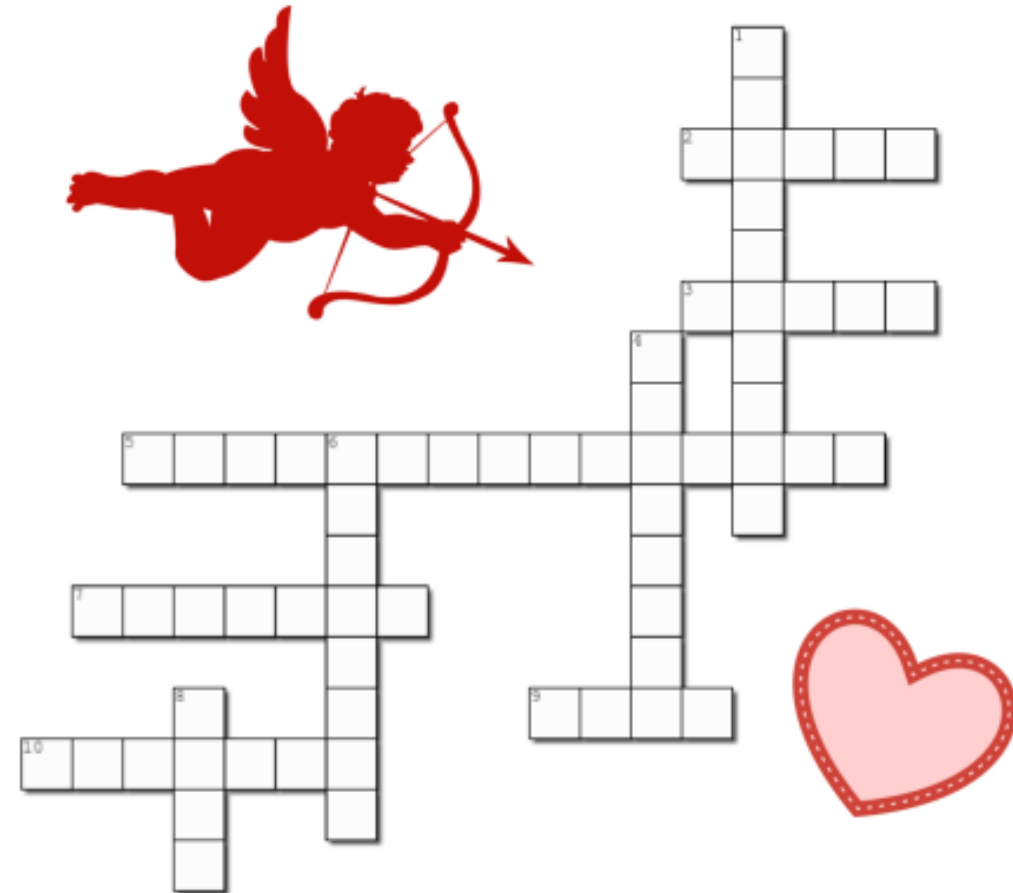


Valentine's Day Crossword

Answer the puzzle below



Across

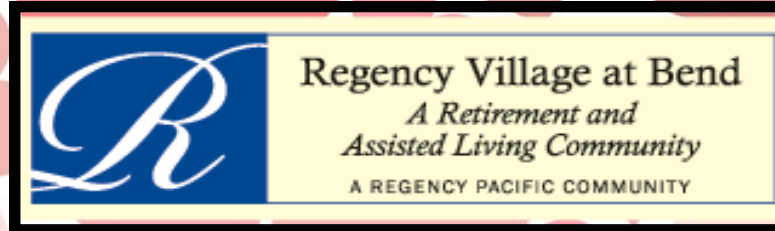
2. Will his arrow hit you?
3. Popular Valentine symbol
5. A sweet gift
7. Given in a bunch
9. A popular flower for Valentine's Day
10. Your biggest fan

Down

1. The most romantic day of the month
4. Blow up to decorate
6. When is Valentine's Day
8. Something you do when you love someone

