

*All you need is love, love. Love is all you need.*

*And, of course, these angelic employees.*

Blissful Director: Lorette "Yordy" Eastwood (435) 259-4102

Captivating Kitchen Manager: Brooke Brox (435) 259-4999

Cupcake Charmer & Facility Coordinator: Kris Pogue (435) 259-6623/8553

Enchanting Maintenance Cherub: Dayana Chaires

Endearing Maintenance Tech: Joe Thurman

Flirtatious & Ardent sugar spinners: James Leech and Tiffany Hester

Friendly cupid coaxer aka homedelivery driver: Jenny McDougall

Adorable Bus Driver: Jill Card.

Congregate meals are served weekly, excluding Thursdays and the weekend.

Home delivered meals are delivered M-F

If you receive home delivered meals, please keep in mind your meal may not be delivered the exact time every day. If your meal is over 2 hours late or past 2:30 please call Brooke the kitchen manager at 259-4999.

Congregate meals are served promptly at noon. A suggested donation of \$2.50 for seniors 60 years or older. If you are under that age, your cost will be \$6. Please call at least a day in advance if you would like to join us. 259-6623



Odena Bluemel February 6th

Joe Chacon February 7th

Erla Lovato February 13th

Bob Ott February 13th

Yordy Eastwood February 15th

Genevieve Hernandez February 15th

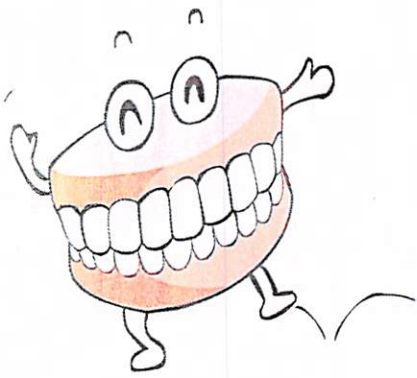
Warren Ohlrich February 15th

Pauline Lathrom February 15th

Marie Faith February 20th

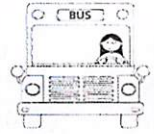
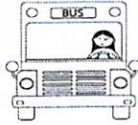
Regina Franklin February 21th

Jon Bormans February 25th



For seniors, nutritious "bites" focus on protein, fiber, healthy fats, and calcium for energy, bone health, and managing appetite, with easy options like Greek yogurt with berries, nuts, cottage cheese, hard-boiled eggs, whole-grain crackers with avocado or hummus, and fruit, often blended into smoothies or paired with nut butters for easy chewing and balanced nutrition.

## NUTRITION BITES



Hi, I would like to introduce you to Jill Card. She is our new bus driver. We are very excited she has joined our merry crew. Jill has lived in Moab for 7 years. She moved here from Durango, but originally from Aspen. Jill was a social worker for 30 years. She, more currently has worked @ Sandflats collecting fees and cleaning campsites. Jill LOVES dogs and has 2 border collies. Gryff and CiCi are her pups. She is an avid hiker and loves the area. Jill says she is a terrible cook but can microwave like a pro. We warmly welcome Jill. Please say hi and introduce yourselves to her.

Happy February!



We have a few things happening this month. On the 3rd, Melissa and Lindsey from MRH will visit us for coffee/tea to talk about Medicare annual wellness visits. On the 10th, our favorite ladies, Jessie and Charlotte, bring us their favorite excerpts to read aloud to us. Always a treat. On the 11th we have the children coming at noon to give us their mini Valentine concert. On the 13th, Valley Voices will sing before lunch and @2pm same day, Yordy, Deana and Dave are offering an exquisite tea party. This is always a lovely affair. Our guessing game of "Who am I" will conclude on Feb. 6. This is proving to be challenging! I will announce a winner when all entries are in. Thank you for all who are participating. Edward Jones is offering investment & coffee discussion on the 2nd Saturday of every month through June, from 9-10am in the conference room. Lastly, chili cook-off has some great prizes. Delicate Stitchers has made aprons for the winners. Thank you Bernice Browning and Vonda Louthan. Yordy's daughter Taryn, engraved winner spoons.

### Did you know?

Medicare offers a **free Annual Wellness Visit** each year (or at very low cost).

This visit is all about **staying healthy and planning ahead** — not treating illness. You'll meet with a **registered nurse**, not a doctor, in a relaxed, one-on-one setting.

During your visit, the nurse can:

- Review your medications
- Talk with you about fall safety and memory concerns
- Help you plan for your health and wellness in the year ahead

You can schedule your Annual Wellness Visit right at your regular doctor's office. No referral is needed — just call and ask to see the nurse who specializes in Medicare wellness visits: **435-719-5500**

This visit is **all about you, your goals, and your future.**

### Want to learn more?

Two nurses from Moab Regional Hospital — **Lindsey and Melissa** — will be at the weekly **Coffee and Tea Hour** on **February 3rd** to share information and answer questions about Medicare Annual Wellness Visits. Stop by, say hello, and learn more — we'd love to see you there!



