



Here we are again, welcoming the start of a brand-new month! We have many exciting activities and events planned, and we would love to see all residents come out and take part in the fun. Our monthly calendar is filled with engaging entertainment, social gatherings, and enjoyable activities designed for everyone to participate and connect.

This month, we are proud to celebrate National Heart Month, highlighting the importance of heart health and overall wellness, as well as National Senior Month, a time to recognize and honor our wonderful residents.

In addition to our regular activities, we have several special events planned that you won't want to miss. Be sure to check the information below for dates, times, and details. We look forward to spending another great month together and hope to see you at many of our activities!

**Super bowl party**

**When: Feb. 8th**

**Time: 2:30 in theatre**

**Come enjoy drinks and snacks!**

**Day in Paris**

**When: Feb. 12th**

**Time: 3:00 in lobby**

**Come enjoy drinks and snacks!**

**Mardi Gras**

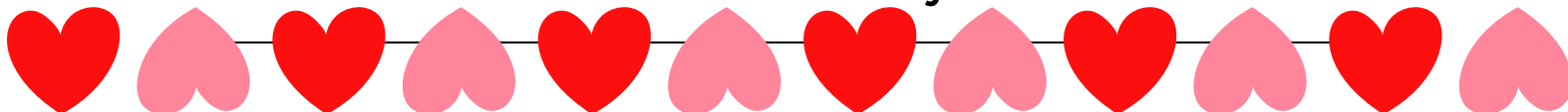
**When: Feb. 17th**

**Dinner: 4:00 pm- 6:00 pm**

**Entertainment: Sundays Best at 5:30 pm**

**Each resident can invite 2 guests (no charge).**

**RSVP at front desk by Feb. 9th**





# AMERICAN HEART MONTH



February is American Heart Month, a time to focus on heart health and raise awareness about heart disease and stroke—the leading cause of death for adults in the United States.

## **Why Heart Health Matters**

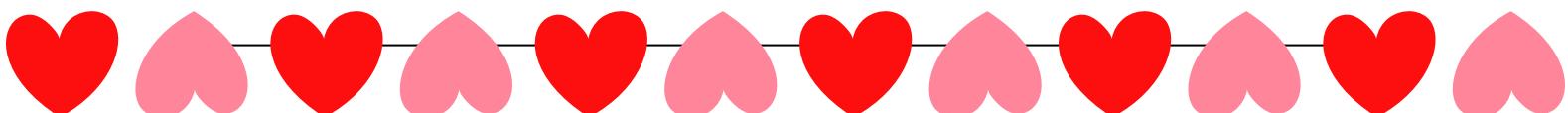
Heart disease affects people of all ages and backgrounds, but many risk factors are preventable or manageable. Small, consistent lifestyle changes can make a big difference for long-term health and well-being.

## **Key Risk Factors to Know:**

- High blood pressure
- High cholesterol
- Smoking
- Poor nutrition
- Physical inactivity
- Chronic stress

## **Simple Ways to Support a Healthy Heart**

- Choose more fruits, vegetables, whole grains, and lean proteins
- Aim for at least 150 minutes of moderate physical activity per week
- Reduce salt, sugar, and saturated fat intake
- Avoid smoking and limit alcohol
- Get enough sleep and manage stress
- Know your numbers: blood pressure, cholesterol, and blood sugar



# NATIONAL SENIOR MONTH



February is National Senior Independence Month, a special time to celebrate your freedom, confidence, and ability to live life on your own terms. It's also a reminder that staying active, engaged, and connected helps you maintain health and happiness.

## Why Independence Matters

Being independent means you can make choices about your daily life, stay socially connected, and continue doing the activities you love. Independence helps you feel confident, engaged, and in control of your future.

## Tips to Stay Independent

Stay active: Gentle exercise like walking, stretching, or chair yoga keeps your body strong and flexible.

Eat well: Nutritious meals help maintain energy, balance, and overall health.

Keep your mind sharp: Read, do puzzles, or try a new hobby to keep your brain engaged.

Stay socially connected: Call a friend, join a group activity, or volunteer—connection supports mental and emotional well-being.

Use resources: Community centers, transportation services, and wellness programs can make daily life easier and safer.

## How to Celebrate This Month

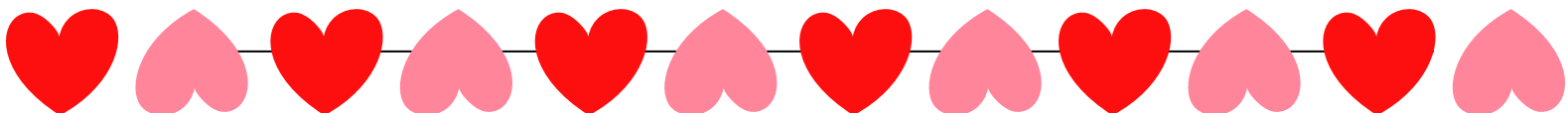
Treat yourself to a favorite activity or hobby

Share your wisdom and stories with family, friends, or community groups

Try a new class or group activity that interests you

## A Friendly Reminder

Independence is about doing what you love safely, confidently, and happily. This February, take time to celebrate your abilities, enjoy your passions, and stay connected to the people and activities that bring you joy.





