

# FEBRUARY

# NEWSLETTER

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## A Message from the Owner

Happy February! It's hard to believe we're already stepping into March, with spring just around the corner. This month, we celebrated Valentine's Day across our homes, a special opportunity to share joy, spread love, and enjoy festive crafts thoughtfully prepared by our activities team.

With that same spirit of care and connection, February marks American Heart Month, a time to raise awareness about heart health and recommit ourselves to wellness, prevention, and compassionate care for those we serve.

As we continue focusing on the well-being of our community, we'd like to share that while there have been a few small construction delays at our St. Jude's home in West Covina at Donna Beth, we're looking forward to completing the space soon for our caregivers. We truly appreciate everyone's patience as we finalize these important improvements.

Thank you to our families for another month of trust and partnership. As we welcome March, we look ahead to brighter days, more time outdoors, continued wellness, and fun moments together.



## Love Across Our Homes

Love was in the air this Valentine's Day across our homes at St. Jude's. Residents dressed in red and pink, created heart-shaped crafts, and helped decorate the common spaces with their handmade touches. Throughout the day, they shared stories about the people they love and the things they're grateful for, filling the homes with laughter and sweet conversation.

Everyone gathered to enjoy a meal and spend time together, and it was wonderful to see so many smiles and friendly moments throughout the day. We truly love each of our residents and are so grateful to celebrate these special occasions together, making memories that brighten our homes long after the decorations come down.



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## Happy National Caregivers Day!

National Caregivers Day, observed on the third Friday of February, is a time to honor those who dedicate themselves to caring for others. Caregiving is not only a profession. It takes many shapes, from trained professionals to family members and loved ones who step in with compassion and commitment. Today, we recognize everyone who serves in this vital role.

At St. Jude's Elder Care, our caregivers are the heart of our homes. They bring patience, dignity, and warmth to each day, building relationships and creating a safe, supportive environment for those entrusted to us. Families, thank you for trusting us with your loved ones. And to our caregivers who may be reading this, we see you, we appreciate you, and we are grateful for everything you do.

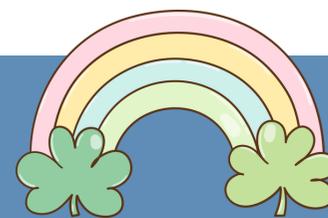
To celebrate, we surprised our team with Crumbl Cookies as a small token of gratitude. While it is a simple gesture, our appreciation runs deep. Thank you to all caregivers, in every form, for the care, strength, and compassion you give so generously.



## Wrapping Up Winter, Welcoming What's Ahead

As we wrap up winter and look ahead to spring, there's lots to look forward to across our homes. We're excited to welcome Helen and Charles, who recently moved into our West Covina and San Dimas home off Darwood, respectively. We're so glad to have them as part of our St. Jude's family! Our podiatrist will be onsite Friday, February 27, continuing his regular visits every 8–12 weeks, and our music man and activities coordinator are already planning fun spring programs for residents.

This month, our leadership team also came together across our family homes to learn more about resources and support options for both current and future residents. We're always looking for ways to better serve and support our aging communities. We're excited for the season ahead and can't wait to welcome spring with you all.



## St. Patrick's Day at St. Jude's

Not sure if it's my Irish roots or just our love for a little luck and pots of gold, but we always look forward to celebrating St. Patrick's Day here at St. Jude's. If this is your first year hearing about our festivities, much like our other holidays, residents dress in green, enjoy fun activities leading up to the day, and gather to share corned beef and cabbage together. It's one of our favorites.

And if you have any fun or interesting stories about your loved ones that we should know, please feel free to share. We'd love to use them as conversation starters and spark some great table talk during our meals. 🍀