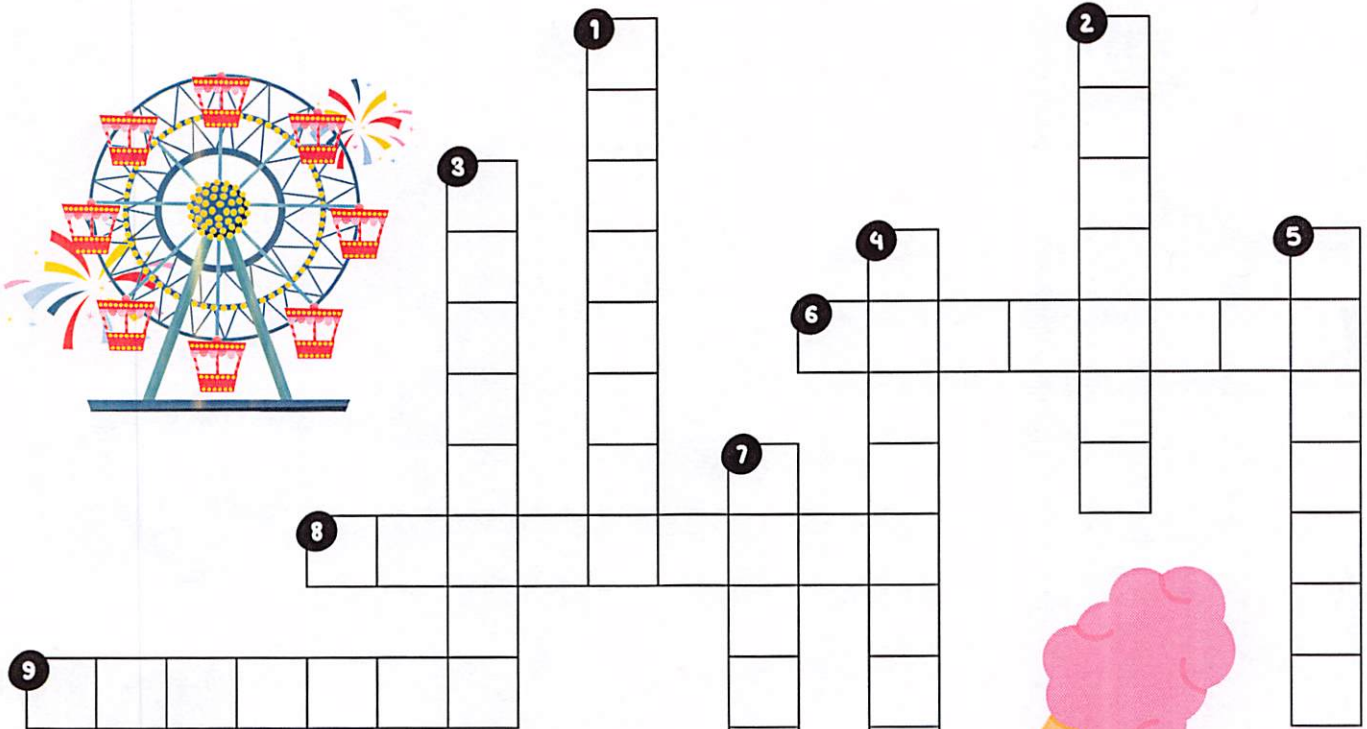
# Baked Goods

## Word Search

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

ALMOND TORTE	BROWNIE	CUPCAKES	ONION BAGEL
APPLE STRUDEL	CARROT CAKE	DOUGHNUT	PEACH COBBLER
BAKLAVA	CHEESECAKE	FRUIT TART	PECAN PIE
BISCUIT	CHOCOLATE ÉCLAIR	GINGER SNAPS	SHORTCAKE
BLUEBERRY SCONE	CINNAMON ROLL	LEMON BAR	SNICKERDOODLE
BRAN MUFFIN	CROISSANT	MONKEY BREAD	SUGAR COOKIES

# CARNIVALS & FAIRS



## ACROSS

- 6. LARGE FESTIVE GATHERING
- 8. GROUP OF PEOPLE TOGETHER FOR A REASON
- 9. ENTERTAINS WITH TOSSING AND CATCHING
- 11. ORGANIZED SOCIAL EVENT OR SERIES OF EVENTS

## DOWN

- 1. SWEET SUMMER BEVERAGE
- 2. TASTY BURST OPEN SEEDS
- 3. SOUND OF AMUSEMENT AND GLEE
- 4. LARGE OUTSIDE AREA USED FOR PUBLIC EVENTS.
- 5. LIVELY MERRYMAKING
- 7. MIDDLE LOCATION
- 10. PUBLIC PROCESSION