AQUARIUS  
 CANDLELIGHT  
 CARNATION  
 CHOCOLATE  
 COZY  
 CUPID  
 FEBRUARY  
 FIREPLACE  
 FRIENDSHIP  
 GROUNDHOG DAY  
 HEART  
 HUG  
 KISS  
 LEAP YEAR  
 LOVE  
 MARDI GRAS  
 PINK  
 PISCES  
 PRESIDENTS DAY  
 RED  
 ROMANCE  
 ROSES  
 SKIING  
 SNOW  
 SWEETHEART  
 VALENTINE  
 WINTER

WORD SEARCH DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

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## **New Residents**

We're excited to welcome some new faces to Sterling Court! Please join us in welcoming Marlene, Tom and Phyllis to the Sterling Court family. We hope you feel comfortable in your new home and enjoy your time here in our community. If you ever need anything, please know that we're always happy to help—you're never an interruption.

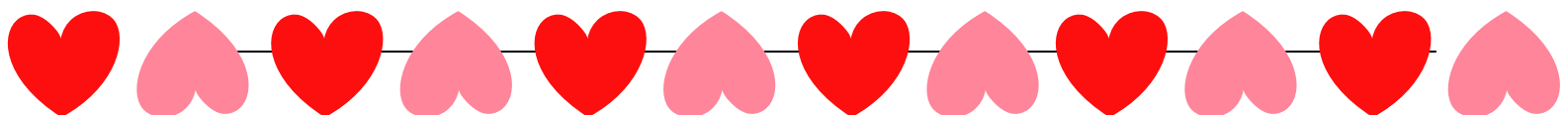
## **Resident of the Month January 2026**

Betty was born in Malin, Oregon, and grew up as the second oldest of six children, with five brothers. When she was seven years old, her family moved to Vale, Oregon. Her father worked for Farmers Consumers, selling farming equipment, and later purchased a farm where the family raised dairy cows.

By the time Betty was eight, she was already helping out on the farm, caring for cows, chickens, and tending the garden. She lived on the farm with her family until she was nineteen, when she met her husband, Daris. Daris had recently been discharged from the Navy and was working for the same company as Betty's father, though in a different department.

In May of 1949, Betty and Daris moved to Harper, Oregon, after Daris accepted a job with the railroad. His work required him to walk a one-mile tunnel twice a day to ensure it was clear of debris. Betty often joined him, and together they walked four miles each day. During this time, they raised chickens, rabbits, turkeys, and pigs, and welcomed their first daughter, Janice.

In November 1951, the family moved to the Ruby Lake Game Refuge near Wells, Nevada. Daris worked as an office clerk and game warden, while Betty stayed home caring for their household. The refuge was home to ten other families, creating a close-knit community. During this time, Betty and Daris welcomed their second daughter, Susan. The families often gathered for large potlucks and dancing nights, always helping one another.



In 1954, they moved to Sandy, Utah, to help Betty's mother settle into her home. Daris found work as a machinist near Granger, Utah, and Betty took a job with Litton Data Systems to help save money for remodeling their home. She worked there for ten years. After spending time at home until her youngest daughter moved out, Betty began working at the Granger Branch Library, where she served as head clerk.

Eventually, Betty and Daris retired and moved to Richfield, Utah, where they spent twenty happy years together. In 2010, Daris passed away. A few years later, Betty decided to move to St. George in 2015.

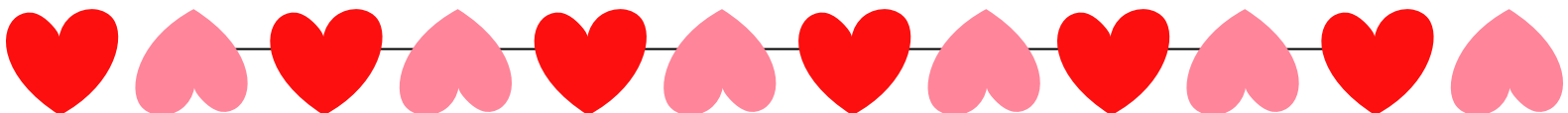
She settled into Sterling Court, where she enjoys meaningful friendships and staying active through the many activities offered.

### **Employee of the Month February 2026**

Lorena was born in El Salvador, where she grew up alongside her brother. At 13 her family then moved to California, where she lived for 22 years and began raising her family. Lorena welcomed her daughter at 17 and her son at 22, and she dedicated many years as a stay-at-home mom, lovingly caring for her children and home.

At 27, Lorena returned to El Salvador, where she spent another 13 years before starting a new chapter in St. George in 2004. She began her professional journey there at Target, working for two years, and later spent seven years at Harmons in the sushi department. Lorena is now proud to be part of the wonderful team at Sterling Court.

Some of Lorena's favorite memories include playing games with friends during her childhood in El Salvador and, most especially, the days her two children were born. Her favorite color is green, and she never turns down her favorite dish—Chile Relleno.





**Resident Birthdays**

Betty- 2/6  
Richard- 2/6  
Jeanne B.- 2/8  
Ruth- 2/18  
Barbara R.- 2/22

**Staff Birthdays**

Colton- 2/25

**DIRECTORS**

**Executive Director**

Ashlee Carlile - Ext. 107

**Business Office Manager**

Keenan Monteer - Ext. 110

**Wellness Director**

Emma Johnson- Ext. 111

**Activities Director**

Jeanette Hughes - Ext. 102

**Maintenance Director**

Mark Nielson - Ext. 108

**Housekeeping Director**

Reagan Brinkerhoff - Ext. 103

**Community Liaison**

Leslie Waddell - Ext. 101

