## The Pa S News

Where your family becomes part of our family.



## Happy Birthday!

Best wishes to our residents and staff celebrating birthdays this month.

### Residents

2/03 Charles H.

2/23 Lorraine R.

**Employees** 

2/04 Alejandro R.

2/27 Ala M.

#### Health Care Center

471 W. Terra Cotta Avenue Crystal Lake, IL 60014 815,455,0550

Norreen Zaio, Administrator Lori Tapanien, Business Office Mgr. Norma Miranda, Activities

f Like Us On Facebook

As a non-profit 501c3 community, we thank you for supporting our mission of service to seniors through tax-deductible donations of cash or useful items. Please call our office.



**Wisconsin Illinois** SENIOR HOUSING INC.

FairOaksHealthCare.org

WE ACCEPT CREDIT CARDS

Skilled Nursing • Respite Care • Rehabilitation Services

## **Random Acts of Kindness** to Brighten the World

What small act could you do today to brighten someone else's day? While money can be earned and gifts can be bought, time is priceless. Here are a few Random Acts of Kindness:

Share a smile. It's simple but can brighten anyone's day.

Show appreciation. Call, text, or meet a friend to let them know how much they mean to you.

Donate food or household items.

Contact a local shelter and find out what items they need and make a donation, if you are able to do so.

Volunteer regularly. Spend time once a week helping at local shelter or community center.

Send flowers or a plant. Brighten someone's space by sending them a bouquet or potted plant.

Donate blankets or pillows. Help animals in need by donating gently used items

Volunteer at a nursing home. Share your skills: play music, be a companion, or help with crafts.

Write letters or make cards. Brighten someone's day by sending a note.

Share a meal. Invite a friend for a simple lunch or bring food to share with others.

Offer a helping hand. Assist a neighbor with carrying groceries or run an errand for them.

Give compliments freely. Offer genuine compliments to people around you to make them feel good.

Read to someone. Spend time reading a book or article aloud to someone who might appreciate it.

These small acts can not only make someone's day but also bring joy and fulfillment to you. Take today to make a change in someone's world—and vours. A few seconds of kindness can mean the world to someone. Be kind!

## **Upcoming Events**

02/03	10:30am Punxsutawney	02/17	2:30pm President's Trivia
	(Drama Club)	02/18	10:30am Black History
02/03	2:30pm Hot Cocoa Gathering		Word Game
02/04	10:30am You Be The Judge	02/19	10:30am Mass
02/05	2:30pm Coffee Klutch	02/20	10:00am
02/06	10:30am Finishing Lines		Christian Church Service
02/11	10:30am Name That Tune	02/21	2:30pm Happy Hour
02/12	10:30am Valentine Craft	02/24	10:00am
02/13	10:30am Crystal		Glenn Miller Dance Workout
02/10	Lake Library W/Katie	02/24	10:30am Love Memories
02/13	2:30pm Manicure	02/25	10:30am
02/14	10:30am Valentine's Trivia		Candy Phrases Finish The Line
02/14	2:30pm Valentine's Party	02/25	2:30pm Birthday Party
		02/26	2:30pm Coffee/Donut Gathering
02/16	2:30pm Pokeno	02/28	10:30am Cranium Crunches
02/17	10:30am Family Feud		
		02/28	2:30pm Ramadan Puzzles

# Heart-Healthy Living Tips

Staying heart-healthy is a lifestyle, supported by healthy habits and the encouragement of loved ones. These habits can help prevent heart disease, maintain normal blood pressure, cholesterol, and blood sugar, and reduce the risk of heart attacks.

This American Heart Month, share these tips with friends and family:

- on fresh fruits and vegetables, limit processed foods, and avoid foods high in saturated and trans fats. Choose foods high in fiber to help lower cholesterol and limit salt to lower blood pressure. Also, reduce sugar intake to manage blood sugar levels, and limit or avoid alcohol.
- Maintain a Healthy Weight: Carrying excess weight adds stress on the heart and increases the risk

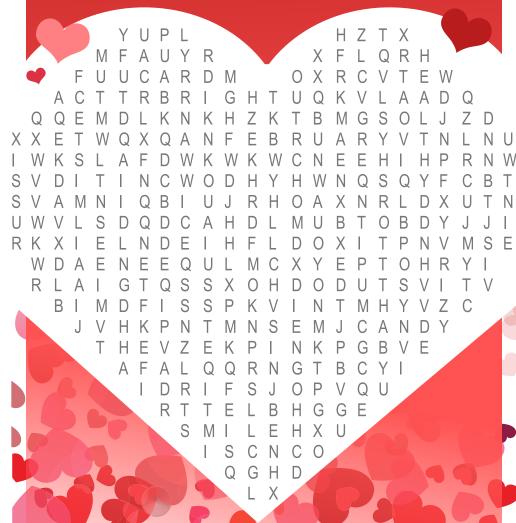
increases the risk of heart disease.



• Get Enough Sleep:
Regular, quality
sleep (7-8 hours)
supports heart
and blood vessel
health. Lack of sleep is linked to
higher risks of heart disease, high
blood pressure, and stroke.

Consult your physician or dietitian before making any changes to your daily routine, exercise, or diet to know what is right for you. *Source: cdc.gov* 

Word Search Find and circle the 16 words listed. Find words straight across, up and down, and diagonally. All words are forwards reading only. **FLOWERS BRIGHT HEART** RED **CANDY FRIEND KINDNESS SMILE CARD HABITS** LOVE **SWEET HEALTHY PINK FEBRUARY VALENTINE** 



Do you know someone who'd be a good addition to our team?



We're hiring! Visit the Careers page on our website or scan the QR code.

