



## Help Strengthen The Immune System

The human immune system is constantly fighting to protect the bodies of the seniors in our care. We do our best to keep that system in shape and help it do its job.

A good diet and needed hydration are important. So we make tasty, nutritious foods and plenty of liquids available. Then we encourage our residents to eat and drink for need and for enjoyment. If they resist, we look for swallowing, taste, dental and digestive issues that can affect desire.

Studies have shown that regular physical activity can support the aging immune system. This can be a challenge with Covid-19 restrictions. However, we have found that putting on some music can get people moving on their feet or in a chair. And we fit in walks when it is safe to do so.

Keeping stress levels down is a must. Relaxing music can help with that. Most important is staying connected with one's family and friends. So we do our best to organize personal visits (when permitted). In addition, we arrange video and telephone calls, and help those in our care follow family social network pages.



## RESIDENT SPOTLIGHT

This month's Resident Spotlight is on  
Lajeane "Jean" Miller

Jean is a local, born in Summerville. She states her favorite travels were going to Florida. Her hobbies include crochet and playing bridge. She worked in insurance at a medical center, but her most cherished position in life was being a wife and mother to her three children. She was married to her husband Clair for 70 beautiful and cherished years. Jean has been a joy to our Laurelbrooke family, instantly winning the hearts of all. She is kind, compassionate, and caring for all those around her, having patience and grace in all she does. Jean is a flawless example of beauty and strength, join us as we rejoice and celebrate Lajeane "Jean" Miller as our resident of the month.

God says, "Take my hand and let me lead the way. Be still and know I am God and we can do this together."



Laurelbrooke Personal Care



## American



## Heart Month

### The Nation Goes Red in February

National Wear Red Day® - Friday, February 5, 2021

On the first Friday of every February, which is designated as **American Heart Month**, the nation comes together, igniting a wave of red from coast to coast. From landmarks to news anchors and neighborhoods to online communities; this annual groundswell unites millions of people for a common goal: the eradication of heart disease and stroke.

**American Heart Month**, a federally designated event, is an ideal time to remind Americans to focus on their hearts and encourage them to get their families, friends and communities involved.

-The first American Heart Month, which took place in February 1964, was proclaimed by President Lyndon B. Johnson via [Proclamation 3566](#) on December 30, 1963.

-The Congress, by joint resolution on that date, has requested the President to issue annually a proclamation designating February as American Heart Month.

-While American Heart Month is a federally designated month in the United States, it's important to realize that cardiovascular disease knows no borders.