

THE HERITAGE HERALD

FEBRUARY 2021



Happy Valentines Day

HAPPENING THIS MONTH:

Feb. 12
Virtual Valentine Tea Party
Feb. 16
Muffins with the Mayor
Feb. 16
Virtual Mardi Gras Party

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SENIOR CENTER INFORMATION

200 S. Jefferson St., Irving, TX 75060

Phone: (972) 721-2496 | Fax: (972) 721-3744 | Website: CityOfIrving.org/Heritage

The Heritage Senior Center and the adjoining Heritage Aquatic Center are both closed until further notice.

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The Advisory council meets the second Monday of the month from 1 to 2:30 p.m. in the ballroom.

Guests may attend the Heritage Senior Center meetings under these guidelines: Any discussion by a guest must be placed on the agenda at least one week prior to the meeting, unless otherwise authorized. Any open discussion by a guest shall not exceed six minutes. Also as this council is not subject to the State of Texas Open Meetings Act, the council reserves the right to close a portion, or all, of any meeting from the general membership population to discuss matters of a sensitive or private nature.

Announcement

This newsletters activities are subject to HSC opening date. As of this printing, the official date of opening is to be announced depending on the Dallas County Health & Human Services and City of Irving's directives. Visit cityofirving.org or the Irving Parks and Recreation Facebook page for updates. *We miss you, stay well and safe.*



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BECOME A MEMBER

In order to become a member* of the Heritage Senior Center and take advantage of the wonderful events and classes, one must be 50 and older and provide two proofs of residency. (Current State Issued DL or ID and one other item with name and address such as a utility bill, car insurance, voter registration, or a current piece of business mail.) For corporate memberships proof of work residency through address on paystub and a photo ID.

*Dedicated Caregivers and/or guardians (under 50) who are assisting in the care of an HSC member are welcome and may accompany the member as their helper, but they cannot participate in activities and classes/fitness, billiards room or trips. Basic information and emergency information will be required from the caregiver.

***** Members will be credited back all membership time missed out due to COVID-19.*****

MEMBERSHIP PLANS

Irving Resident: \$10 annually

Non resident: \$30 annually

Corporate membership:

\$25 annually for those 50-up and working within Irving city limits.

Under 50 Pass: \$5 annually to participate in eligible classes and registration form.

Member-for-a-Day Pass: \$3 per day

Fitness Room Day Pass: \$8 per day

DALLAS AREA AGENCY ON AGING

LUNCH PROGRAM

For seniors 60-up suggested donations of \$1 or more are appreciated. For seniors under 60, lunch is \$6.25. Lunch is served at 11:30 a.m. Monday through Friday. Tickets are available from 9:10 a.m. to 11:25 a.m. or until gone. Membership is not required to take part in the lunch program, but participants will be required to fill out an intake form at the front desk in order to be eligible. The lunch program is sponsored by the City of Irving, Dallas Area Agency on Aging and the Texas Department of Health and Human Services.

AQUATIC CENTER

The Heritage Aquatic Center is open to the public and membership is not required. Anyone 50-up may swim for free and participate during all senior and public swim hours. See schedule or call (972) 721-7310.

TRANSPORTATION

The Heritage Senior Center offers morning transportation to and from qualifying members homes, Monday through Friday, free of charge. Must be 60-up without any means of transportation including DART. Complete an application form at the front desk. Availability is limited.



Facility Use Card Ordinance 25-1.4 requires all patrons, 12 and older who attend any recreation facility, to purchase a photo ID card. This is included in the membership application.



Virtual Valentine Tea Party

Friday, Feb. 12
12:30 p.m.
Free

Join us for a tea party in celebration of Valentine's Day via Zoom. Registration is required by Friday, Feb. 5. Party clothes and hats are encouraged. For more information or to register, call the Heritage Senior Center front desk (972)721-2496 or visit CityofIrving.org/IrvingRec

NEVER MISS A NEWSLETTER !

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TAX PREPERATION FREE FOR LOW TO MODERATE INCOME

Prepared by volunteers trained by the IRS and AARP.

Due to COVID-19, there will be several changes on how tax preparations will be handled this year. Heritage Sr. Center front office will be scheduling all tax prep appointments.

- By appointment only. No walk-ins.
- Main entry doors will remain closed to the public.
 - Enter/Exit through solid red doors only.
 - Masks required at all times while in building.
 - Temperature checks before entering the facility.
- Packets must be picked up and filled out prior to appointment.

