

February 2026

# Western Prairie Human Services Senior Services Newsletter

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15 Central Ave. N., Elbow Lake | 218-685-8200 | [www.wphsmn.gov](http://www.wphsmn.gov)



## Coffee with a Cop & Back-Up Grant County Thursday February 19, 2pm

**AJ's Herman**

Banking Scams – Jeff Nachbor,  
Kensington Bank

## Wednesday March 4, 9:30am

**Elbow Lake Senior Center**

Senior Life Solutions, Terry  
Swenson

## Coffee with a Cop Pope County

Returning Spring 2026

## Coffee & Connections – Caregiver Support Groups

**Hoffman**, Senior Center  
100 3<sup>rd</sup> St S.

4<sup>th</sup> Tues of the Month 10am

**Glenwood**, Western Prairie  
Human Services

211 E Minnesota Ave  
2<sup>nd</sup> Thurs of the month 2pm  
4<sup>th</sup> Tues of the month 2pm

**Wheaton**, Wheaton Hospital,  
Board Room  
401 12<sup>th</sup> St N.

3<sup>rd</sup> Mon of the month 1:30pm  
(no meeting January or  
February due to Holidays)

## Virtual

2<sup>nd</sup> Tuesday of the Month  
5:30pm

For details of online meeting  
and other questions, call  
320-424-0018 or email

[senior.services@wphsmn.gov](mailto:senior.services@wphsmn.gov)

## When Winter Lingers: Taking Care Through February

Winter can feel especially long in February. Cold temperatures, fewer daylight hours, and cancelled plans can affect both physical health and emotional well-being. While some changes are a normal part of the season, paying attention to daily routines and staying engaged in small ways can help make this time of the year easier.

Heart health is often highlighted in February, and for good reason. Supporting your heart does not require major lifestyle changes. Small, consistent habits – such as gentle movement indoors, drinking enough fluids, taking medications as prescribed, and getting regular rest – can make a meaningful difference.

Staying socially engaged is also important during the winter months. Bad weather and shorter days can limit outings, but connection does not have to mean leaving home. Regular phone calls, written notes, brief visits when possible or attending local events (a senior center/meeting, church, school activity) can help reduce feelings of isolation. Feeling lonely from time to time is common, but ongoing isolation can affect both physical and emotional health.

February can also bring mixed emotions. For some, Valentine's Day highlights relationships and traditions; for others, it may bring reminders of loss or change. All of these reactions are normal. Taking time to acknowledge how you are feeling – rather than brushing it aside – can be important part of self-care.

### Additional Winter Reminders to Keep in Mind:

- Pay attention to changes in sleep, appetite, or energy levels
- Keeps walkways, entryways, and indoor spaces well-lit to reduce fall risk
- Review medications and refills, especially after the holidays
- Stay hydrated, even when you do not feel thirsty
- Reach out if something feels “off” – winter symptoms should not always be ignored.

If you notice ongoing fatigue, low mood, balance changes, or new physical symptoms, consider speaking with a healthcare provider. Winter does not have to be endured alone, and support is available through community resources, healthcare professionals and trusted people in your life.

## Supporting Health and Connection During Winter – For Them and You

February can be a challenging month for caregivers. Winter weather, limited outings, and ongoing responsibilities can increase stress for both caregivers and the people they support. This is also a time when subtle health and emotional changes may become more noticeable.

Heart health remains an important focus, especially for older adults managing chronic conditions. Caregivers can help by encouraging small, manageable routines—such as regular medication use, light movement, balanced meals, and adequate rest—without adding pressure or taking away independence. Support works best when it fits into everyday life.

Social isolation is another concern during the winter months. Even individuals who are usually independent may become more withdrawn. Caregivers can help by facilitating connection in simple ways: scheduling regular phone calls, helping with transportation when weather allows, or encouraging participation in familiar activities. It is important to remember that connection does not always require conversation—sometimes presence is enough.

February can also stir emotional responses related to loss, loneliness, or changing roles. These feelings may surface unexpectedly and are not always expressed directly. Listening without trying to fix the situation can be one of the most supportive things a caregiver can do.

Finally, caregivers should also pay attention to their own well-being. Ongoing stress, fatigue, or feeling overwhelmed are signals—not failures. Taking small breaks, seeking support, and staying connected to resources can help prevent burnout. Caring for yourself is not separate from caring for someone else; it is part of it.

