

February 2015

UPCOMING
HOLIDAY
CLOSINGS

The FBS office will be closed on the following holidays. Meals are provided to clients in advance of the holiday closure.

- Good Friday
Friday, 4/3/2015
- Memorial Day
Monday, 5/25/2015
- Independence Day
Friday, 7/3/2015

February is American Heart Month

Be Heart Healthy, Be Heart Smart

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease.

The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals, and families can work together to create opportunities for people to make healthier choices.

Make a difference in your community: Spread the word about strategies for preventing heart disease and encourage people to live heart healthy lives.

How can American Heart Month make a difference?

We can use this month to raise awareness about heart disease and how people can prevent it, both at home and in the community.

Here are just a few ideas:

- Encourage families to make small changes, like using spices to season their food instead of salt.
- Motivate teachers and administrators to make physical activity a part of the school day. This can help students start good habits early.
- Ask doctors and nurses to be leaders in their communities by speaking out about ways to prevent heart disease

As you begin your journey to better heart health that can last a lifetime, keep these things in mind:

- Try not to become overwhelmed. Every step brings you closer to a healthier heart, and every healthy choice makes a difference!
- Partner up. The journey is more fun—and often more successful—when you have company. Ask friends and family to join you.
- Don't get discouraged. You may not be able to take all of the steps at one time. Get a good night's sleep—also important for a healthy heart—and do what you can tomorrow.
- Reward yourself. Find fun things to do to decrease your stress. Round up some colleagues for a lunchtime walk, join a singing group, or have a healthy dinner with your family or friends.

Source: www.cdc.gov and www.heart.org

Mission Statement: Fort Bend Seniors is committed to helping seniors remain independent by enhancing their quality of life through services and resources.

CASE MANAGEMENT STAFF CONTACTS :

Crystal Collins, Programs Manager: 281-633-7063
Ranett Montemayor, Meals on Wheels Coordinator: 281-633-7051
Kimberly Newcomb, Waller/FB Case Manager: 281-633-7053
Monica Welch, Senior Center Coordinator: 281-633-7058
Vernice Zomalt, Fort Bend County Case Manager: 281-633-7054

February 2015

RANDOM ACT OF KINDNESS DAY

Celebrated on February 17th, National Random Acts of Kindness Day has grown in popularity each year. It is a favorite day to many, as people everywhere are enjoying doing these acts of kindness. Not only is it special for the receiver, it also feels good as the doer!

The Random Acts of Kindness Foundation is an internationally recognized non-profit organization founded upon the powerful belief in kindness and dedicated to providing resources and tools that encourage acts of kindness.



A Few Quotes of Kindness:

Kindness is a language which the deaf can hear and the and the blind can see. ~Mark Twain

No act of kindness, no matter how small, is ever wasted. ~Aesop

Remember there's no such thing as a small act of kindness. Every act creates a ripple with no logical end. ~Scott Adams

Kind words and actions can seem so small, but their effects are truly endless ~ Author Unknown

WHAT RANDOM ACTS OF KINDNESS ARE YOU GOING TO DO?

Fort Bend Seniors' Updates

Fort Bend Seniors opened a new meal program at the Fort Bend Family YMCA, headed by site manager, Antoinette Burns. This is their third active month and they already have over 40 clients registered! Way to go Fort Bend YMCA!

Tri-City Senior Center welcomes Ms. Patricia Duplechain this month as their new Site Manager.

Kimberly Newcomb is the new case manager for Waller County home delivered clients. She will also help as needed in Fort Bend County.

Here at Fort Bend Seniors, we are so excited to welcome onboard these new and smiling faces. We know they will do wonders for our seniors and our community. If you see someone new, help us say 'Hello'!



MEALS SERVED IN JANUARY

Home Delivered: 20,915
 Congregate: 4,569

CLIENTS SERVED IN JANUARY

Home Delivered: 788
 Congregate: 379

Transportation Units

Clients: 119
 Rides: 1,132