To schedule your appointment, call HSC at (972) 721-2496 between the hours of 8 a.m. and 5 p.m., Mon.-Fri. starting Monday, Feb. 8.

Appointments will be scheduled up to 1 week in advance. Envelopes with forms to be filled out before your appointment time will be available for pick up outside of the front door of HSC in holder between the hours of 8 a.m. and 5 p.m., Mon-Fri. The mission of this program is to provide free basic tax return preparation for low-to-moderate income (Below Annual Income of \$60,000) and elderly taxpayers.

This also includes taxpayers with disabilities, limited English proficiency and the Military.

Dates: Mondays and Thursdays

February 15 through April 15

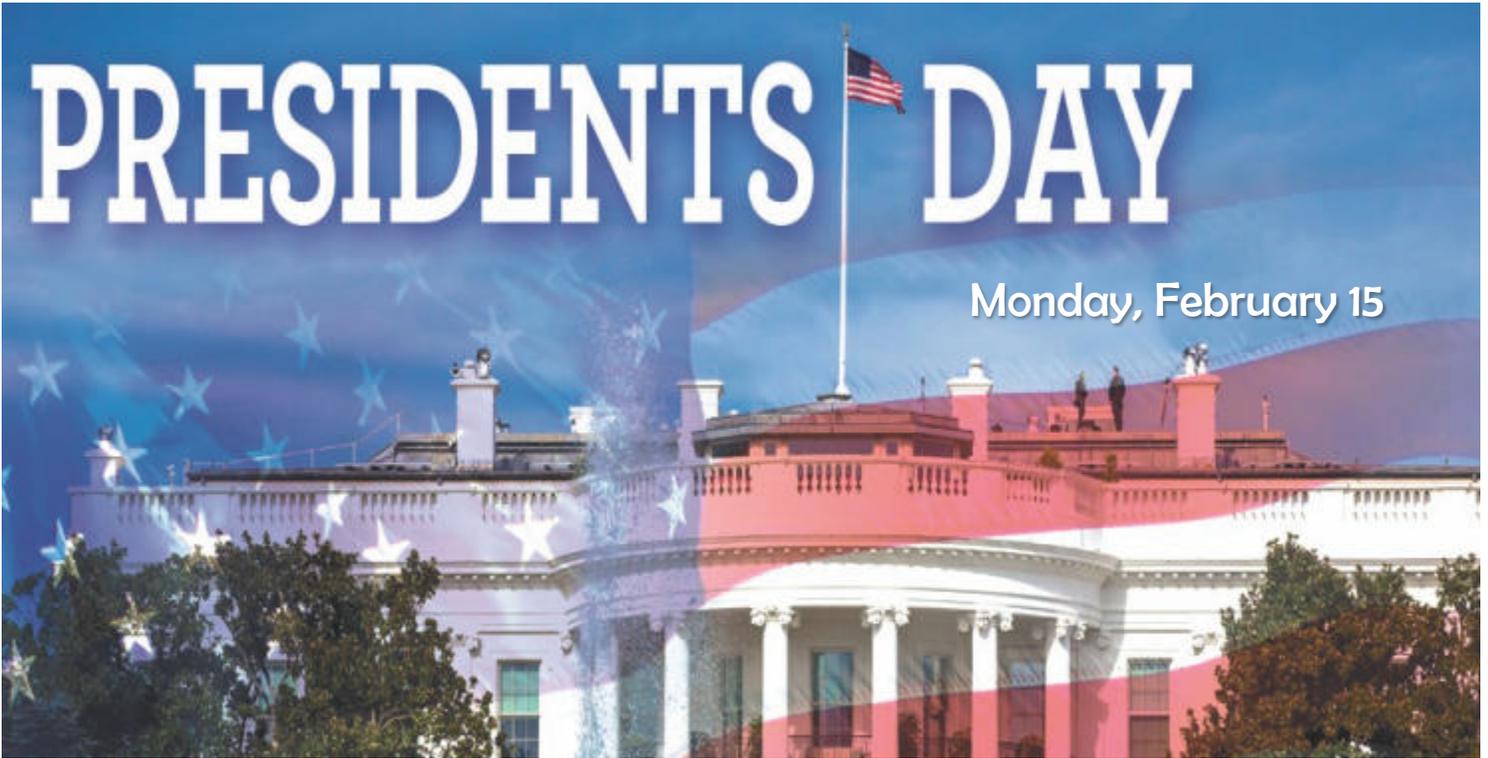
Appointment Times:

8 a.m., 9 a.m. 10 a.m., & 11 a.m.