★★★★★  
**HAPPY**  
PRESIDENTS' DAY

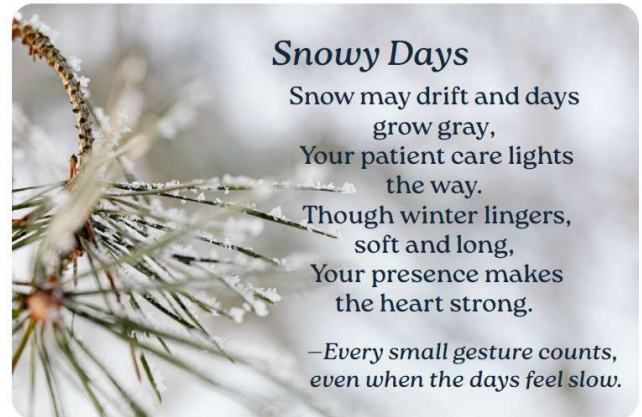
## When to Call Your Doctor

Contact your healthcare provider if you notice:

- Ongoing fatigue that does not improve with rest.
- Shortness in breath, chest discomfort, or dizziness.
- Changes in balance or recent falls.
- New or worsening pain, swelling, or weakness
- Changes in sleep, appetite, or mood that last more than a couple of weeks
- Confusion, memory changes, or feeling unusually forgetful

Even small changes can be important – trust your instincts. Early communication with your doctor can help prevent minor issues from becoming serious. Don't wait until a problem feels urgent; checking in is always the safer choice.

**Tip:** These signs are especially important to watch during the colder months when changes in activity, mood, or routine can be easier to overlook.



Happy  
Valentine's  
Day

## Safari Word Quilt

The following words are hidden in the Puzzle in oddly shaped patterns. Move from letter to letter vertically, horizontally, backward, or forward to spell the words. The patches of letters do not overlap, and all of the letters in the puzzle are used in a word. One of the words is already outlined for you.

- |         |       |         |
|---------|-------|---------|
| AFRICA  | HAT   | HYENA   |
| BABOON  | HIPPO | JEEP    |
| CAMERA  |       | LANTERN |
| CHEETAH |       | LION    |
| GAZELLE |       | RHINO   |
| GIRAFFE |       | TENT    |
| GORILLA |       | WARTHOG |
| GUIDE   |       | ZEBRA   |



R	I	C	A	O	N	E	M	A	C
F	A	Z	O	O	B	R	Y	E	G
R	B	E	P	B	A	A	H	N	O
A	H	I	P	J	E	E	P	A	R
T	I	N	O	C	H	E	E	T	I
A	H	R	T	E	R	N	H	A	L
H	L	A	N	E	N	H	O	G	L
E	T	E	F	F	O	T	W	G	A
N	T	D	A	G	I	R	A	A	Z
G	U	I	R	I	L	E	L	L	E

## National Bird Feeding Month

In 1994, Congressman John Porter established February as National Bird Feeding Month due to the harsh conditions endured during one of the coldest months of the year.

Bird watching and feeding have become a popular hobby. By providing basic shelter and seed, hobbyists watch from their windows or along trails. While it's a year-round hobby, watching during the depths of winter offers some of the most beautiful birding available. Not only do you see the birds against a white backdrop, but the variety of birds in winter climates will increase your interest.



- Be sure to feed regularly and place your feeder away from predators.
- Set binoculars near the window for best viewing.
- Obtain a bird book for identifying new species.
- Consider planting native plants to provide habitat for birds.

**DEMENTIA ESSENTIALS**  
Guidance & Support for Families  
Navigating Dementia



Ridgewood Villa  
Senior Living Apartments  
7 4th Ave. SE  
Glenwood, Mn 56334

March 25, 2026 1-4pm  
June 17, 2026 1-4pm  
Sept. 23, 2026 1-4pm  
Dec. 16, 2026 1-4pm

STEVENS COMMUNITY  
MEDICAL CENTER  
400 E. 1st St.  
Morris, MN 56267

Feb. 10, 2026 8-11am  
May 14, 2026 4-7pm  
Aug. 19, 2026 11-2pm  
Nov. 16, 2026 1-4pm



