

# The Savvy Seniors Journal

## L.O.V.E

By: Robin R. Rinke

Love is a powerful word. Thousands of songs have the word *love* in their title.

See if you remember any of these:

- Love is a Many Splendid Thing
- Somewhere My Love
- 50 Ways to Leave Your Lover
- I love You a Bushel and a Peck
- Can You Feel the Love Tonight
- I Will Always Love You
- Love Me Tender
- Love, Love Me, Do
- Endless Love
- I Can't Stop Loving You
- Love Will Keep Us Together
- Why Do Fools Fall in Love
- Can't Help Falling in Love With You
- True Love Ways
- To Know Him is To Love Him
- You Made Me Love You
- All You Need is Love
- That's Amore
- Love is Made for Me and You
- When a Man Loves a Woman
- What's Love Got to do With it?
- They Call it Puppy Love



I bet you found yourself singing!

Author, Hollie Kemp, CDP CADDCT

**What is normal aging vs Alzheimer’s or dementia?**

One of the questions that cross our mind more and more frequently as we age is, “Are these changes normal, or do I have dementia.” As we age, it is hard to determine if what we are experiencing is typical or concerning. The Alzheimer’s Disease International provides us with these ten warning signs to help guide us on when to seek medical support and additional guidance. Being proactive and seeking early detection and treatment are critical in the new age of treatments for Alzheimer’s, so do not delay if you have concerns. Dementia is not a normal part of aging, and there is treatment and hope.

If these signs are new, they may be a sign of dementia.

Dementia is not a normal part of ageing.

Speak to your doctor or contact your dementia and Alzheimer association.

[www.alzint.org](http://www.alzint.org)



## Featured Author

Sonia Chouquette

### The Pathway to Joy-Meditation

**“Meditation is not another thing *to do*. It is an invitation to *stop doing*.”**

Meditation is the most effective way to sharpen your awareness because it clears away the mental noise and distractions that prevent you from noticing what is important here and now.

Meditation helps you become more relaxed, balanced and present to the moment. If you've never meditated, don't worry. It's not difficult. It is quite simply the art of relaxing your body, resting your emotions and quieting your mind for 15 minutes a day.

Meditation begins with focusing on your breath. Start by taking in a deep breath right now and notice how much better you feel when you simply do this. Take a few more deep cleansing breaths and then allow your breath to settle into an easy, rhythmic pattern. Next, gently close your eyes. Notice how relaxing simply closing your eyes feels.



With your eyes closed, continue to breathe in to the count of four, hold it to the count of four, and then exhale to the count of four. If thoughts arise simply observe them and then go back to your breath. Don't fight or struggle with each new thought. Observe it as though it is one of a string of train cars moving through the night, entering into and then drifting out of your consciousness. Continue breathing and relaxing for 15 minutes, then gently open your eyes and go about your day.



---

## Gratitude Affirmations to Start Each Day for the Month of February

Self-love affirmations are positive statements about yourself that can help you feel good about yourself. Here are some examples of self-love affirmations:

- "I love myself just as I am"
- "I am worthy of good things"
- "I am beautiful, inside and out"
- "I am strong and brave"
- "I am kind and generous"
- "I am smart and talented"
- "I am worthy of love and kindness"
- "I am grateful for my body and all that it does for me"
- "I am capable of incredible things"
- "I am grateful for the life I'm living"



---

# Are You Heart Smart?

By: Liz Cruz

Resource: <https://www.nhlbi.nih.gov/education/heart-month/slides>

## *What to Know for a Healthier Heart*

Heart disease is the leading cause of death in the United States. One in five deaths is due to heart disease, even though it is largely preventable.<sup>1</sup>

Keeping your heart healthy starts with living a heart-healthy lifestyle. But first, you need to get smart about your heart. Knowing what causes heart disease, what puts you at risk for it, and how you can reduce those risks can help you make informed decisions to protect your heart and keep it strong.

Want to test your knowledge? Take this short Heart Smart Quiz:

### Heart Smart Quiz

1. True or False? High blood pressure is also known as hypertension and occurs when your blood pressure is consistently 130/80 mm Hg or higher.
2. True or False? Your body mass index, or BMI, shows if your weight is in a healthy range for your height and is one measure of your future risk for heart disease.
3. True or False? Cholesterol helps make hormones, vitamin D, and substances to help you digest foods. Your body needs it for good health, but in the right amounts.
4. True or False? Eating lots of vegetables, fruits, and whole grains, using fat-free or low-fat dairy products, and limiting foods high in saturated fat or sugar-sweetened beverages are all part of a heart-healthy diet.
5. True or False? Not getting enough sleep or getting poor quality sleep on a regular basis increases the risk of having high blood pressure, heart disease, and other medical conditions.
6. True or False? To strengthen their heart, adults should aim to get at least 150 minutes of moderate-intensity aerobic activity such as brisk walking each week.

