



ACTIVITIES CORNER

HAPPY BIRTHDAY

- 2/2/24 Evelyn R (resident)
- 2/10/24 Werner W (resident)
- 2/11/24 Sally P (nursing)
- 2/17/24 Greta D (nursing)
- 2/19/24 Marvel G (resident)
- 2/27/24 Cheryl (kitchen)

February Activities

- 2/9 at 1:30 Alan Graveen (Elvis)
- 2/12 at 1:30 Joe Kadlec
- 2/16 at 1:00 Julia (piano hymn recital)
- 2/19 at 1:30 Jay Hoffman
- 2/27 at 1:30 Karen Warmuth (piano)

ACTIVITIES

Happy February FRIENDS! February is a great month to reflect on friendships. Friends make our lives richer and help us pass our time. Join your friends in a new activity this month, share with a jigsaw puzzles, invite a new neighbor to exercise or a cookie decorating special during the week or just knock on a neighbor's door to catch up with an old friend or new friend. Friendships help lower our stress, increase our sense of belonging and purpose, provide companionship, help prevent loneliness and isolation and are just plain old FUN! Please join activities for a special fireside chat this month and help us celebrate our friends through stories and reminiscing We are Grateful to our friends old and new at the Gardens.

Patty & Julianne Activities



****Thank you to our wonderful beautician Gloria for your continued services to our Spero community. Please check and keep the new flyer handy for reference. ****

MEET OUR NEW RESIDENT

a little about



PAT

- * Pat grew up in Hartford
- Pat has 1 daughter, 3 grandkids, & 4 great grandkids
- Pat worked in accounting & loved numbers.
- Pat enjoys arts & crafts.
- Pat loves the outdoors.



GAZETTE

Your monthly source for news and information regarding Spero Gardens, Assisted Living Community

Spero Gardens
112 Peace Lutheran Pkwy
Hartford, WI 53027
262-345-5590 (main)
SperoGardens.org



FEBRUARY 2024



IMPORTANT UPDATES

*Don't forget to check out our new Facebook page and our new name & logo with **SPERO Gardens**. Encourage friends & family to follow to see our cherished community.
* If anyone would like a billing statements please see Kristy or Natalie. They are not automatic anymore.
* Mark your calendars our next **TOWN HALL** meeting is **2-14** at **12:30pm** in dining room.



As we enter into February it is a wonderful time to celebrate Valentine's Day and remind ourselves of some general good heart healthy rules to follow.

- 1. Adopt a heart-healthy diet:** A balanced and nutritious diet plays a vital role in maintaining heart health. A diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats can help manage cholesterol levels and blood pressure.
- 2. Engage in regular physical activity:** Regular exercise is essential for heart health. Aim for at least 150 minutes of moderate-intensity aerobic activity per week, along with strength training exercises. Remember we offer wonderful and FUN fitness classes – come on down to try it out!!
- 3. Manage stress levels:** Chronic stress can negatively impact heart health. Seniors can engage in stress-reducing activities such as meditation, deep breathing exercises, or pursuing hobbies they enjoy.
- 4. Get quality sleep:** Adequate sleep is crucial for heart health. Aim for 7-9 hours of uninterrupted sleep each night to support overall cardiovascular well-being.
- 5. Maintaining a healthy weight is crucial for heart health.** Seniors should aim to achieve and maintain a weight that is appropriate for their age, height, and body type.

In order to continue to live your best life you need to take care of your heart so please keep these tips in mind 😊 We love and care about all of you and want you to feel good!! Remember if we don't use it we loose it!! Take care of yourself and encourage those around you to do the same.

Kristy Wilson, RN | Executive Director

LOVE IS PATIENT, LOVE IS KIND
1 Corinthians 13:4