401 12th St. N.  
Wheaton, MN 56296

Jan. 21, 2026 1-4pm  
April 22, 2026 1-4pm  
July 22, 2026 1-4pm  
Oct. 21, 2026 1-4pm



1411 Highway 79 East  
Elbow Lake, MN, 56531

March 12, 2026 1-4 pm  
June 11, 2026 3-6pm  
Sept. 10, 2026 12-3 pm  
Dec. 10, 2026 9-12 pm

## BBB Warning: Weight Loss Scam Using Fake Celebrity Videos

The Better Business Bureau (BBB) is warning consumers about a weight loss scam using fake videos made with artificial intelligence (AI). These videos appear to show well-known celebrities and doctors promoting a product called **LipoMax**, often described as the “pink salt trick” on social media.

In just two months, BBB received over 170 complaints about this product from people across the country, including Minnesota.

Many consumers reported seeing videos that looked like Oprah Winfrey or doctors recommending LipoMax. These videos were not real. They were created using AI to trick people into trusting the product.

People who bought LipoMax reported:

- Spending hundreds of dollars
- Being charged unexpectedly or repeatedly
- Poor product quality or no results
- Being pressured to buy more supplements by someone claiming to be a “health coach”
- Difficulty reaching customer service or returning the product

One consumer said they believed the ad because it looked like Oprah personally supported it. After purchasing, they continued receiving emails asking for more money.

BBB investigated and found that while the company is registered in Wyoming, returns were sent to Florida addresses. Complaints also mentioned improper billing and ongoing sales pressure.

The company behind LipoMax told BBB that it does not approve or create the fake videos and says outside marketers may be responsible. However, BBB urges consumers to stay cautious.

## February Funnies

“What did one plate say to the other on Valentine’s Day?”

– *Tonight, dinners on me!*

“What did one cat say to the other cat on Valentines Day?”

– *You’re purrfect!*

“Where do you find love in a grocery store?”

– *Aisle B...there for you!*

“What did one sheep say to the other sheep on February 14?”

– *I love you baaaaaaack!*

“We do we never tell jokes about pizza?”

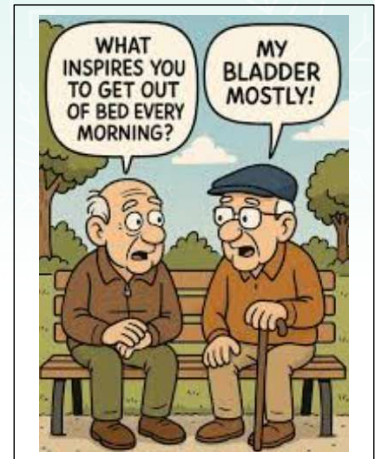
– *They’re too cheesy!*

“What do you call a Fuddy-duddy born in February?”

– *An asquareius!*

“What do you call a belt with a watch attached to it?”

– *A waist of time!*



## How to Protect Yourself

- Be careful with weight loss ads on social media
- Don’t trust celebrity or doctor endorsements without checking first
- Research the company before buying
- Watch out for subscriptions or pressure to buy more products

