



## Heart Health

February is Heart Health Month, a time to focus on caring for one of our most important organs—our heart. With heart disease being a leading health concern, this month encourages small, positive lifestyle choices like staying active, eating nourishing foods, managing stress, and getting regular checkups. February reminds us that showing love isn't just for others—it's also about taking steps every day to protect and strengthen our heart for a healthier future..

## Our February Birthdays

1 - Rick C.  
8 - Rosiland T.  
13 - Carolyn L.  
18 - Cheryl S.  
19 - Grace K.  
21 - Sylvia V.  
23 - Charlotte S.  
27 - Mary B.



## Employee Spotlight

Kim has been a dedicated housekeeper since 2024, bringing care and pride to everything she does. She truly loves to clean, but what means the most to her is the residents—she has a soft spot in her heart for each of them. Always accommodating and warm, Kim is known for her constant smile and the positive energy she brings every day.

# Independence Village of Madison Heights

## February Monthly Newsletter

### Independent Living



Executive Director  
Sheri Emery

Property Administrator  
Nicole Beseau

Community Specialist  
Jean Brace

Life Enrichment Director  
Kim Plumb

Maintenance & Housekeeping Lead  
Bryan Martin

Executive Chef  
Phil Hubert