

# Hearthside Senior Living Collierville February 2023



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## Executive Director Message:

Hello Hearthside Residents and Families!  
I am writing this on January 25<sup>th</sup> and on my way in to work this morning, I saw a beautiful patch of daffodils, in January!!!!

My forsythia bush is blooming at my house as well. I hope this is a sign that we are sliding into an early Spring! February is usually a cold and gray month, just waiting for warmer weather to appear.

Maybe if we all stay busy with the great activities planned for the month and with our neighbors and families, March will be here before we know it!

**-Judy Hall**

## February 2023

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*You have the  
power to change  
someone's day  
with your*

## Maintenance Memo from James:

### REMINDER

Extension cords and multiplug adaptors are not allowed at Hearthside per State of Tennessee regulations.

This includes the brown, white, and orange extension cords, and adaptors that allow you to turn one outlet into multiple plug-ins. Instead you must use a surge protector with a reset/off switch.

### KITCHEN CONNECTIONS:

February is National Heart Month! Although we are going to be celebrating many events this month, such as, Valentines Day, The Super Bowl, and Mardi Gras. Please keep in mind to try to watch what you are eating and remember your heart health is important! Enjoy these foods to help maintain a healthy heart.

## Heart Healthy Foods to Eat During American Heart Month



- Walnuts
- Sorghum
- True teas
- Low-fat dairy
- Lentils
- 100% Orange juice
- Salmon
- Dates
- Olive oil

verywell

## *Hearthside Collierville King and Queen*

*Voting for 2023 Hearthside Collierville King and Queen will take place on Monday February 13, 2023.*

*There will be nomination slips passed during lunch for everyone to vote on their choice on Hearthside Senior Living Collierville KING AND QUEEN!*

*Winners will be announced on Valentines Day February 14, 2023.*

*Dress up in your Valentine Attire and join us for a Sweethearts Lunch followed by special music in the Parlor at 2:00 PM from The Memphis Duo with Creative Aging.*

### **Housekeeping Notes from Jhalessa and Dominique:**

Baskets can be used almost anywhere in the house, making them one of the most versatile organizational accessories. Not only do they increase storage space, but they can also add texture and style to a room too. Place a large basket on the floor to hold cozy blankets, or add a few smaller ones to open shelving to stash some of that clutter.

Multifunctional furniture like storage ottomans can perform double duty as a coffee table and a hidden storage unit, allowing you to remove clutter while still keeping it accessible. This is a great way to save space if you're living in a home that lacks square footage. Other double-duty ideas include mirrors that house jewelry, dressers used as nightstands, or a rolling kitchen island that also functions as a work surface.

### **NURSES NOTES:**

February is American Heart Month. In addition, 103 million adults have high blood pressure and 6.5 million are living with heart failure. While genetic factors do play a part in cardiovascular disease, the good news is 80 percent of cardiovascular diseases may be preventable with education and action. Simple lifestyle changes can make a big impact when it comes to heart health. Show your heart some love with these 10 tips:

- \*Stop Smoking
- \*Know your Blood Pressure and Cholesterol Numbers
- \*Screen for diabetes
- \*Get Active
- \*Build some Muscles
- \*Eat Smart (heart healthy foods)
- \*Limit Junk (added sugars, saturated fats, excessive sodium)
- \*Less Stress
- \*Sleep More
- \*Smile

### **SPIRIT WEEK- FEBRAURY 6-10**

**Be Mine Movie Date Monday-** We will watch a Movie and enjoy some sweet treats

**Will You Be My Valentine Tuesday-** Join us as we make Valentine Crafts

**Cutie Pie Wednesday-** Wear pink, red or purple to celebrate Valentine's Day

**You Stole a Piece of My Heart Thursday-** Sweet Surprise Delivery

**You Knock My Socks Off Friday-** Wear you Valentines Socks (Delivery to your door from Hearthside Collierville)

## ***Hearthside Collierville Staff***

### **Executive Director**

Judy Hall

### **Director of Health and Wellness**

Kristin Campbell,  
LPN

### **Dietary Manager**

LaKeisha  
Woodard

### **Business Office**

#### **Manager**

Ramonica Long

### **Maintenance**

#### **Director**

James Haley

### **Activity Director**

Kristi Owens

### **Transportation**

#### **Director**

Ray Johnson

### **Medical Secretary**

Debbie Short

## February Fun Days:

- 1- National Dark Chocolate Day
- 2- Groundhog Day
- 3- National Carrot Cake Day
- 4- National Thank a Mail Carrier Day
- 5- National Nutella Day
- 6- National Frozen Yogurt Day
- 7- National Send a Card to a Friend Day
- 8- National Kite Flying Day
- 9- National Pizza Day
- 10- National Giving Hearts Day
- 11- National Make a Friend Day
- 12- Global Movie Day
- 13- Galentine Day
- 14- Valentines Day
- 15- National Singles Awareness Day
- 16- National Do a Grouch a Favor Day
- 17- National Caregivers Day
- 18- National Thumb Appreciation Day
- 19- National Chocolate Mint Day
- 20- National Love Your Pet Day
- 21- Presidents Day
- 22- National Margarita Day
- 23- National Banana Bread Day
- 24- National Tortilla Chip Day
- 25- National Chocolate Covered Nut Day
- 26- National Tell a Fairy Tale Day
- 27- National Strawberry Day
- 28- National Floral Design

