight management.

Go bananas. Too much sodium and too little potassium is a recipe for high blood pressure. Strike a healthier balance by cutting back on salt and increasing potassium intake with bananas, potatoes, broccoli and kiwi.

Say "no" to that extra cup of caffeinated joe. Four or more cups of daily coffee could elevate blood levels of homocysteine, an amino

acid associated with increased risk of cardiovascular disease.

"Beet" heart disease.

Beets contain the antioxidant betanin, which can help keep LDL cholesterol from clogging your arteries. Beets, spinach, broccoli, and papaya are also good source of folic acid, which helps to break down that heart-hurting homocysteine.

Choose healthy fats.

Monounsaturated fats (think olive oil, avocado, nuts), when used in place of saturated fats (think butter, bacon, beef), help lower cholesterol. Another healthy fat – omega-3 – helps reduce inflammation. Omega-3 sources include wild salmon, walnuts and flaxseed.

Go for a raise in HDL

cholesterol. Higher levels of "good" cholesterol can be almost as important as low levels of LDL cholesterol to keep cardiovascular disease at bay. In addition to exercise, quitting smoking and limiting trans fats, studies have shown drinking cranberry juice could help boost HDL levels.

Welcome New Residents!

***Welcome to the Garden!
Ray and Glenn***

Garden Square at Westlake
ASSISTED LIVING

Upcoming Events

February 1 Book Mobile

February 2

Elder Art Show 4-5

February 4

Worship With Harold

February 5 Good Feet

February 7 Valentine Wreaths

February 8

Shopping King Soopers

February 9 Music with Dee

February 12 Music with Doug

February 13

Valentine card making

February 14

Valentine's Day Dance Party

February 15 Resident Council

February 16 Lunch Outing

February 19 President Trivia

February 20 Bible study

February 21 Food Council

February 22 Puppy Visits

February 25

Worship with Emma

February 26

Making Pistachio Pudding

HAPPY BIRTHDAY!



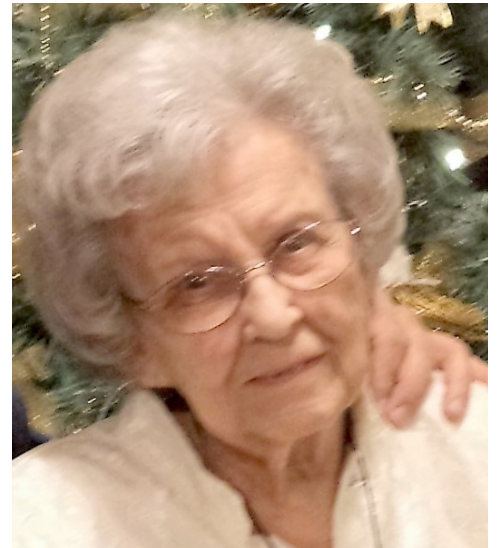
Loreyn



Bill W



Davie



Elsie

Happy 8 Year Anniversary Subini!



Kristen



Natasha

ACTIVITY PHOTO HIGHLIGHTS



Making chocolate covered cherries Ummmmmm!!



Donna and Helen giving some home made cookies to the firemen on National Fireman Day!!!

Join us for

Mountain Man Nuts & Candy

Friday, February 2nd &
Friday, February 16th
11:30am - 1:00pm



Annual Resident Art Show

Sunday, February 4th
5:30pm

Come and enjoy some artwork done by our residents.

(Artwork will also be for sale if you would like to purchase. Any money collected during this time will help us purchase more art supplies for our residents.)



Valentine's Day Dance

Wednesday, February 14th
1:00pm - 2:00pm



♥
Come join us for some refreshments and live music by singer, Ray Delgado
♥

**GARDEN SQUARE
AT WESTLAKE
MANAGEMENT TEAM**

MAINTENANCE DIRECTOR

Jaime Gonzalez-Diaz

DINING SERVICES DIRECTOR

Yvonne Mejia

HEALTH SERVICES DIRECTOR

Linda Glenndenning

SALES & MARKETING

Kristen Sigg

LIFE ENRICHMENT DIRECTOR

Joyce Trevino

BUSINESS OFFICE MANAGER

Lisa Ford

ADMINISTRATOR

Jennifer Brunner



Newsletter Production by PorterOneDesign.com

FEBRUARY – WORD SEARCH

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| M | R | M | O | I | W | M | F | O | O | T | B | A | L | L |

CUPID
DOG
EYE CARE
FEBRUARY
FOOTBALL

HEALTHY
HEART
KINDNESS
LOVE
PINK

RANDOM
RED
ROSES
SUPERBOWL
VALENTINE