



# The Holton News

## — MANOR

FEBRUARY  
2025

Skilled Nursing • Inpatient & Outpatient Rehab Therapy • Aquatic Therapy • Respite Care • Hospice Care

## 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 personal note.

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

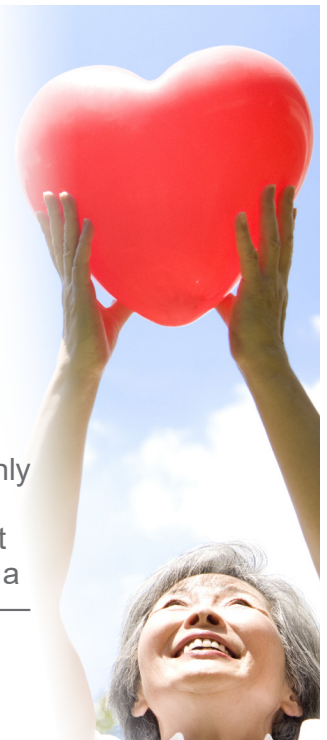
**Offer a helping hand.**

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 yours. A few seconds of kindness can mean the world to someone. Be kind!



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WE ACCEPT CREDIT CARDS

## Clip and Create: Make Your Own Valentine!

Grab some scissors, colored pencils or markers and make your own valentine!



## 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:

- Eat Healthy:** Focus 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 of heart disease.



- Stay Active:** Aim for at least 2 hours and 30 minutes of moderate exercise per week (e.g., brisk walking or biking). Children should get 1 hour of activity daily.



- 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

Newsletter Production by PorterOneDesign.com

## Word Search

Find and circle the 16 words listed. Find words straight across, up and down, and diagonally. All words are forwards reading only.

<b>BRIGHT</b>	<b>FLOWERS</b>	<b>HEART</b>	<b>RED</b>
<b>CANDY</b>	<b>FRIEND</b>	<b>KINDNESS</b>	<b>SMILE</b>
<b>CARD</b>	<b>HABITS</b>	<b>LOVE</b>	<b>SWEET</b>
<b>FEBRUARY</b>	<b>HEALTHY</b>	<b>PINK</b>	<b>VALENTINE</b>

Y U P L H Z T X  
M F A U Y R X F L Q R H  
F U U C A R D M O X R C V T E W  
A C T T R B R I G H T U Q K V L A A D Q  
Q Q E M D L K N K H Z K T B M G S O L J Z D  
X X E T W Q X Q A N F E B R U A R Y V T N L N U  
I W K S L A F D W K W K W C N E E H I H P R N W  
S V D I T I N C W O D H Y H W N Q S Q Y F C B T  
S V A M N I Q B I U J R H O A X N R L D X U T N  
U W V L S D Q D C A H D L M U B T O B D Y J J I  
R K X I E L N D E I H F L D O X I T P N V M S E  
W D A E N E E Q U L M C X Y E P T O H R Y I  
R L A I G T Q S S X O H D O D U T S V I T V  
B I M D F I S S P K V I N T M H Y V Z C  
J V H K P N T M N S E M J C A N D Y  
T H E V Z E K P I N K P G B V E  
A F A L Q Q R N G T B C Y I  
I D R I F S J O P V Q U  
R T T E L B H G G E  
S M I L E H X U  
I S C N C O  
Q G H D  
L X

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



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our website or  
scan the QR code.

