

Care Connection News

February 2026 Issue

Vision: The people we serve will live with maximum independence, respect and dignity.

Mission: Care Connection provides opportunities to create positive aging experiences.

FEBRUARY
2026

2/1/26

Warrensburg - Alley Cats

Join us for bowling at Alley Cats from 2 - 4 p.m. Ticket includes 2 hours of bowling, shoe rental, popcorn and lemonade. Tickets available at the Warrensburg Senior Center.



2/6/26

Holden - Sweetheart Boxes

Last day to order Sweetheart boxes for delivery or pickup on February 13th.



2/9/26

Warsaw - Bingo Night

Join us for bingo from 5 - 7 p.m.



Who's Who!



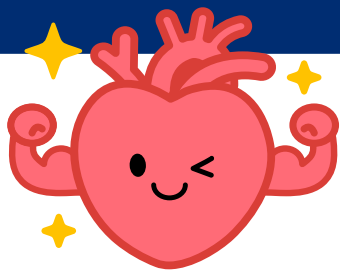
This month's Who's Who is Julia McCown! Julia is a Care Manager. She has worked for Care Connection for 7 months.

With a background in Criminal Justice, she has always been drawn to understanding people, their stories, their challenges, and the factors that shape their lives. "Over time, I discovered that my true passion lies in working directly with individuals, especially older adults, a population that deserves dignity, advocacy, and compassionate support," said Julia.

So what do Care Managers do?

Care Managers connect older adults with a plethora of services, including healthcare, home and community-based services, food programs, benefits assistance, in-home care, and safety resources, to ensure their well-being and independence.

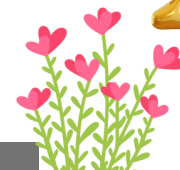
Additionally, they help people navigate Medicare and Medicaid to make sure people and their families understand their options. For more information about Care Manager assistance, please call 660-747-3107 ext. 299.



February is American Heart Month

FEBRUARY

2026



Heart disease is the leading cause of death for both men and women in the United States. Most middle-aged and young adults have one or more risk factors for heart disease, such as diabetes, high blood pressure, high cholesterol, or being a smoker or overweight. Having multiple risk factors increases your risk for heart disease.

Did you know that people who have close relationships at home, work, or in their community tend to be healthier and live longer? One reason, according to the National Heart, Lung, and Blood Institute (NHLBI), is that we're more successful at meeting our health goals when we work on them with others. Feeling connected with others and having positive, close relationships benefit our overall health, including our blood pressure and weight. Having people in our lives who motivate and care for us helps, as do feelings of closeness and companionship.

Follow these heart-healthy lifestyle tips to protect your heart. It will be easier and more successful if you work on them with others, including by texting or phone calls if needed.

- Be more physically active.
- Maintain a healthy weight.
- Eat a nutritious diet.
- Quit smoking.
- Reduce stress.
- Get 7-9 hours of quality sleep.

2/9/26

Margaret Gray - Cream Puffs

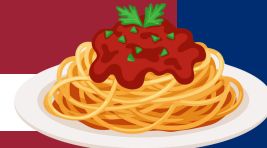
Cream Puffs and Cinnamon Rolls available for Valentine's orders. \$10 per unit. All orders must be placed by 2/9 for pickup at center on 2/13 from 1 a.m. - 2 p.m.



2/13/26

Nevada - Valentine's Dance

Join us for a spaghetti dinner and dance starting at 5:30 p.m. Tickets are 1 for \$20 or 2 for \$35.

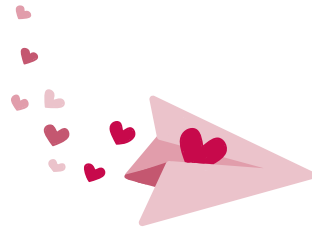


2/13/26

El Dorado - Valentine's Basket Raffle Drawing

Buy your tickets at the center now. 1 for \$1 or 6 for \$5.

RAFFLE

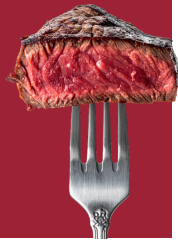


FEBRUARY 2026

2/14/26

Korth - Prime Rib Dinner

Join us at the Stockton United Methodist Church at 4 p.m. for a prime rib dinner. Tickets are \$25 each.



2/25/26

Sedalia - President's Day Meatloaf

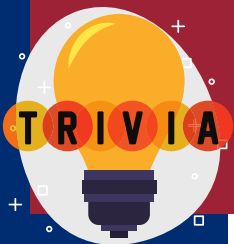
Join us for a President's Day celebration and meatloaf dinner from 5 - 7 p.m.



2/16/26

Wheatland - Valentine's Dinner & Trivia

Join us for a Valentine's Dinner and trivia at 5 p.m.



2/28/26

Wheatland - Loaded Potato & Bingo

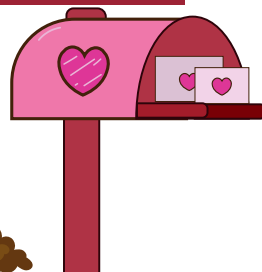
Join us for bingo and loaded baked potatoes from 5 - 7 p.m.



2/28/26

Clinton - Snow Ball

Join us for dinner at 5:30 p.m. and dance to follow at 7 p.m.



We Want to See Your Best Red Outfit on National Wear Red Day!

The first Friday in February is National Wear Red Day! The Day was established by the American Heart Association to bring greater awareness to the prevention of heart disease, a leading cause of death for Americans.

We invite you to stop by the center in your best red outfit to raise awareness with us and enjoy a red themed, heart-healthy meal!



Care Connection
for Aging Services

FEBRUARY 2026



BIRTHDAYS



Margie Hetherington - Warsaw Coordinator - 02/05

Phyllis Domrose - Korth Cook - 02/07

Jodi Lynn Carlson - Vernon County HDM Driver - 02/16

Alyssa Manley - Vernon County Custodian - 02/24

Kathy Anne Wilson - Clinton Coordinator - 02/25

Merle Huber - McCarty Cook - 02/26

Happy Valentine's Day



HAPPY BIRTHDAY