PRESIDENTS DAY

Monday, February 15



The original version of Presidents Day was in commemoration of George Washington's birthday in 1796. Washington, according to the calendar that has been used since at least the mid-18th century, was born on February 22, 1732. However, the old style calendar in use back then states he was born on February 11th. In 1796, Americans celebrated his birthday on the 22nd while others marked the occasion on the 11th instead.



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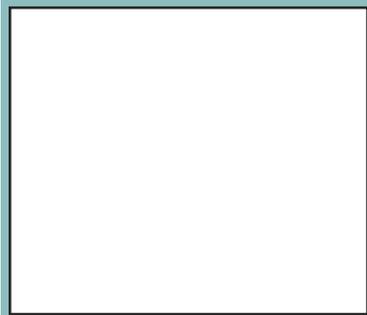
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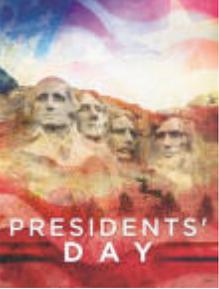
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FEBRUARY CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
- 1 - National Texas Day 	- 2 - GROUNDHOG DAY 	- 3 -	- 4 - National Thank a Mail Carrier Day 	- 5 -	- 6 - National Play Outside Day
- 8 -	- 9 - National Pizza Day 	- 10 - National Umbrella Day 	- 11 -	- 12 - 	- 13 -
- 15 - 	- 16 -	- 17 - Random Acts of Kindness Day	- 18 -	- 19 - National Caregivers Day 	- 20 -
- 22 - National Margarita Day 	- 23 - World Spa Day 	- 24 -	- 25 - National Clam Chowder Day 	- 26 -	- 27 - Skip the Straw Day 

Happy Valentine's Day
Sunday, Feb. 14

FEBRUARY LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
- 1 - Swedish Chicken Meatballs Parsley Penne Pasta Braised Carrots Texas Bread Oatmeal Raisin Cookie Milk	- 2 - Turkey Cannelloni Casserole # Broccoli Cauliflower Wheat Bread Chocolate Pudding Milk	- 3 - Smoke Sausage * Tater Tot Casserole Country Tomatoes Hot Dog Bun Fresh Apple Milk Mustard	- 4 - Coconut Chicken # Jasmine Rice Japanese Vegetables Multi-Grain Bread Lemon Gelatin w/ Mixed Fruit Milk	- 5 - Black History Month Creole Steak Black-Eyed Peas Mixed Greens Corn Muffin Oreo Cookies Milk
- 8 - Beef Spanish Rice Whole Kernel Corn Green Beans Wheat Bread Nutty Buddy Bar  Milk	- 9 - BBQ Pork Rib Patty * Whipped Potatoes Lemon Brussels Sprouts Wheat Bread Creamsicle Pudding Milk	- 10 - Baked Chicken with Gravy Macaroni and Cheese Catalina Vegetables Dinner Roll Zee Zee Birthday Bar Milk	- 11 - Beef Chili with Beans Parslied Rice Spinach Corn Muffin Fresh Orange Milk Margarine	- 12 - Chinese New Year Orange Chicken Meatballs Herbed Basmati Rice Broccoli Dinner Roll Fortune Cookie Milk Mustard
- 15 - Breaded Chicken Patty Masked Spiced Yams California Vegetables Dinner Roll Cherry Gelatin with Peaches Milk	- 16 - Salisbury Beef Brown Gravy Twice Whipped Potatoes Herbed Green Beans Wheat Bread Chocolate Chip Cookie Milk	- 17 - Turkey Taco Pinto Beans Cilantro Lime Corn Flour Tortilla Pina Colada Pudding # Milk Taco Sauce	- 18 - Chicken Etouffee # Cajun Rice Glazed Carrots Saltine Crackers Fresh Apple Milk	- 19 - Hamburger Patty Lettuce Tomato Tater Gems Hamburger Bun Cranberry Crisp Milk Mustard and Ketchup
- 22 - Ham and Lima Beans * Rice Squash/Zucchini/ Tomatoes Wheat Bread Sugar Cookie Milk	- 23 - Maple Rum Chicken Parslied Rice Broccoli Multi-Grain Bread Fig Bar Milk	- 24 - Swiss Steak Garlic Whipped Potatoes Garden Vegetables Dinner Roll Strawberry Gelatin w/ Pears Milk	- 25 - Turkey Breast with Gravy Lima Beans Okra and Tomatoes Corn Muffin Strawberry Cereal Bar Milk Margarine	- 26 - Spinach Lasagna Tossed Salad Herbed Green Peas Wheat Bread Peach Cobbler Milk Ranch Salad Dressing
				* - Contains Pork # - New Menu Item ~ - Entrée Contains Soy  - Contains Peanuts

