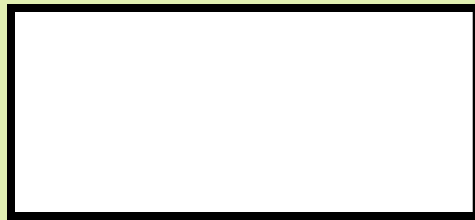




801 South Benton  
Searcy, AR 72143

www.hardingplaceretirement.com

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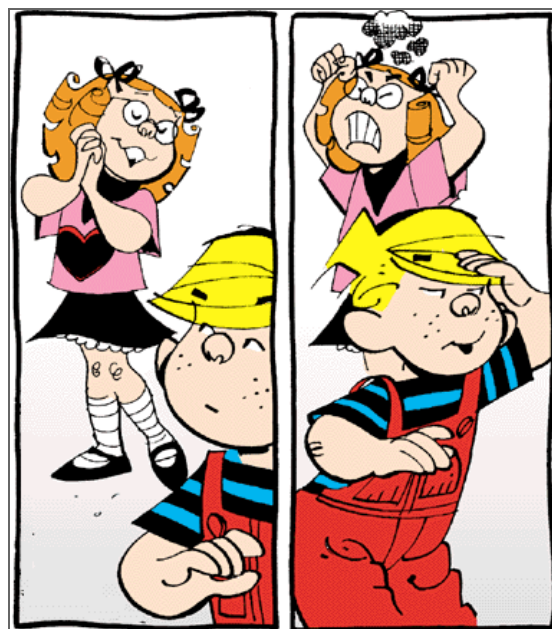
February Funnies

MCHUMOR.com by T. McCracken



"I don't suppose you're just writing me a Valentine?"

©T. McCracken mchumor.com



"I THINK I COULD HAVE A VALENTINE'S DAY HUG?" "SURE...IF WE CAN FIND SOMEONE WHO'S WILLING."



HARDING PLACE

# Harding Place Notes

"An Active Lifestyle in a Christian Atmosphere"

February, 2012

- Executive Director**  
Randy Reynolds
- Business Director**  
Charlene McClung
- Marketing Director**  
Terri Riley
- Activities Director**  
Sandy Reynolds
- Maintenance Director**  
Clent Butler
- Housekeeping Director/  
Office Coordinator**  
Alice Smith
- Dining Room Manager**  
Shalanda Poe
- Housekeepers**  
Donna Shaver  
Pam Fleming  
Teresa Williams  
Sarah Turnbull
- Front Desk Attendants**  
Joan Duncan  
Mary Frye  
Carolyn Arellano  
Melinda Lyons  
Melinda Johnson  
Kisa Hoots
- Bus Driver**  
Jerry Calender



**HAPPY VALENTINE'S DAY!**

**TUESDAY, FEBRUARY 14**

Harding Place residents will be treated to a salad supper served by the staff - followed by sweets and a serenade.

Dinner will be served from 4:30 - 5:30 p.m. in the Carr Dining Room

We hope you can be there but if not, please make arrangements in the office for your meal

Welcome New Residents

Linda Gipson  
Maxine Morris

Michaelann Jackson  
Nicole Framel





## Great News for Harding Place Residents

### Lifetime Rent Freeze

There will be no more annual rent increases at Harding Place



Lloyd Crocket and Al Crawford enjoy coffee and fresh donuts on a recent trip to Shipley's Donuts.



### Wal-Mart Time!

Jerry Calendar, Gary Kosht, Dot Beck, and Betty Owens board the bus for a Friday shopping trip

January birthdays were celebrated with cake and punch. It was a great party for all!

Pictured are Lois Lawson, Kathryn Meadows, Maurice Lawson, Becha Nalley, Anita Elliott, Bennie Clark and Marie Yingling



## Exercise Your Brain!

2	6		5	4		7	3
	4					2	
		8				5	
		9	7		5	3	
3	2						9 5
		4	9		1	2	
		6				8	
	1						3
5	9		4	8		6	2



## February Highlights

- 2/1 - Resident's Meeting
- 2/2 - ASI speaker - Dr. Victor Hanson
- 2/6 - Molly, the therapy dog, in lobby
- 2/7 - Play Farkle
- 2/8 - Amedysis bingo
- 2/10 - Harding Academy Preschoolers
- 2/11 - Valentine Bingo
- 2/13 - Harding Academy Preschoolers
- 2/14 - Valentine Salads & Sweets Supper
- 2/15 - Big Screen Movie - Courageous
- 2/17 - Harding Speech Students
- 2/18 - McCain Mall Shopping
- 2/19 - Heritage Lunch
- 2/21 - Abundant Living Meeting
- 2/22 - February Birthday Party
- 2/24 - Special Prayer
- 2/28 - Coffee, Cards & Conversation

## Shalanda's Nutrition News

February is Healthy Heart Month. If you are concerned about heart disease, one of the most important things you can do is to start eating a heart-healthy diet. Changing your diet can help stop or even reverse heart disease.

At first, it may seem like there is a lot to learn. Over time, the small changes you make can add up to a big difference in your heart health.

Things to consider when eating heart healthy:

- Eat more fruits, vegetables, whole grains, and other high-fiber foods
- Choose foods that are low in saturated fat, trans fat, and cholesterol
- Limit salt (try other seasonings at the table instead of salt)
- Stay at a healthy weight by balancing the calories you eat with your physical activity
- Limit drinks and foods with added sugar.