



Rehabilitation | Assisted Living | Nursing Care | Memory Care | Hospice  
2161 Leonard St NW | Grand Rapids, MI | 616.453.7715  
Carmelite Sisters, CDCJ

## Lent Is Upon Us

Welcome to February, the shortest month, but with its share of special days.

On Feb. 2 we celebrate the feast of the Presentation of our Lord in the temple, the official end of the Christmas season. This is also the day candles are blessed for use throughout the year of liturgical services.

This year, Feb. 14 is both Valentine's Day and Ash Wednesday. We always ask for continued blessings on our families and those we love.

As we welcome the season of Lent, we ask for guidance and support for 40 days of prayer, because there are so many needs: peace, new and better ways to combat illness, and of course the ongoing needs of St. Ann's.

Feb. 19 is President's Day, and our country always needs prayers for leaders, solutions, and for its future.

The Sisters sincerely hope that you celebrate the month of February with joy, gratitude, and love.



We collectively pray that it will be a month of Love: love of God, family, neighbor, and self.

**ForEver  
Bringing  
Requests,  
Urgently  
Asking,  
Respectfully  
Yielding**

With Blessings & Prayers,  
The Carmelite Sisters



## OUR RESIDENTS

# February BIRTHDAYS

THERESA P.  
February 5

LOUISE D.  
February 11

LORI P.  
February 8

WILLIAM M.  
February 17

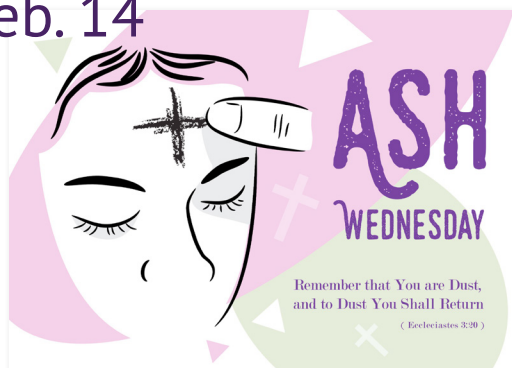
GLORIA C.  
February 9

*A Tuesday, Wednesday & Thursday  
to remember -*  
**Three significant moments  
this month:**



Feb. 13

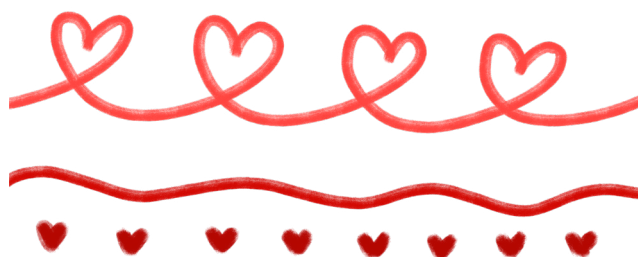
Feb. 14



## JOACHIM'S PLACE CALENDAR HIGHLIGHTS

DATE	TIME	EVENT
Feb. 5	2 p.m.	Name That Tune! (MHDR)
Feb. 7	2 p.m.	Crafty Corner: Valentine's Cards (NDR)
Feb. 14	2 p.m.	G R Adventist Students Visit (HFC)
Feb. 15	2 p.m.	Valentine's Party (HFC)
Feb. 21	2 p.m.	Feb. Birthday Party (HFC)
Feb. 26	2 p.m.	Violin / Piano Duet
Feb. 28	2 p.m.	General Store
Saturday & Sunday	3:30 p.m.	Rosary
Tuesday & Thursday	2 p.m.	Bingo
Live and televised events are subject to change.		