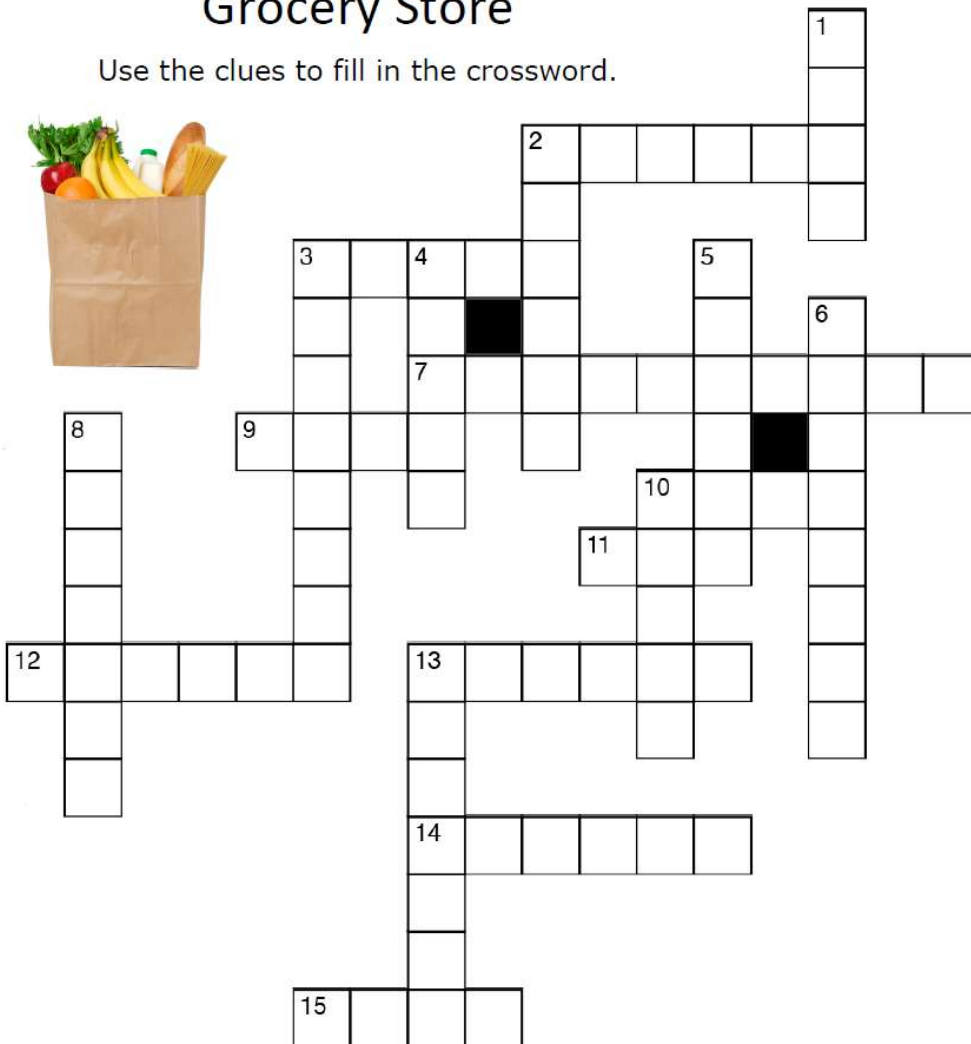
## Report Scams

- Report misleading ads or scams to BBB Scam Tracker
- Call the FTC at 877-FTC-HELP
- Report online scams to the FBI’s Internet Crime Complaint Center

**If an offer sounds too good to be true, it probably is.**

# Grocery Store

Use the clues to fill in the crossword.



## Across

2. Money-saving clipping
3. Grocery bag choice
7. Writing Materials
9. Grocery vehicle
10. Lunch section
11. Commun tuna container
12. Supermarket walkways
13. Bread section
14. Sometimes sold decaffeinated
15. Sausage meat

## Down

1. Something you wait in
2. Cheerios or Grape-Nuts
3. Spuds
4. Shells and noodles
5. Birds Eye peas and TV dinners
6. Cash holder; till
8. Spill catchers
10. Milk Section
13. Person who cuts meat

## Tips to Reduce the Risk of Seasonal Flu

The best way to protect yourself from the flu is to get a flu shot every year. You can also lower your risk by practicing good hygiene and staying away from germs.

### If You Are Sick

- Stay home when you don't feel well. You can return to normal activities after:
  - o Your symptoms are improving, and
  - o You have been fever-free for 24 hours without medicine.
- Keep your distance from others to avoid spreading germs.

### Everyday Prevention Tips

- **Cover your mouth and nose** when coughing or sneezing.

- **Wash your hands often** with soap and water or use hand sanitizer.
- **Avoid touching your eyes, nose, and mouth**, as germs spread easily this way.
- **Wear a mask** if you are sick or around people who are ill.
- **Clean frequently touched surfaces** like doorknobs, counters, and handrails.
- **Improve air flow** by opening windows, using air purifiers, or spending time outdoors.

### Keep Your Body Strong

- Get enough sleep
- Stay physically active
- Drink plenty of fluids
- Eat healthy foods
- Manage stress

Small steps can make a big difference in staying healthy during flu season.



# Enjoy a Few Extra Fun February Puzzles!



## Dot-to-dot #1

Connect the numbered dots 1-121.



# Dot-to-dot #2

Connect the numbered dots 1-151.