Muffins with the Mayor



Tuesday, Feb. 16

8:30 a.m.

Via Zoom

Grab your coffee and muffins and join us on Zoom! Our guest will be the Honorable Mayor Rick Stopfer. Enjoy conversation with Mayor Stopfer and get some questions answered. It's a chance to get to know the Mayor in a relaxed setting. Hear what the city is working on and plans for the future of Irving. Don't miss it! Registration deadline Monday, Feb. 8. Space is limited.

For more information or to register call the Heritage Senior Center front desk at (972) 721-2496, or visit CityofIrving.org/IrvingRec.

Join us on ZOOM!

1. View the zoom schedule using one of the following options:

—>Irving Parks and Recreation Facebook Page

—>CityofIrving.org/ParksandRecreation

Scroll down to the bottom of the page to view the calendar which contains each class description and links to join

2. Go to zoom.us/join using our meeting ID and password:

Meeting ID: 810 594 9842

Password: 200HSC



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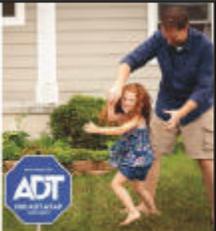
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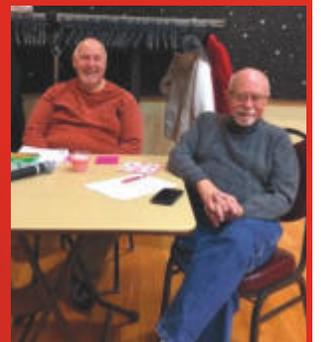


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Once Upon a Vintage Valentine



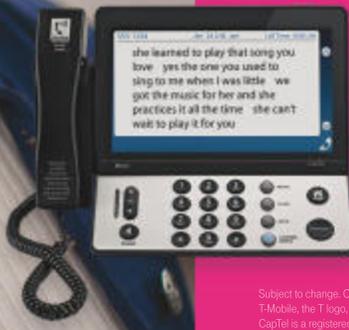
MARDI Gras

Tuesday, Feb. 16
2 to 2:40 p.m.
Free, online via Zoom

Put on your beads and mask, wear your best purple green and or gold outfit and join us for a crazy fun afternoon. Plan on hearing a little history and share stories of Mardi Gras past. One lucky person will be voted the King or Queen and be featured in the April edition of the Heritage Herald. Enter to win Mardi Gras swag by pre-registering at CityofIrving.org/IrvingRec or by calling HSC at (972) 721-2496 before February 12th. Winners will be notified Monday Feb. 15th. Three lucky winners will be able to show off their swag during the virtual celebration on Mardi Gras day. Join the fun on zoom and let the good times roll or as the French say “Laissez le bon temps rouler”.



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FEBRUARY

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BLACK HISTORY MONTH



“Hate is too great a burden to bear. It injures the hater more than it injures the hated.”

-Coretta Scott King

“If there is no struggle, there is no progress.”

-Frederick Douglass



“We all have dreams. In order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline and effort.”

-Jesse Owens, world record-setting Olympic athlete

“Change will not come if we wait for some other person or some other time. We are the ones we’ve been waiting for. We are the change that we seek.”

-Barack Obama



“Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.”

-Martin Luther King Jr.

“Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.”

-Harriet Tubman





*“By protecting myself
I am protecting her.”*

If you're 65 years or older, getting a flu shot is the best way to protect yourself and those around you from flu.

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WHAT TO EAT TO IMPROVE YOUR GUT HEALTH

Article from aarp.org

Think about the last delicious thing you ate. Chances are, no matter how enjoyable the meal, once it found its way over the teeth and past the gums, you pretty much forgot about it. Once it's in your belly, it's out of sight, out of mind.