Feb. 15



Resident Valentine's Party

**\*\* Ask your Life Enrichment Team member about the plans for each of these special days!**

## MARY'S HAVEN CALENDAR HIGHLIGHTS

DATE	TIME	EVENT
Feb. 2	11 a.m.	Groudhog Day Fun Facts (HFC)
Feb. 8	1:30 p.m.	Chinese New Year (HFC)
Feb. 13	1:30 p.m.	Mardi Gras (HFC)
Feb. 14		Happy Valentine's Day!
Feb. 14	9:30 a.m.	G R Adventist Students Visit (HFC)
Feb. 15	2 p.m.	Valentine's Party (HFC)
Tuesdays	6 p.m.	Grand Ladies Club
Thursdays	6 p.m.	Sisters' Scripture Sharing / Movie (Holy Family Center)
Fridays	4 p.m.	Holy Rosary - Chapel
Live and televised events are subject to change.		

## OUR COMMUNITY

### Medical Record Access

St. Ann's is announcing a link to real-time records access. Thanks to a partnership between St. Ann's and Connected Care Center it is possible - with permission - for a family member(s) to check a resident medical record. **Keys for you to remember are:**

- The resident must grant permission.
- All users must have a valid personal email and a cell phone
- You must complete a paper request form, available from the Receptionist from 8 a.m. - 4 p.m. Monday - Friday. (Electronic copies do not exist and the form is unavailable on weekends.)

#### To request access:

- Pick up a request form, fully complete it, and return it to the Receptionist.
- St. Ann's will ask the resident if he/she is willing to grant access.
- After these steps are complete, you will receive an email with instructions.

## Let February Be About YOUR Heart

February is a celebration of heart health - for everyone. Research suggests three things that can be particularly healthy for our hearts. Give them a try:

**Gratitude.** No matter what the situation, most of us have something to be grateful for. Making a list and conjuring the feeling of gratitude about what you can appreciate about your life every day appears to have a real effect on the smoothness and rhythm of the heartbeat. Spend a few minutes a day to remind yourself of what you have to be grate-

ful for, and that can lead to a healthy heart.

**Laughter.** Watch comedies on tv, read the comic strip in the paper, and hang out with fun people who have a good sense of humor. Play Bingo, do a craft, or stretch.

**Movement.** A simple regular walking routine is also an easy and accessible option for many. Our halls - full of windows and light - provide great options. Ask your doctor or our staff for walking suggestions that are right for you.



St. Ann's

2161 LEONARD ST. NW  
GRAND RAPIDS, MI  
616.453.7715  
stannshome.com



## SPIRITUAL SUPPORT

### Televised Mass & Liturgies:

St. Ann's residents may tune into WXMI TV 17 at 10 a.m. for Mass televised from the Cathedral of St. Andrew.

Mass may also be watched anytime on the Cathedral website.

Residents will find a full slate of Catholic programming on the EWTN network. Ask a staff member if you need any help.

## ST. ANN'S MISSION

Our mission is to provide a loving and spiritual community for older adults to live lives of caring and wholeness inspired by our Carmelite foundation of fraternity, service and prayer.

## ST. ANN'S OMBUDSMAN

Adult Well-Being Services  
1695 Service Rd. NE Suite 106  
Grand Rapids, MI 49503  
616-245-9451 or 1-800-782-2918

Public information is located on Joachim's Place North Bulletin Board, in the common area across from the bird display, and in the Front Lobby.

## LENT 2024

Lent is the liturgical season of "preparation for the celebration of Easter." Lent begins February 14 (Ash Wednesday) and ends on March 28 (Holy Thursday), as the Mass of the Lord's Supper begins. Easter is March 31.

"With the imposition of ashes we renew our commitment to following Jesus, to letting ourselves be transformed by his Paschal Mystery, to overcoming evil and to doing good, in order to make our former self, linked to sin die and to give birth to our 'new nature,' transformed by God's grace."

*Pope Benedict XVI*



"Lent is a season of intense prayer, fasting, and concern for those in need. It offers all Christians an opportunity to prepare for Easter by serious discernment about their lives, with particular attention to the word of God which enlightens the daily journey of all who believe."

*- St. John Paul II*