



Newsletter

February, 2022

11777 West Drive, Desert Hot Springs, CA 92240

(760) 329-0222



of Desert Hot Springs

Open Monday-Friday

8:00 am to 4 pm

Cheryl Hunter

Director

Jessica Martinez

Resource Coordinator

Marta Godoy

Receptionist

Talent Show!

Our Talent Show will be held on February 24th. If you would like to share your talent, please be sure to register by February 1st.

Check the sign up table for registration forms and information. This will be a fun show for everyone! We hope to see you there, whether on stage or in the audience. There will be yummy treats and drinks for all in attendance.

"To love and be loved is to feel the sun from both sides."

—David Viscott

From the Director's Desk

The month of love means so many different things to each of us. For some it is about the feelings between lovers, for others parent/child or siblings. Perhaps the most important love is for one's self. Love of self is not about vanity or self importance, it is about appreciating the one who you will always be with. If you do not love yourself, then it is difficult to truly give love to others.

Our love for one another as fellow humans is a close second to self love. This love is the kind that we express through empathy. Feeling or understanding the pain and joy of another human is one of the most loving things we can do because it develops a respect for one another.

Feel and give love this month

Valentine's Day Sweet Exchange

Please be sure to sign up for our February 14th event, "Valentine's Day Sweet Exchange." Participants are asked to bring a wrapped package of sweets (cookies, candy, cake, etc.) to exchange at the party. If you do not eat sugar, bring a sugar free version and check the box on the sign up form. We will have games, music and other treats during the party as well. Wear your dancing shoes!



History of Valentine Cards

According to History.com, Valentine Cards were introduced in the 18th century as hand written notes and tokens of affection exchanged between friends and lovers. With the improvement in printing processes leading to ready made cards, and postage becoming less expensive, the exchange of love notes gained in popularity.

Esther A. Howland became known as the “Mother of the Valentine” when she began to mass produce Valentine cards for the holiday. The handcrafted works of art were made using lace, ribbon and colorful pictures known as “scrap.”

Valentine’s Day is second only to Christmas in the number of cards sent for a holiday.

Citation Information:

History of Valentine’s Day, History.com editors,

<https://www.history.com/topics/valentines-day/history-of-valentines-day-2>

accessed 2022, January 6

Membership Updates

If you have changed your address, phone or an other vital information, please be sure to check in with Jessica or Marta at the front desk so they can update your file.

Be sure to renew your membership so you will continue receiving the mailing. You can find your expiration date on your membership card. If you need a new card, let us know and we will gladly make a new one for you.

Masks and Safety

Masks are required at our center. We realize that at times you are eating or taking a drink, but please remember to put your mask back up between sips. Our goal is to make sure that everyone feels safe. If you are not vaccinated, it is especially important that you comply with this mandate. We hope to stay open for all of our members, and we rely on you to do the right thing. In order to keep us open.

American Heart Month

February is American Heart Month. It is a month dedicated to bringing awareness about heart health.

National Wear Red Day is featured on February 4th. Let’s support this worthwhile campaign and make our Friday on the 4th a day to wear our red.

To find out more about American Heart Month, you may go to https://www.cdc.gov/heartdisease/american_heart_month.htm.

Happy Valentine’s Day!