But what happens to that meal in the next 24 to 72 hours or so will have an enormous impact on your health. That's when smooth muscles push food bits through 30 feet of living drainpipe as acids and enzymes melt these particles into sludge while a bacchanalia of microbes convert them into chemicals that power your brain, muscles and immune system.

Subtle changes in gut health can have a powerful effect on how you look and feel, says Megan Rossi, a research fellow at King's College London and author of *Love Your Gut*. "Research has linked dysbiosis, an imbalance of gut bacteria, to more than 70 chronic diseases."

Fortunately, the solution to almost any gut problem is simple: Build each meal around fiber-rich foods, such as fruits, vegetables, beans, seeds, nuts and whole grains. These foods provide outstanding nutrition not only for you but also for your microbiome, the medical term for the massive, diverse community of bacteria living and working within your digestive system. And while it's best to get your fiber from food sources, a fiber supplement can help you reach your goals. But only non-fermenting, gel-forming fiber (such as psyllium husk) has been clinically proved as beneficial. Here's what you'll get from feeding your bacteria well.

You'll lose weight

Researchers constantly see different types of gut bacteria living inside thin and overweight people. One example: When researchers in Italy assigned 20 obese women (average age: 79) to a low-sugar Mediterranean diet with 30 grams of daily fiber from vegetables, they saw a spike in bacteria associated with weight loss and a drop in bacteria related to obesity. Not surprisingly, the women lost an average of 2.7 percent of their body weight in 15 days.

You'll catch fewer colds

Two-thirds of the body's immune cells live in and around the gut, and they take cues from the microbiome, says Dawn Bowdish, a professor of molecular medicine at McMaster University in Hamilton, Ontario. "As gut microbes change with age, some of that immune education starts to fall apart." Changes in the microbiome offer a partial explanation for why older people are more susceptible to common colds and viral infections.

You'll get stronger

If your gut lining becomes inflamed from an imbalanced microbiome, it becomes porous — what's known as a leaky gut. Bacteria that are supposed to remain locked inside your intestines can enter the bloodstream and kick up inflammation in your gut lining and other body tissues, undermining your muscular strength. When researchers at Wake Forest University put 288 people, ages 60 to 79, through a battery of simple fitness tests that included standing up from a chair and walking 400 meters, they discovered a direct correlation between gut leakage and muscular weakness.

You'll think more sharply

Once in your bloodstream, microbes can be carried to your head. “Then the brain has to mount an inflammatory response,” explains Kylie Kavanagh, an associate professor of pathology–comparative medicine at the Wake Forest School of Medicine and an author on the leaky gut study. Over time, that response can increase your risk of dementia. And bad gut bacteria can produce chemicals that directly hinder your ability to think. “There's more nervous tissue in the GI tract than anywhere else in the body, aside from the brain,” says Michael Pezzone, M.D., chief of gastroenterology at the University of Pittsburgh's UPMC Mercy. “So, some bacterial by-products can make you feel foggy.”

You'll sleep better

Recently, 474 people ages 18 to 94 filled out sleep questionnaires. Then they submitted stool samples. Researchers found that participants with more microbiome diversity slept more deeply than did those with less. Another study showed that people with microbiome diversity fall asleep faster and perform better on cognitive tests — just as you'd expect from rested brains.

You'll ease belly woes

According to the Cleveland Clinic, some people may be helped by taking probiotics (through diet or supplements), the common name for active bacteria or yeast that helps break down food in the gut. Probiotics seem to help, these researchers say, with diarrhea, constipation, inflammatory bowel disease, irritable bowel syndrome, yeast infections, urinary tract infections and even gum disease. The National Institutes of Health notes that “there is some evidence that probiotics may be helpful” in treating acute diarrhea or diarrhea associated with the use of antibiotics in adults. If you're thinking about taking one of these popular supplements, medical experts' advice is to talk to your doctor or other health care provider

You'll just plain feel better

After studying the microbiomes of more than 2,100 people, researchers in Belgium and the Netherlands found that symptoms of depression were highest among people with depleted levels of two key bacterial strains: Dialister and Coprococcus. But fiber can help. When researchers assigned moderately to severely depressed people to 12 weeks of either counseling or eating a plant-based Mediterranean diet, those in the diet group were four times more likely to see a significant emotional improvement. Clint Carter writes for *Men's Health* and other wellness publications.