## RESIDENT OF THE MONTH SPOTLIGHT

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### Sue Brannon



**Ms. Sue has called Hearthside Collierville home for the past 2 years. She has 2 daughters; Janet and Julie as well as 2 grandchildren. She grew up in Laurel, Mississippi and has lived in Whitesboro, Texas; Hattisburg and Laurel, Mississippi as well as Lakeland, Memphis and Collierville. Ms. Sue was a registered Nurse with a specialty in cardiac and diabetes. She loves to participate in group activities as well as reading and crafts. Her favorite snacks are fresh fruit, cinnamon graham crackers as well as water, sprite and hot tea. Her favorite colors are the colors of autumn as well. Ms. Sue always wears a smile and is a ray of sunshine filling the halls of Hearthside with joy.**

## Employee of the Month

Lashonda Gibson



Lashonda has been at Hearthside Senior Living Collierville for six months in the nursing department as an LPN. She loves interacting with the residents and brightening up their days makes her happy. Knowing that they are healthy and happy makes her job the most rewarding ever. She has 3 children- Ethan, Emily and Emjay and a cat-Bella and dog-Bingo. She enjoys being with her friends and family. Her favorite snacks are Flamin' Hot Lays and Reese's. and enjoys an ice cold Sprite. Lashonda likes to read books and her favorite color is Cheetah! We appreciate all Lashonda does for us all everyday.

*Sometimes the smallest act of kindness can make the biggest difference*

# ACTIVITIES ACTIONS

## SPECIAL EVENTS

### **Super Bowl Party– Sunday February 12**

Join in the fun after dinner in the Parlor for a Super Bowl Party with decorations, football snacks while you enjoy the big football game.

### **Valentine Celebration– February 14 at Lunch!**

Dress in your Valentine Attire as we enjoy a Sweetheart Lunch and Crown the King and Queen of Hearthside. Voting will take place the day before. After lunch at 2:00 PM join us in the Parlor for special music from Memphis Duo with Creative Aging.

### **Mardi Gras Day– February 21**

10:00– Decorate yourself, wheelchair, walker, etc.

(decorations will be provided)

11:00– Parade around the inside of the building

12:00– Mardi Gras Lunch with King Cake for desert

### **Tuesday Time with Twila**

Join us every Tuesday at 2:00 as our new volunteer TWILA shares in fun and entertaining activity hour with us. From arts and crafts, chit chat, cooking classes and much much more!

### **Popsicle Stick Quilt**

Join us every Monday at 10:30 for a new activity as we work together to create a quilt using popsicle sticks. We will make squares with the popsicle sticks then decorate them with markers. At the end of the month we will join all of the square together to form a POPSICLE STICK QUILT

### **Indoor Horse Racing– February 24**

New Fun Activity– Indoor Table Top Horse Racing using toy horses and dice to move the horses across the Tabletop– You are not going to want to miss this new activity!

## **February Outings**

**Feb 2  
Out and About on  
the bus**

**Feb. 16  
Lunch at Perkins**

**Feb,23  
Aldi Trip**

## **Musical Entertainment**

**February 13**

Music with Lily  
Langford

**February 14**

Hymn Sing with  
Melanie and  
Wade

**February 14**

Music with  
Memphis Duo

**February 20**

Music with  
Jim Keller

**February 24**

Tim

“The Piano Man”  
Stanek

**February 27**

Music with Dare  
Estok

## Family Matters

Families and Friends are always welcome here at Hearthside Senior Living Collierville; your loved ones home is your home as well. If you would like to receive an electronic copy of the monthly newsletter and calendar, please email [Kristi@hearthsideSeniorLiving.com](mailto:Kristi@hearthsideSeniorLiving.com). We are always looking for volunteers to call Bingo, provide bingo prizes, perform and entertain our residents, lead a cooking class or arts and crafts– feel free to speak with Kristi, Activity Director. February will be full of lots of fun and exciting programs for all to enjoy– Mardi Gras, Valentines Day, Superbowl and so much more.

## JANUARY MEMORIES

