



Coming in February: new exercises classes to choose from! Chair Zumba, chair yoga, and seated tai chi. Come check them out!

Do you know someone who could benefit from moving to The Hearth on James? If so, you could earn up to **\$1,000** through our referral program! Contact us at **315-422-2173** to learn more!

Staff Birthdays

February 5th – John Hall

February 18th – Lucy

D'Sylva

February 22nd – Maria

Gonzalez, Quanasia

Eiland, Latara Williams



February 2022

The Hearth on James

830 James Street | Syracuse, NY | (P) 315-422-2173 | (F) 315-426-7583



A Note from Our Executive Director

Dear Residents,

Goodbye January, Hello February!

NATIONAL WEAR RED DAY

National Wear Red Day, on the first Friday in February, is an annual campaign to raise awareness about heart disease in women.

The national campaign urges women to learn their risk for heart disease and to take steps to lower their risk. What increases a woman's chances of heart disease?

- Smoking
- Sedentary lifestyle
- Family history
- Diabetes
- Stress
- Inflammatory diseases like rheumatoid arthritis and Crohn's
- Complications during pregnancy
- Menopause

We can prevent or reverse many of these risks by taking action. Speaking with our physician also helps to further lower our risk of heart attack and stroke by making and following a plan.

- Quit smoking. Ask for help if you need it. Your physician has many tools at her side to make quitting a success.
- Change your lifestyle. Become more active and improve your eating habits. This will help with many risk factors including stress, family history, and other health conditions.
- Get routine physical exams.

Join us on February 4th and wear your **RED** to raise awareness!

February Highlights ~ exercise is key to a healthy lifestyle, so check out our new exercise programs offered daily! We've got a cooking demo, a Super Bowl Social, Sunday TED talks, and Vera House is even offering a lecture on phone scams targeting older adults. Take a trip to the Onondaga Historical Association and don't miss out on the Alzheimer's Association's virtual lecture on understanding Alzheimer's and dementia. Don't miss out on all these fun opportunities!

Have a fantastic February!

Jennifer

Celebrating February **Black History Month**

February 2nd:
Groundhog Day

February 4th:
Wear Red Day

February 9th:
National Pizza Day

February 13th:
Super Bowl Sunday

February 14th:
Valentine's Day

February 18th:
National Drink Wine Day

February 21st:
Presidents' Day

February 22nd:
Twin Day

Highlights

Special Events Coming Your Way in February!

2/1: Celebrating Black History Month

2/2: Music with Jilissa

2/4: National Pizza Day – Pizza Lunch

2/10: Activity Planning Meeting & Ice Cream Flavors of the Month Voting

2/10: Cooking Demo with Chef Bob

2/13: Super Bowl Social: Drinks & Apps

2/14: Valentine's Day Social Hour

2/15: Vera House Presents: Lecture on Phone Scams Targeting Older Adults (P)

2/17: Reminiscing with Fishing

2/18: At-Home Wine Tour: Tastes of Seneca Lake

2/23: Alzheimer's Association Virtual Lecture: Understanding Alzheimer's & Dementia

2/24: Men's Club: At-Home Brewery Tour

Please see February Activities Calendar for times and locations of each event.

February Outings

2/4: Museum of Science & Technology

2/11: Lunch Bunch – Bull & Bear Roadhouse

2/18: Onondaga Historical Association Museum

2/25: Lunch Bunch – Riley's

Happy Birthday to You!

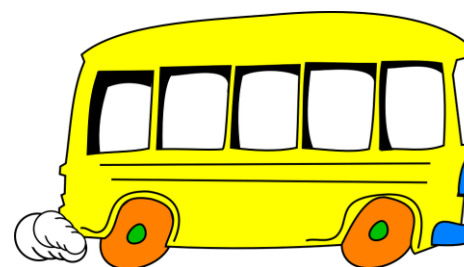
February Resident Birthdays:

2/2: Belindo B.

2/7: Donna D. & Joe L.

2/17: Kay C.

2/24: Doreen C.



Transportation

Please contact the Nursing Department to arrange. Appointments are limited to eight per day.

Monday 8:30-3:30

East

Manlius, Fayetteville, DeWitt, Widewaters, Brittonfield

North & West

Community Hospital, Camillus, Liverpool, North Medical, Route 11, Baldwinsville

Wednesday 9:30-3:30

Downtown

James Street, East Genesee Street, VA Hospital, Irving Avenue, Erie Boulevard, St. Joseph's Hospital

Fridays are reserved for 9:30am Wegmans trips and outings as noted on the monthly calendar.

Directors

Executive Director
Jennifer Mellone

Business Office Manager
Errin Chilson

Wellness Director
Crystal Blakeman

Food & Beverage Director
Bob Henning

Live More Director
Madelyn Niver

Environmental Services Director
Angel Santana

Senior Living Advisor
TBA



Jeanne C. & Doreen C. enjoying our Cayuga Lake wine tasting!