5 'Gut-Healthy' Options That Aren't

Sweetened yogurt

The bacterial cultures in fermented dairy are absolutely good for your gut, but the added sugars are not. Sugar feeds bad bacteria, causing more harm than good, says Wake Forest University's Kylie Kavanagh.

Wheat bread

Emulsifiers found in shelf-stable supermarket breads may cause damage to the walls of the gut, and many “wheat” breads aren't whole grain. Look for “100% whole wheat” bread with a minimum of chemical additives.

Herbal-laxative tea

Long-term laxative use, even the herbal kind, can interfere with intestinal nerve function, the Cleveland Clinic notes. Of particular concern is an herb called senna, which irritates the bowel walls and can cause liver damage.

'Light' prune juice

Noncaloric sweeteners found in “light” juices can throw off your microbiome. The by-products from our microbes' digestion of artificial sweeteners are as unhealthy as the by-products that come from their eating sugar.

Packaged veggie burgers

There's nothing wrong with pressing vegetables into a patty, but check the label. The standard supermarket veggie burger is often a blend of fillers such as wheat gluten, vegetable oil and chemicals.

Grief: What's Love Got To Do With It?

Kevin Moore, M. Div., Chaplain and Bereavement Coordinator, VNA Kaufman branch

So admit it. You read the title of this article, and you want to belt out some Tina Turner: "What's love got to do, got to do with it? What's love but a second-hand emotion. What's love got to do, got to do with it? Who needs a heart when a heart can be broken?"

That is the chorus of that famous song. We live in a society that teaches us that love is nothing more than an emotion—a second-hand one at that. We throw around the word love so often. We love beautiful weather, our favorite pair of blue jeans, ice cream, and our loved ones. Love is so much more than merely a second-hand emotion, and therefore when we lose someone we love, grief is very challenging.

Every loss we experience brings about grief. Whether we lose our glasses, our wallet, or our children or grandchildren at the store, we have a sense of grief. We grieve more when our children are missing than when we misplace our glasses. When we find them, relief sets in .

That leads us to the loss you are experiencing today. You are probably reading this because you have lost someone you love recently.

The difference with this loss is that it was not misplaced, or stolen. Your loved one has died. He or she is not coming back and you know that. Your grieving is intense. Some of you are wondering if you will be able to survive the pain you are experiencing. First of all, let me assure you that you will survive the pain you are experiencing. The pain will lessen over time so long as you are willing to do the hard work of grieving.

Danny Mack, a former chaplain with VNA Hospice, has a theory about grief and love. He says that the love is something that lives inside of us. When we love someone, that love reaches out to the person that we love. When that person is alive, our love does not have to travel very far to reach that person. Think about that for a moment. How do you feel when people you love are gone on a trip? You miss them. We hear love stories of couples separated by many miles talking about how their heart aches for their beloved. Perhaps that love inside of us is actually reaching out to "touch" those we love.

Now take that theory a step further. Your loved one has died. He or she is no longer next to you. He or she is no longer in the next room, across town in the nursing home, or at the hospital. You don't know where your loved one is. Of course you can point to the gravesite or the urn where your loved one's body now resides; but is that really where your loved one is? You say, well, I know my loved one is in heaven. Wonderful. That is something that gives you hope. That is important. But let me ask a follow up question. Where is heaven located? We don't know. We are at a loss. We truly have no idea where our loved one is anymore.

So what happens to that love that is inside of us? Remember we said that our love reaches out for our loved one. Danny's theory is that the love inside of us is reaching out to find our loved one. Try to get this image in your mind: There is something very powerful inside of you (your love) that is fighting, clawing, and doing everything imaginable to get out and find your loved one who has died. I am not trying to paint the picture of an alien pushing out through your chest like in the movies, but that is kind of the idea.

Your love is so intense, that it will do everything in its power to "find" your loved one now. It pushes and prods, literally causing physical pain as it tries to reach for the one it seeks. Lack of appetite, nausea, dizziness, fatigue, constipation, chest pain, tension, headaches, uncontrollable crying are all symptoms of grief. (cont. next page)

Perhaps these are all symptoms of that deep love inside of you battling to get out and find the one you love. Perhaps it is because of your deep love for the one you lost, you are now experiencing so much pain.

If that is the case, how in the world will you ever feel better? If you don't know where your loved one is, how will your love ever find him or her? While I don't have an answer to the how question; I do believe whole heartedly that your love somehow, someday does find your loved one again. When that happens, your love works to find a new equilibrium. Your love learns how to adjust to a new relationship with your loved one. Instead of the person being physically present to receive your love, your love learns how to "love" that person across the unseen divide. This is not something that happens all at once—it takes time to adjust.

