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National Suicide Hotline

Alzheimers Association 1-800-272-3900

Institute of Aging Friendship Line 1-800-971-0016

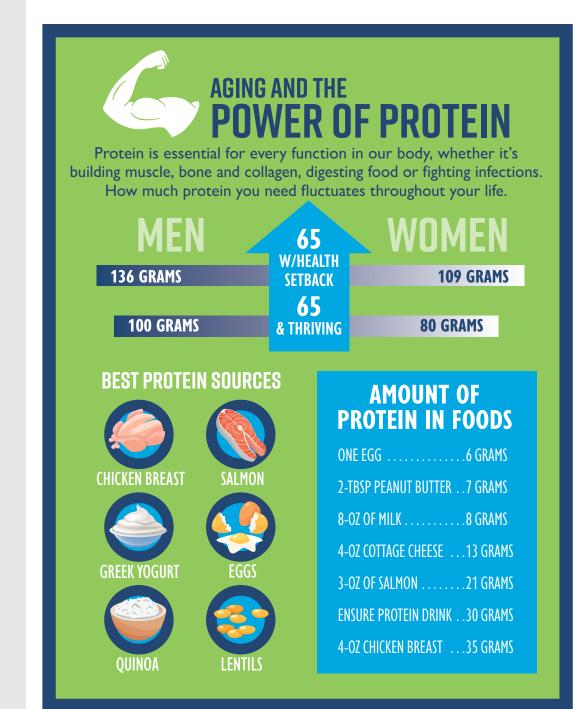


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Quote of the Month



THE LONGER I LIVE, THE MORE BEAUTIFUL LIFE 1 ~ FRANK LLOYD WRIGHT



AN AGELESS ATTITUDE IS EVERYTHING

A recent study from North Carolina State University revealed those who display a positive attitude lived an average of 7.5 years longer than those who don't. People with an upbeat outlook tend to deal with short-term stress better and reap long-term health benefits because of it. No matter what we cope with, life becomes easier when we develop an enthusiastic and ageless attitude.

Assisted Living Facility #13171

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FORT MYERS MEMORY CARE

FEBRUARY 2024

DOROTHY WIGGINS: SOCIAL MEDIA STAR AT 98

Dorothy Wiggins navigates life in New York City equipped with a wooden walking stick, vintage hats, her trademark orange lipstick and a dry sense of humor. At 98, with nearly 100,000 followers on Instagram and 25,000 on TikTok, she's an unlikely social media sensation. Her most popular video, with more than nine million views, shows her hitting a serve on a tennis court and drew a comment from tennis legend Chris Evert.

Dorothy attributes her success to "hating everything." She moans about the state of everything: food, fashion, tattoos, the lack of romance and vegans. Dorothy delivers her humorous put-downs with a wry smile and a sparkle in her eye. One reason for her popularity is she thinks social media is stupid and dislikes people walking city streets clutching their phones.



Dorothy's husband of 60 years died three years ago at the age of 100.

Devastated by the loss, it was her son who turned her on to social media to help deal with her grief. She dismisses her fame as silly, but some comments on her feeds have touched her heart. A few followers said it felt like life was over for them, but after seeing Dorothy's posts, they were inspired to keep living.



FEBRUARY 2024 EVENTS!

- Art's Strech Class
- The Mobile Reader
- Happy Hour With Dennis
- Painting Class
- Balloon Toss

- Classic TV Trivia
- Bingo Hour

FEBRUARY IS HEART HEALTHY MONTH

Heart Healthy Month 2024 is dedicated to help raise awareness about heart health and cardiovascular diseases. Heart disease remains a leading cause of death worldwide, and this observance seeks to reduce its impact through awareness and action. Improving heart health involves making conscious choices to reduce risk factors and adopt heart-healthy habits. They include eating a balanced diet, exercising regularly, managing stress, monitoring blood pressure, maintaining a healthy weight and getting seven to nine hours of quality sleep a night.



~{CUSTOM_IDENTIFIER}~