Regency Village at Bend

127 SE Wilson Ave., Bend, OR 97702
541-317-3544
8:30 am ~ 5:30 pm



February
2024

THE MANAGEMENT TEAM

Senior Executive Director. Luke Wilkenfeldt
Office Manager. Becky DeLashmutt
Wellness Director. Nancy Rullis R.N.
Resident Care Coordinator. Liana-Li Lum Ho
Dining Service Director. Josh Webb
Activities Director. Angi Grubbs
Community Relations Director. Karen Walker
Maintenance Director. Roger Beach

2023-2024 RESIDENT COUNCIL OFFICERS

Don Kelly. President
Gary Blair. Vice President
Shirley Stieber. Secretary



Residents

Julia E. 2/16
Pat S. 2/28

Staff

Roger B. 2/10

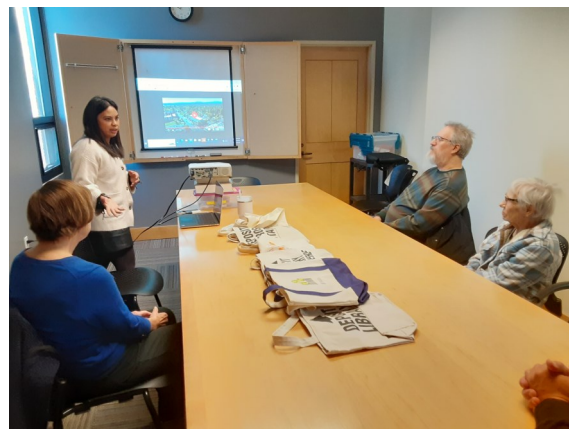


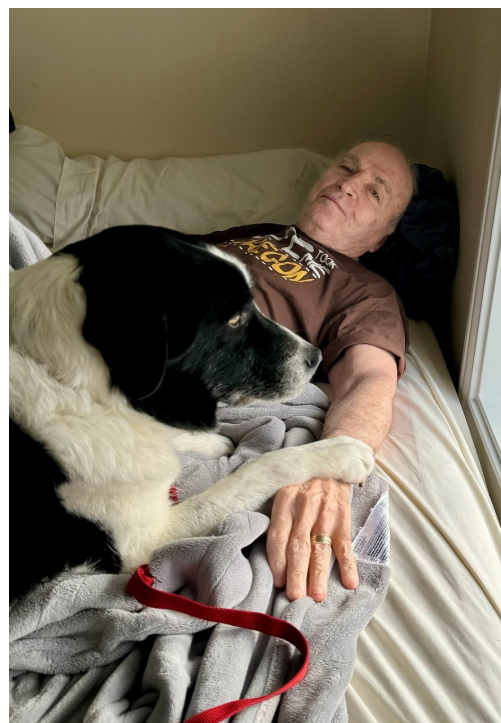
Follow us on Facebook:
Regency Village at Bend

January Meet & Greet:
Residents welcomed
Dianne, Wil, and Joan!



Deschutes Public
Library Tour w/ Rya





Canine Companion Indie sharing her love!



Health Notes

The Importance of Ankle Pumps

Do you sit for extended periods each day? If so, you might consider doing “Ankle Pumps” regularly while you are sitting. When you sit in one place for an extended period of time, blood collects in the lower legs and the heart pumping alone is not enough to get the blood flowing back to the heart. Ankle pumping exercises use your calf muscle contraction to pump blood back to the heart.

Ankle pumps improve circulation in your legs, preventing blood clots - Blood collecting in the lower leg can lead to clotting with long periods of rest or inactivity.

Calf muscle movement helps reduce swelling by encouraging fluids back into the bloodstream and back to the heart.

Here's what you need to do . . .

Point your feet toward your knees as far as you can. Then point them away from you as far as you can. That's it! Just alternate pointing and flexing your feet as far as you can in each direction. Keep doing it for about two to three minutes two to three times each hour that you are sitting.