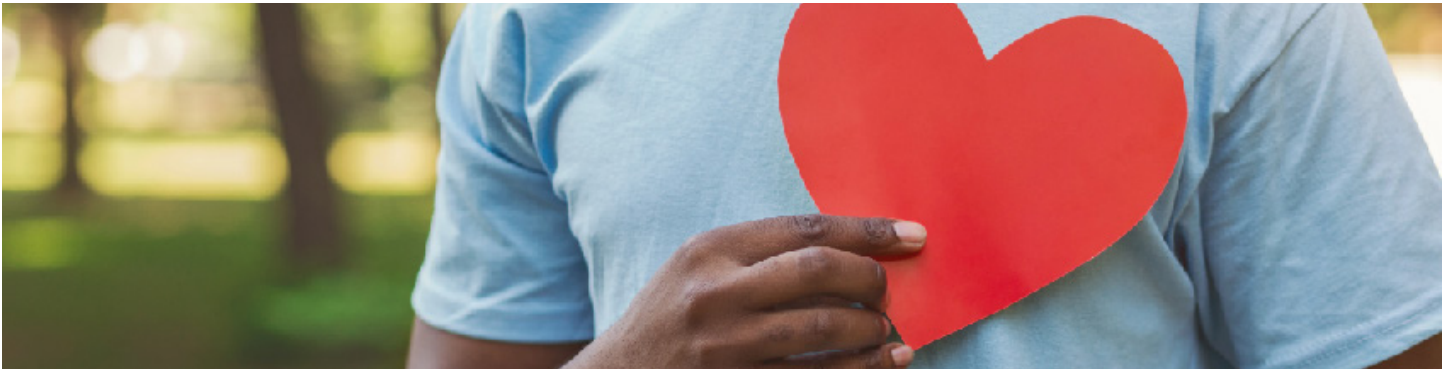


## American Heart Month: Caring for Your Heart

For LifeSource community partners, patients and families.



February is American Heart Month — a time to reflect on the importance of heart wellness and the small, meaningful steps we can take each day to support it. As your onsite healthcare team, LifeSource is honored to partner with residents, families, and your community's staff to promote heart healthy living in ways that feel supportive, accessible, and encouraging.

### Simple Ways to Support Heart Health

- **Move Daily:** Light activity such as walking, stretching, or chair exercises helps circulation and boosts energy.
- **Choose Colorful Foods:** Fruits, vegetables, whole grains, and lean proteins nourish the heart and support overall wellness.
- **Stay Hydrated:** Drinking water throughout the day helps the heart work more efficiently.
- **Connect with Others:** Social engagement reduces stress and supports emotional wellbeing.
- **Rest Well:** Quality sleep gives the heart time to recharge.

### Supporting Community Wellness This Month

While activities are planned by your community's life enrichment team, our healthcare providers are here to support, encourage, and reinforce heart healthy habits throughout February.

You may see us:

- Offering friendly reminders about hydration and movement
- Answering questions about heart related topics in simple, approachable ways
- Helping residents understand their “numbers” such as blood pressure or cholesterol
- Collaborating with staff to promote wellness throughout the month

We’re grateful to work alongside your community to help make heart health a shared focus.

## **A Note to Families**

Your involvement is a powerful part of heart wellness. A visit, a shared activity, or even a quick phone call can brighten a resident’s day and support emotional health. Thank you for being such an important part of your loved one’s wellbeing.

## **A Final Thought**

American Heart Month reminds us that caring for our hearts is about more than health — it’s about connection, joy, and living each day with intention. We’re honored to support you and your loved ones in making February a month filled with warmth, wellness, and community spirit.

