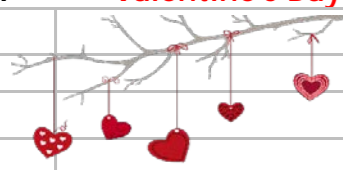


North Fork Heights Monthly Activity Calendar - February 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Ground Hog Day	3 National Feed the Birds 9am 2d Harvest Food Delivery	4	5 Wear Red Day	6
	Ground Hog Days Predictions	10AM Ground Hog Day TO-GO Cookie for all Prediction Participants	6-7pm Tenant Council Snack Bar			
7 Super bowl	8	9	10	11	12 Lincoln's Birthday	13
Send a Card or Note to a Friend Day	10am Patty Hurd's Surprise TO-GO 2pm Tenant Council Meeting		6-7pm Tenant Council Snack Bar		1PM Birthday TO GO Cake & Ice Cream Sign-Up Required	
14 Valentine's Day	15 President's Day	16 Mardi Gras Wear your Crazy Masks & Beads	17 Ash Wednesday RANDOM ACT OF KINDNESS	18	19	20
 A treat from management will be delivered	President's Day Trivia due in the office. Winner will be drawn from the trivia received.	2pm EUM Church TO-GO	6-7pm Tenant Council Snack Bar			
21	22 Washington's Birthday	23	24	25	26	27
	1pm Cherry Delight TO-GO Sign-Up Required Tell a Fairy Tale		6-7pm Tenant Council Snack Bar			Happy Birthday Rocco Pangallo
28	*Calendar subject to change*					

The Immune System Repels & Destroys Microscopic Trespassers

It is common to hear medical professionals tell a patient who is sick that they have a compromised immune system or they need to build their immune system. What exactly are they talking about? The National Institute of Allergy and Infectious Diseases (NIAID) describes the immune system as:

"a network of cells, tissues, and organs that work together to defend the body against attacks by 'foreign' invaders."

These invaders are primarily microbes such as parasites, bacteria and fungi, as well as viruses. The human body can provide an attractive new home for these trespassers. The immune system's primary mission is to keep them out. Its secondary job is to seek out and destroy those little rascals who manage to get through the initial defenses.

Two Major Categories

We were born with much of the ability to fight off microscopic intruders. However, our immune system also learns from past experience.

- **Natural Or Innate Immunity** - The body has natural barriers ready to repel and fight infectious agents. The skin plays a big part in this process. Also, there are antibodies passed from mother to child. In addition, there are various protective substances in the mouth, on the surface of the eye, in the stomach and in the urinary tract.
- **Acquired Immunity** - The immune system remembers previous exposures to harmful organisms and toxins, along with adaptations it developed to fight them off. That's why once a person is exposed to chickenpox, specific antibodies are recalled and produced to fight off a reoccurrence. (In this case, a vaccine can also be used to assist the body in building an acquired immunity.)



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.

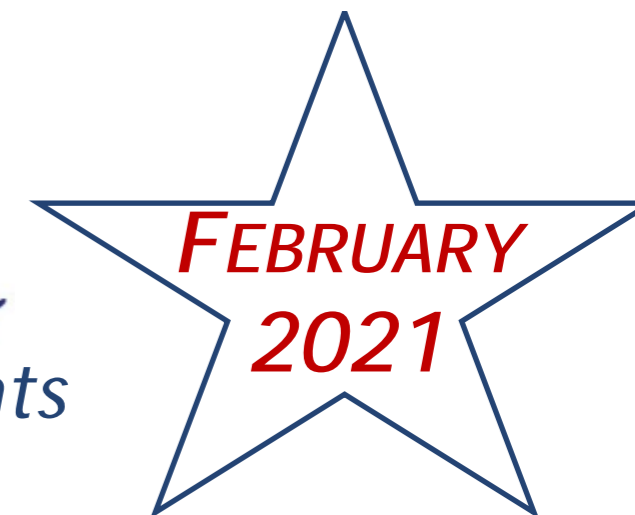
A good diet and needed hydration are important. So we make tasty, nutritious foods and plenty of liquids available. Then we encourage our residents to eat and drink for need and for enjoyment. If they resist, we look for swallowing, taste, dental and digestive issues that can affect desire.

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.



North Fork Heights



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.