## Winter Olympics Trivia (Questions Only)

1. What country hosted the first Winter Olympics, in 1924?  
Answer: \_\_\_\_\_
2. American gold medalists in what sport include Kristi Yamaguchi and Peggy Fleming?  
Answer: \_\_\_\_\_
3. The 1988 bobsled team from what nation captivated global audiences and inspired the film *Cool Runnings*?  
Answer: \_\_\_\_\_
4. In what country is Cortina d'Ampezzo, the site of the 1956 games?  
Answer: \_\_\_\_\_
5. Which of these nations has *not* hosted an Olympic Winter Games: Norway, Sweden, or China?  
Answer: \_\_\_\_\_
6. What was the first Olympic sport open to women?  
Answer: \_\_\_\_\_
7. What type of weather presented difficulties during the second Winter Olympics, held in 1928 in St. Moritz, Switzerland?  
Answer: \_\_\_\_\_
8. The movie *Miracle* covers a 1980 Olympic story in which sport?  
Answer: \_\_\_\_\_
9. What sport is Olympic great Shaun White known for competing in?  
Answer: \_\_\_\_\_
10. Which figure skater of the 1970s was known as "America's Sweetheart" and inspired a pixie haircut craze?  
Answer: \_\_\_\_\_
11. What two women were involved in one of figure skating's biggest scandals, when one was attacked by the husband of her rival?  
Answer: \_\_\_\_\_
12. What winter Olympic sport includes events like downhill, slalom, and super-G?  
Answer: \_\_\_\_\_
13. During 2018's Pyeongchang games, which two usually separated nations marched together and even played a unified women's hockey game?  
Answer: \_\_\_\_\_
14. Which Winter Olympic sport involves teams of two or four people navigating a steeply twisting course in a gravity-powered sled?  
Answer: \_\_\_\_\_