That adjustment period takes place through grieving and healing. As you share memories of your loved one, your love is learning to adjust. As you acknowledge your emotions and connect them with your grief—and your love—your love learns to adjust. As you begin to reengage with society—participating in life again—your love is adjusting. Through your time of healing, you continue to love the one who is gone, but that love responds to your loved one differently. Your love learns that it no longer has to push and prod to get out and find your loved one. Your loved one is still with you—just in a different form. The physical and emotional pain that your grief—your love?—has inflicted on you will diminish, and eventually go away. The love remains.

**For additional grief resources, please visit VNA's website at:
www.vnatexas.org/griefhelp**

AARP OFFICE (TOLL FREE) (866) 554-5377	(214) 823-5700
AGING INFORMATION HOTLINE 211	OFFICE OF SENIOR AFFAIRS (214) 670-5227
BAYLOR SENIOR HEALTH CENTER (972) 487-5444	PEOPLE AND NUTRITION PROGRAM (PAN) (214) 358-8700
BETTER BUSINESS BUREAU (214) 220-2000	PARKLAND HEALTH CENTER (214) 266-0700
DALLAS AREA AGENCY ON AGING (214) 871-5065	SENIOR SOURCE IN DFW AREA (214) 823-5700
DART PARATRANSIT (214) 515-7272	SOCIAL SECURITY ADMINISTRATION (800) 772-1213
FOOD STAMPS (800) 500-4266	VETERANS SERVICE OFFICER (214) 819-1886
LEGAL AID OF NORTHWEST TEXAS (888) 529-5277	WIDOWED PERSONS SERVICE (214) 358-4155
MEALS ON WHEELS (214) 689-2639	TEXAS HEALTH AND HUMAN AGING SERVICES (800) 889-8595
MEDICARE (800) 633-4227	DrugWatch.com/Seniors/
MENTAL HEALTH HOTLINE (866) 615-8700	DrugWatch.com/Vaccines/Flu/
NURSING HOME OMBUDSMAN	DealHack.com/Blog/Senior-Discounts-Guide
	MemoryCare.Com
	www.MesotheliomaHub.com/Mesothelioma/ Risk-Factors/Mesothelioma-and-Seniors/

Valentine Words

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

Word List:

