



CONNECTIONS

MOUNT OLIVET DAY SERVICES

FEBRUARY 2025



Happy Valentine's month MODS family! We are so grateful to have such a wonderful, loving community that we get to be a part of every day. Thank you!

Please note we will be **closed on Monday, February 17th, in observation of President's Day.** As always, feel free to reach out with ideas, concerns, or just to say hello!

smatthews@mtolivetdayservices.org or 612-861-3305

~ Steph

Hello families,

Honor Black History: February is Black History Month, a time to celebrate Black Americans and learn more about their accomplishments. From historical abolitionists Frederick Douglass, Sojourner Truth, and Harriet Tubman to modern greats Langston Hughes, Oprah Winfrey, and Jean-Michel Basquiat, take time to read a biography of some of the great Black Americans who have made our country great.



As we completed the first month of 2025, I want to take a moment to say thank you for being a part of our growing family at MODS. Our mission for delivering meaningful experiences and your passion for engaging in new activities is amazing. I hope you are enjoying the added benefits of morning stretches and prayers to our program. Last month we celebrated Martin Luther King Day by reflecting on his famous "I Have a Dream Speech". We discussed our dreams, and the common goal is to get along with each other and for having Peace on earth. We also discussed Benjamin Franklin's interventions and was amazed to learn about all his interventions. We had a DISCO party and reminiscence about the Disco era.

We have a calendar full of activities to help celebrate Black History and the month of Love.

Please check our calendar for special day's events and come prepared to actively participate.



Here's to a healthy month of February!

~ Allison



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February Entertainment:

- Tuesday, February 4 **Music with Russell S**
Singing & Instruments
- Friday, February 7 **Music with Charlie W**
Singing & Piano
- Thursday, February 13 **Music with Jo B**
Singing & Guitar
- Monday, February 17 **Music with Scott B**
Singing & Guitar
- Friday, February 21 **Music with Bobby & Christine**
Singing & Various Instruments
- Monday, February 24 **Music with Colleen H**
Singing & Guitar
- Thursday, February 27 **Music with Carol M**
Piano



MODS participants enjoying the harp and violin



February Birthdays:



- 13 / Annie M
- 13 / Jeanne D
- 22 / Ann P
- 27 / Jeri W

*Happiest Birthdays to you all!
Cheers to many more trips
around the sun.*



February Anniversaries:



- 10 / David H, 3 years
- 12 / Lios C, 1 year
- 22 / Tom C, 3 years

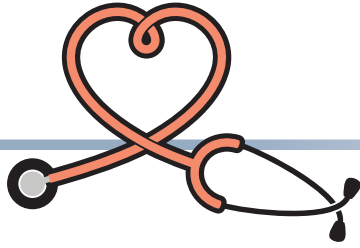
*Thank you for sharing your
talents and smiles with us.*





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Health Talk with Nurse DeDe

It was so nice to see everyone today and the beginning of a New Year! Everyone seemed to enjoy the chair exercises we did today. We discussed how exercise can build and maintain muscle strength, strengthen bones, increase energy, reduce falls etc. Let us know if you need any handouts for chair exercises.

We enjoyed the chair exercises, so we will continue it next month. It seems in the winter; we don't get enough exercise. We will also discuss Osteoporosis next month. In these winter months, please don't forget to drink plenty of water and use lotion to reduce dry skin. See you February 19th for our next talk.

~ De-De

What is Love?



"Love is something special"

~ Tom C

"Love is unconditional trust"

~ Tim J

"Love is my brothers and sisters"

~ Michael B

"Love is the living word of God"

~ Peter J

"Love is everything"

~ Annie M

"Love is good"

~ Marie B

"Love is loving one another God's love"

~ Tou H

"Love is winning"

~ James M

"Love is passion and caring"

~ Barbara H

"Love is my husband"

~ Ann P

"Love is happiness"

~ Liza G

"Love is my wife"

~ Danal A

"Love is football"

~ Terry M

*"Love is when you actually care about people
and doing the right thing"*

~ Cheri G

"Love is exceptional friendship"

~ Linda S