*Answer Key: All answers are True.*

*How did you do?* Knowing your own risk factors for heart disease can help guide your lifestyle choices, so talk to your healthcare provider to make sure you're clear. Just as important: know your numbers. Your weight, waist size, blood pressure, cholesterol, and blood sugar levels all affect your heart. If they aren't where they should be, make a pledge to begin improving them.

Adding more physical activity to your day, eating a heart-healthy diet, managing stress, getting enough quality sleep, and not smoking can put you on the path to better heart health.

Learn more about heart disease prevention from *The Heart Truth*® at [www.hearttruth.gov](http://www.hearttruth.gov) and download the [Heart Smart Basics](#) fact sheet to improve your knowledge about heart health.

Wear RED Friday February 7th to help raise awareness about Heart Health



# “I Love Myself”

## WAYS OF SELF LOVE

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

PERSONAL DEVELOPMENT  
DRINK MORE WATER  
NO ELECTRONICS  
HEALTHY MEALS  
PRIORITIZE  
LAUGH MORE  
BE HAPPY  
MASSAGE

BELIEVE IN YOURSELF  
NO SOCIAL MEDIA  
BE TRUE TO YOU  
TAKE CHANCES  
RISE EARLY  
ALONE TIME  
ORGANIZE  
WALK

POSITIVE SELF TALK  
FIND YOUR TRIBE  
SIT IN SILENCE  
AFFIRMATIONS  
POSITIVITY  
HAVE HOPE  
VACATION  
RUN

GO TO BED EARLIER  
EPSOM SALT BATH  
LOVE YOURSELF  
FAMILY TIME  
MEDITATION  
GRATITUDES  
EXERCISE



---

## Interesting Facts About February

- February's Birth Flower - Violet and Primrose: The violet signifies watchfulness, loyalty, and faithfulness. Give a violet to someone to let them know that you'll always be there for them. The primrose lets someone know that you can't live without them.
- Pisces is the zodiac sign for people born between February 19 and March 20. The symbol for Pisces is two fish swimming in opposite directions. This represents the constant conflict between fantasy and reality that Pisces experience. Pisces are said to be compassionate, artistic, intuitive, gentle, wise, and musical. They are also known for being creative, imaginative, and empathetic. Pisces is a water sign. People with this sign are said to be drawn to water-related activities, such as swimming, sailing, and fishing.
- February (do you see that extra "r"?) is one of the most frequently misspelled words in the English language. In 2015, even the White House press office got it wrong—several times over the course of the month.
- February 2 is Groundhog Day—the day we find out whether winter will last six more weeks or call it quits early.
- February 9 is the Super Bowl in 2025.
- February 12 is Abraham Lincoln's Birthday. The 16th president of the United States was born in a one-room, 16x18-foot log cabin with a dirt floor.
- February 14 is always Valentine's Day. Heads up, lovebirds! Today, the holiday is celebrated with love, flowers, and chocolate.
- February 15 is Susan B. Anthony's Birthday, who was the famous women's rights leader.
- February 17 brings Presidents' Day, a federal holiday also known as Washington's Birthday that is celebrated on the third Monday in February. (George Washington's actual birthday is February 22!)



# Healthy Heart, Mind, & Soul



## Grandma Dip

Prep Time: 5 min. Refrigerate: 30 min.

### Ingredients

- 2 cups sour cream
- 2 cups mayonnaise
- 5 Tbsp onion flakes
- 5 Tbsp parsley flakes
- 3 tsp dill weed
- 1 1/2 tsp celery salt
- 1/4 tsp MSG
- 1/2 tsp onion powder
- 1/2 tsp salt
- 3/4 tsp sugar

### Directions

- Mix all ingredients together, place in a container with a lid, and refrigerate for at least 30 minutes before serving. When ready, use dip for vegetables or chips.

## Made with Love

Recipes from your grandma often represent a deep connection to family history, comfort food, love, and a sense of belonging, as they carry memories of childhood and the traditions passed down through generations, making each dish feel like a piece of your heritage; essentially, they are more than just food, they are a tangible expression of your family's story.

Remembering your grandma's cooking, and or baking and brings a flood of memories and love. They are special indeed.



**A Monthly Support Group for family and friends of  
individuals experiencing memory loss  
and/or needing assistance:**



**REGISTER AT:  
[HTTPS://ZOOM.US/MEETING/REGISTER/  
TJIRCEIRPJ4OGNKCNCNB1SVQ7YQ2-  
DGBNFTS9S](https://zoom.us/join/zoom/register/tjirceirpj4ognkcnb1svq7yq2-dgbnfts9s)**

**OR**

**CALL/EMAIL THE COMMUNITY THAT  
SENT YOU THIS SAVVY SENIOR JOURNAL  
FOR INFORMATION**

We hope you have enjoyed this issue of  
**The Savvy Senior Journal**

**THIS ISSUE WAS SPONSORED BY:**



**SUMMERFIELD**  
OF FRESNO  
MEMORY CARE

**CONTACT OUR COMMUNITY RELATIONS DIRECTOR  
FOR FURTHER INFORMATION ABOUT OUR  
BEAUTIFUL COMMUNITY!  
(559) 446-6226**