ADORE
 BELOVED
 CANDY
 CHOCOLATE
 DESIRE
 FEBRUARY
 HEART
 LOVE
 RED
 SWEETHEART

AFFECTION
 BEMINE
 CARDS
 CUPID
 DEVOTION
 FLOWERS
 HONEY
 LOVEBIRDS
 ROMANCE
 SWEETS

AMOROUS
 BOUQUET
 CHERISH
 DARLING
 EMBRACE
 FOURTEENTH
 HUGS
 PINK
 ROSES
 TEDDYBEAR

ARROW
 CANDLELIGHT
 CHERUB
 DEAR
 ENDEARMENT
 FRIENDS
 KISSES
 POEM
 SECRETADMIRER
 TENDERNESS

20 BENEFITS OF WALKING 30 MINUTES A DAY

@BELIEVEPHQ

01



REDUCES RISK
OF HEART
DISEASE

02



HELPS TO
MAINTAIN WEIGHT

03



REDUCES YOUR
STRESS LEVELS

04



INCREASES YOUR
ENERGY LEVELS

05



HELPS TO BOOST
YOUR MOOD

06



GETS THE
BLOOD
PUMPING

07



PREVENTS
OBESITY

08



CAN HELP TO
REDUCE
ANXIETY

09



INCREASES
FUNCTIONING
OF THE LUNGS

10



INCREASES THE
BODY'S ACCESS
TO VITAMIN D

11



REDUCES THE
RISK OF
CANCER

12



CAN IMPROVE
QUALITY OF
SLEEP

13



GIVES YOU TIME
TO PRACTICE
SELF CARE

14



IMPROVES
COORDINATION
AND BALANCE

15



IMPROVES
QUALITY OF
LIFE

16



REDUCES
CHANCE OF
DIABETES

17



WALKING CAN
SPARK
CREATIVITY

18



STRENGTHENS
BONES AND
MUSCLES

19

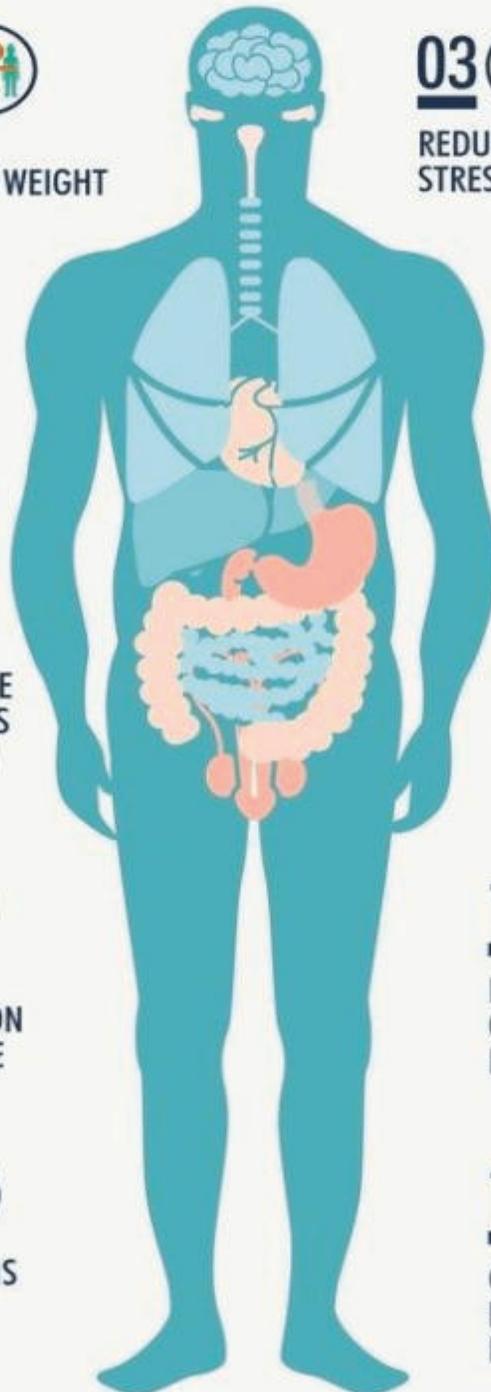


CAN IMPROVE
BLOOD
PRESSURE

20



CAN HELP TO
BOOST YOUR
IMMUNE SYSTEM



THANK YOU

for your generosity

We want to extend a special Thank You to everyone who donated to the baskets for our needful seniors and/or the angels from Pierce Early Childhood this holiday season. We were able to help a lot of people, both young and old, in the midst of a pandemic. Thank you for your kindness!

TRASH/RECYCLING BAGS VENDING MACHINE NOW AVAILABLE AT CITY HALL

Residents can now purchase 50-count rolls of trash or recycling bags from a vending machine at City Hall, 825 W. Irving Blvd. The new machine is located to the left of Customer Service on the first floor.

Using the machine is simple, visitors insert cash or coins, make their selection, collect their items and be on their way. The machine accepts \$1, \$2, \$5, \$10, and \$20 bills but will only dispense change in coins.

Cost per 50-count roll, including sales tax:

Trash (black): \$6.93

Recycling (blue): \$7.85



Residents still have the option of purchasing bags from Customer Service or at any open Irving Recreation Center and the price per roll remains the same. The vending machine was installed to give residents the opportunity to bypass lines and purchase their bags quickly and conveniently. Residents using the machine are asked to maintain social distancing guidelines.

More payment options coming soon! Employees are in the process of adding an option to purchase bags using a credit/debit card and/or through the PayRange App.

EXTRA INFORMATION AND RESOURCES

PAN (PEOPLE AND NUTRITION) PROGRAM

Friday, Feb. 5
8:30 to 10:30 a.m.

Distribution is the first Friday of each month. Must be at least 60 years of age and provide proof of income, age and residency.

Drive-up to get your box.

For more information,
 call (214) 367-3123.

Meal Drive Thru Pick-up Service

Monday - Friday
 10:30 a.m. to Noon
 Suggest \$1 donation.

While the senior center is closed, we are still providing seniors 60 years and older with daily meals. Seniors may drive up to the front door and a staff member will place the meal in the front passenger seat. Masks are strongly encouraged while picking up meals. Annual paperwork required.

“The time is always right to do what is right.”

Dr. Martin Luther King, Jr.



Valentine Words