1924 Winter Olympics

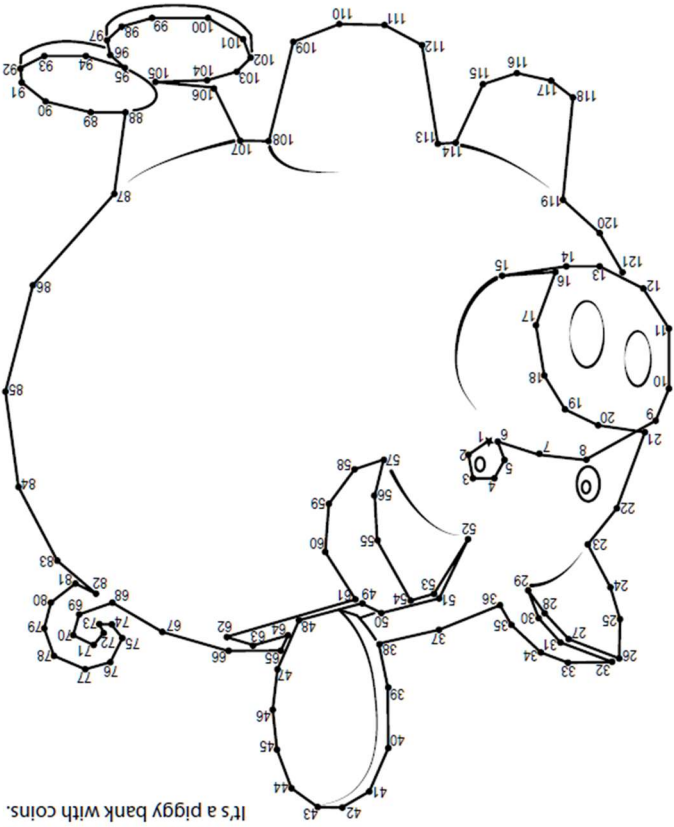


Kristi Yamaguchi

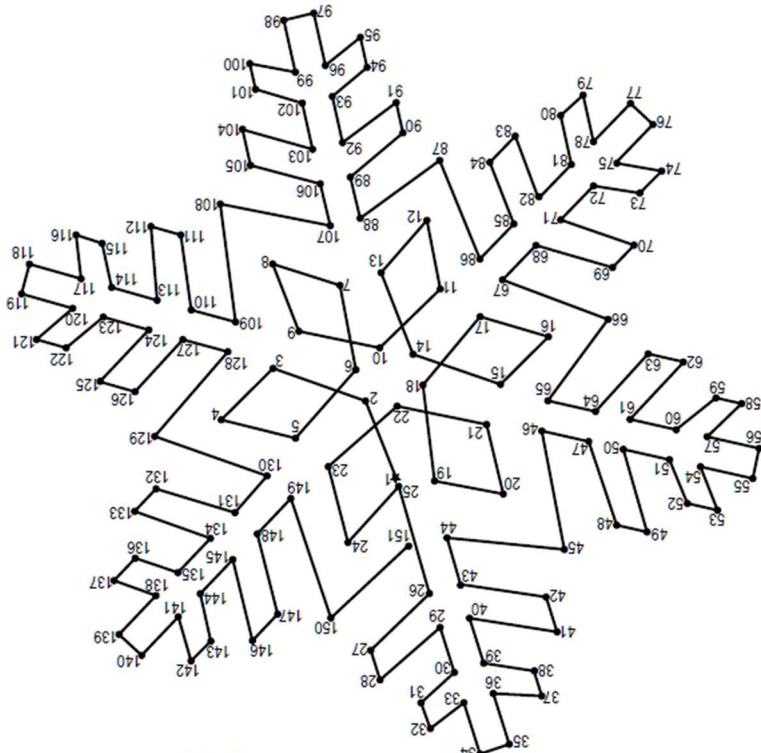


A 2015 biopic tells the tale of Eddie Edwards, a British ski jumper known better by what nickname?

## Dot-to-dot #1



## Dot-to-dot #2



1. What country hosted the first Winter Olympics, in 1924?

**Answer:** France. The Chamoniix events featured 260 athletes from 16 countries.

2. American gold medalists in what sport include Kristi Yamaguchi and Peggy Fleming?

**Answer:** Figure skating. The United States has won 16 gold medals and 54 medals total in the sport.

3. The 1988 bobsled team from what nation captivated global audiences and inspired the film *Cool Runnings*?

**Answer:** Jamaica. Their two-man team finished 30th, and their four-man team crashed and did not finish, but collectively they won the world's hearts.

4. In what country is Cortina d'Ampezzo, the site of the 1956 games?

**Answer:** Italy. The town will host the Games once again in 2026. Which of these nations has *not* hosted an Olympic Winter Games: Norway, Sweden, or China?

**Answer:** Sweden. Norway hosted the 1952 and 1994 Games, while China played host in 2022.

6. What was the first Olympic sport open to women?

**Answer:** Figure skating. The second was Alpine skiing, which opened to women in 1936.

7. What type of weather presented difficulties during the second Winter Olympics, held in 1928 in St. Moritz, Switzerland?

**Answer:** Warm weather. Temperatures reached 75°F, causing many events to be rescheduled and one canceled.

8. The movie *Miracle* covers a 1980 Olympic story in which sport?

**Answer:** Ice hockey. The 2004 flick tells the story of coach Herb Brooks' miraculous win over the strong Soviet team.

9. What sport is Olympic great Shaun White known for competing in?

**Answer:** Snowboarding. With his trademark red hair, he became known as the Olympics' "Flying Tomato."

10. Which figure skater of the 1970s was known as "America's Sweetheart" and inspired a pixie haircut craze?

**Answer:** Dorothy Hamill. Her trademark skating move was a spin called the Hamill Camel.

11. What two women were involved in one of figure skating's biggest scandals, when one was attacked by the husband of her rival?

**Answer:** Tonya Harding and Nancy Kerrigan. Kerrigan recovered from her injury and won silver, while Harding was banned from the sport.

12. What winter Olympic sport includes events like downhill, slalom, and super-G?

**Answer:** Skiing. One famous Olympic skier is Austrian Hermann Maier, who bounced back from a 1998 ski crash to win two gold medals just a few days later.

13. During 2018's Pyeongchang games, which two usually separated nations marched together and even played a unified women's hockey game?

**Answer:** North and South Korea. The nations flew flags depicting a unified Korea during the Games.

14. Which Winter Olympic sport involves teams of two or four people navigating a steeply twisting course in a gravity-powered sled?

**Answer:** Bobsled. It was in this sport that Vonneta Flowers became the first Black athlete to win Winter Olympic gold.

A 2015 biopic tells the tale of Eddie Edwards, a British ski jumper known better by what nickname?

**Answer:** Eddie the Eagle. He is remembered as a lovable underdog whose 1988 Olympic run won the hearts of many.