



American Heart Month

Though February is a fun time to celebrate special friends and relations with candy hearts and beautiful boxes of chocolates, it is also the designated month to focus on heart health awareness.

In 1963 President Lyndon B. Johnson made the declaration that from then on the month of February would be known as American Heart Month. His decision was based on recent data showing the toll heart disease was taking on Americans. He knew it was time to start spreading the word and looking at possible ways to prevent it.

In 2023, we have the opportunity to carry on Johnson's goal of educating ourselves about prevention and to share the information with friends

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and family members. What are some of the things we can do to better educate ourselves about our heart health?

- Know your numbers. Regularly have your blood pressure and cholesterol levels checked.
- Get screened for diabetes. Work with your physician to achieve healthy blood glucose levels.
- Sleep more. Healthy sleep patterns help to decrease stress and anxiety.
- Be active. Movement, even if light and in short amounts, can have a huge impact on heart health.

For more information on American Heart Month visit the American Heart Association at www.heart.org.

Tax Credit Assistance

Aging Best will provide assistance with property tax credits beginning February 1, 2023.



Tax credits can be very confusing, and speaking with someone who is familiar with the process can make a big difference. Members of Aging Best's Community Options & Services team are experienced with the system and how tax credits work. When you call for an

appointment, you will be connected with a team member who serves your area. They can also check your eligibility for other benefits and savings programs. Appointments can be by phone or email at 800-369-5211 or help4u@agingbest.org.

Silver Haired Legislature

On January 31, 2023, 56 Missouri Silver Haired Legislature (SHL) delegates and coordinators participated in a regular meeting of the Board of Directors, received words of encouragement from various luminaries, and delivered advocacy messages to their respective Legislators. Delegates highlighted SHL's past achievements as well as its current priorities listed in the 2023 SHL brochure.

Last fall, SHL delegates came together for their 49th Annual Conference and chose these issues as their Top Five Priorities to support for the 2023 legislative session:

- No Income Tax on Social Security Income
- Real Estate Tax Relief for Seniors
- Absentee and Early Voting for Seniors
- Increase Medicaid Asset Level
- Implement Dementia-Specific Training in Licensed Long-Term Care Facilities.

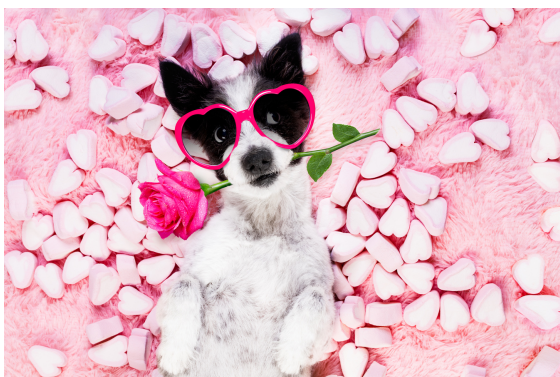
Anyone who is interested in learning further details about the priorities of the Missouri SHL is encouraged to contact

Melissa Schulte at 573-489-3260 or Francie Rohrer at 636-432-9198. Delegates are presently needed in many areas. Learn how you can help.



Valentine's Day traditions have evolved through the centuries. What was once a lesser known holiday that involved occasional flowers or gifts is expected to reach in excess of 26 billion dollars in 2023. Let's take a quick look at when and why some of our traditions began.

Valentine cards were handwritten and often contained poems or pictures. In the late 1800s cards made on a printing press became more popular, and mass production began in the early 1900s. Today, more than 190 million cards are purchased and exchanged each year.



Roses became a symbol for love and passion in the 1700s. They were purchased solely by men, most often those who were wealthy, as purchased flowers were seen as a luxury. Today,

more than 250,000,000 are produced for Valentine's Day each year and are purchased by both men and women.

Jewelry for Valentine's Day became popular in the 1700s when jewelers began advertising it for Valentine's gifts. Most purchases were made by monarchs. Today, 20% of consumers buy jewelry for their Valentine. Over 50% of marriage proposals take place on Valentine's Day.

Candy for Valentine's Day became popular in the 1840s when Richard Cadbury began selling mixed boxes of chocolates. Today, 75% of Valentine's candy sales is chocolate. In addition, more than 8,000,000 candy hearts are purchased.

Retired? The Ombudsman Program Needs You!

The Ombudsman program, which is a part of the Missouri Department of Health and Senior Services, is a long-term care organization with a network of individuals that spans across the state. Their team is dedicated to helping Missouri residents in long-term care facilities maintain and improve their quality of life by ensuring their rights are respected.

Read more about the program at: <https://health.mo.gov/seniors/ombudsmen/know-your-rights.php>.

♥ Valentine's Day Activities ♥



Salem Senior Center



Hughes Senior Center



Sayers Senior Center



Tipton Nutrition Center



Fayette Senior Center



Waynesville Senior Center



Cuba Senior Center



Bourbon Senior Center



California Nutrition Center



Rolla Nutrition Site



Dixon Senior Center



Cole Nutrition Center