Strawberry Shortcake Valentine Hearts

YUM!

INGREDIENTS:

1 can Pillsbury Original Grands Biscuits
3 cups fresh strawberries sliced
1 1/2 cups heavy whipping cream
2 Tablespoons granulated sugar
Powdered sugar for dusting

INSTRUCTIONS:

1. Preheat the oven to 350 degrees F. Line a cookie sheet with parchment paper.
2. Using a heart shaped cookie cutter, press down on each biscuit to end up with a heart shaped biscuit.
3. Place each biscuit onto the cookie tray.
4. Bake in the oven for 13-15 minutes and the top of the biscuits are golden brown.
5. Let cool for 10 minutes.
6. Combine the heavy cream and granulated sugar together in a medium bowl.
7. Whisk until the cream is at the soft peak stage.
8. Cut the biscuits in half and place enough strawberries on the bottom half of the biscuit to cover the base.
9. Spoon some of the cream onto the strawberries and place the top half of the biscuit onto the cream.
10. Dust generously with powdered sugar and serve immediately.

I GOT YOU A BRACELET FOR VALENTINES DAY!

Valentine's Day Word Search

C	D	H	P	Y	E	F	S	R	A	Y	S	G	U	H
K	H	C	E	M	G	N	T	O	M	F	E	L	K	M
D	A	O	D	A	U	S	N	S	K	L	S	T	U	T
P	N	S	C	G	R	M	L	E	I	O	S	G	X	D
P	O	E	G	O	T	T	N	S	W	W	I	R	X	H
V	C	L	I	E	L	D	D	U	C	E	K	A	C	F
F	E	G	Y	R	Q	A	C	Q	A	R	V	O	R	O
W	U	L	H	Q	F	A	T	T	X	S	O	O	Z	H
C	A	N	D	Y	R	L	T	E	T	M	O	N	L	O
U	J	L	Y	D	F	I	Z	D	S	S	G	M	G	Q

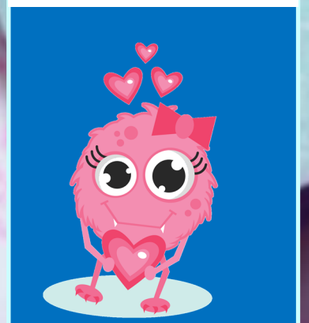
candy
card
chocolate
cuddle
flowers
friend
heart

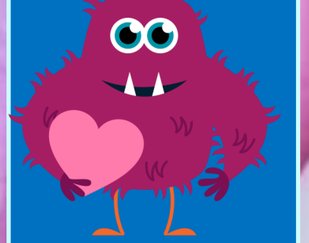
hugs
kisses
love
roses
smooch
snuggle

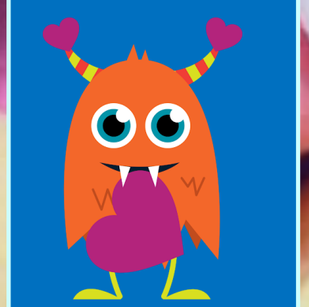
Participant News EXTRA

February 1, 2021

LIFE-NWPA
Living Independence For the Elderly







LIFE-NWPA Centers
844-456-5433

LIFE-NWPA On-Call
844-452-0911

Some Heart Healthy Tips From LIFE-NWPA CRNP, Angela Currens

- Reduce salt and be aware of foods with hidden salt
- Look at those food labels. Sodium=SALT
- Reduce sugar intake
- Maintain a healthy weight
- Move as much as you can. All physical activity adds up!
- Pick up some weights! Strength training is also beneficial for heart health
- Eat more whole foods and less prepared foods
- Watch food portion sizes and reduce snacking in between meals
- Avoid alcohol
- If you smoke, quit.
- Manage blood pressure, cholesterol, and blood sugars
- Maintain routine visits with your physician
- Reduce stress
- Avoid foods high in cholesterol

Angela Currens CRNP, MBA
LIFE-NWPA

Please stand by for an important message from your Dietitian!

Dehydration is common in the elderly for several reasons. Senior citizens have a reduced awareness for thirst and many avoid drinking fluids due to overactive bladder issues. We typically see this as a problem in summer, but dehydration can still occur during the winter months, as well. People are naturally less thirsty when it is cold out. We might feel cold, but we might not be sweating beneath all of those layers. Without that sweat cue, the awareness to drink fluids is not as obvious. With that being said, it's extremely important that you drink adequate amounts of fluid. We recommend that you drink about half your body weight in terms of fluid ounces. So, if you're 150 pounds, you need 75 ounces of good fluids every single day. Good fluids include water, milk/milk alternatives, 100% fruit juice, sports drinks, and caffeine-free teas.

Symptoms of Dehydration Include:

* Excessive thirst
* Dry skin
* Dry mouth
* Muscle cramps
* Dark yellow urine
* Rapid heartbeat
* Headaches
* Fatigue

Greg Durkin, MHHS, RD, LD
LIFE-NWPA Dietitian

It's a New Year and Time to Achieve Those Goals!

We are here to help with these words of wisdom:

1. Take action
2. Try hard
3. Keep practicing
4. Explore a different way
5. Ask someone for advice
6. Do your best
7. Learn how others have done it
8. Build upon your strengths
9. Review and fix any mistakes – check what isn't working and fix it
10. Don't give up

Documentation and tracking your goals is key to success! Use the included worksheet to find ideas on how you can track your goals to success!

Mark Your Calendars!

The LIFE-NWPA Centers will be closed on the dates below:

⇒ Erie Center: Closed Tuesday March 9th,
⇒ Warren & Crawford Centers: Closed Wednesday March 10th
⇒ Mercer & Clarion Centers: Closed Thursday March 11th

LIFE-NWPA on-call services are available on these days!