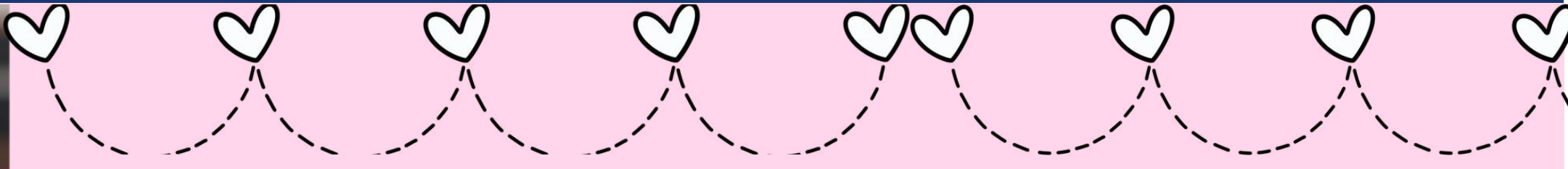




THE PIPER POST

FEBRUARY 2023

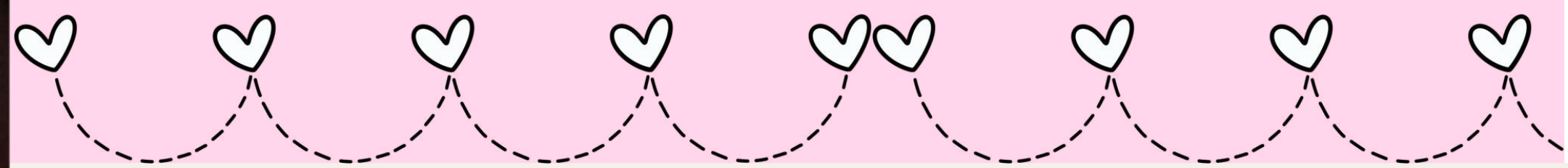


February is American Heart Month

February is the perfect time to learn more about your heart, how to take care of it, and how to detect signals of cardiovascular disease.

Heart-Healthy Habits For Seniors

- Exercise** -The American Heart Association recommends at least 150 minutes per week of moderate exercise.
- Quit smoking**- There are many benefits to living a smoke-free life including improved circulation, reduced risk of certain types of cancer, and feeling more energetic.
- Heart-healthy diet**- Load up on fresh fruits and vegetables while limiting saturated fats, salt, and foods containing cholesterol.
- Monitor numbers**- Get regular check-ups to monitor health conditions that affect the heart, including high blood pressure, high cholesterol, and diabetes.
- Watch your weight**- To help prevent heart disease, maintain a healthy body weight for your size.
- Reduce stress factors**- According to studies, stress can compound many heart disease risks that older adults already face, like high blood pressure. Take the time to find healthy outlets to relieve stress and lower your risk of heart disease.



Piper Caregiver Encounter Group

- Third Tuesday of every month
- Beginning February 21st
- Light refreshments will be served
- RSVP to Angie at angie@thepiperliving.com
- Or call at 913-400-7006 for additional details



February Birthdays

Marvel Ann H. 2/4

Phyllis R. 2/4

Frank C. 2/8

Don R. 2/9

Delpha S. 2/11

Barba S-J. 2/11

Evelyn H. 2/13

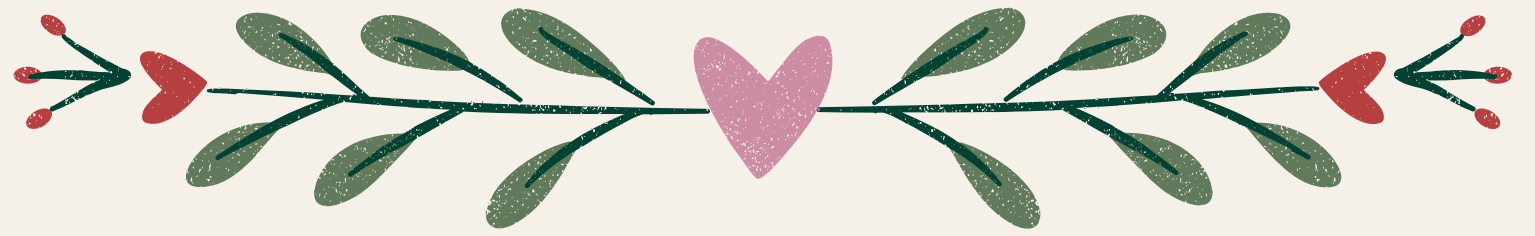
Greg G. 2/19

Mary H. 2/20

Rosalea M. 2/22



Lovely Social Events



Maywood Church Service

Every Friday at 10:30 a.m.
Community Room

Red Hat Ladies

February 10th 2:30 p.m.
Community Room

Super Bowl Watch Party

February 12th 5:00 p.m.
Pizza, Football, & Fun
Dining Room

Valentines Day Party

February 14th 2:30 p.m.
Social Hour & Refreshments
Community Room

Show & Tell

February 15th 2:30 p.m.
Bring a sentimental item to share
with your friends
Community Room

Black History Program

February 23rd 2:30 p.m.
Southern-inspired lunch
Live Public Speaker
Community Room