

The SJOG NEWSPAPER



FEBRUARY ISSUE | Published by Vita Froio - *Work Warrior of the month*

MEET THE PUBLISHER



Hi! My name is Vita Froio and I am this month's Work Warrior. I've worked here since 2015. I love working at St. John of God Community Services! At work you will find me working hard on all of our projects and hanging out with my friends. When I'm not working at SJOGCS I love to go to Target and watch TV. My favorite place to go is DISNEY!!

VALENTINE'S WITH VITA

Did you know?

- The first valentine was sent in the 15 century.
- Americans send 145 million Valentine's Day cards each year.
- People spend millions of dollars on gifts for their pets.
- The first heart-shaped box of chocolates was introduced in 1861.

COVID-19 UPDATE

Don't forget to follow us on social media and visit our website www.sjogcs.org for the latest updates regarding Covid-19.

Visit the link below to view the CDC website so that you can stay up-to-date with the latest guidelines and restrictions. As always, if you are not feeling well, we encourage you to stay home and seek the advice of your Healthcare Provider.

www.cdc.gov/coronavirus

FEBRUARY EVENTS

- Groundhog Day (2/2)
- Valentine's Day (2/14)
- President's Day (2/15)
- First Day of Lent (2/17)



FEBRUARY FACTS

February is American Heart Month. Throughout the month lets try to be more conscious of doing something that helps and nourishes our hearts.

7 Days of **Self-Care**

#MindfulMonday Know your blood pressure numbers and other heart stats	#TastyTuesday Try a tasty, heart-healthy recipe	#SelfcareSunday Create your self-care checklist for the week
#WellnessWednesday Put your heart into your wellness routine	#FollowFriday Share who inspires you to show your heart more love	#SelfieSaturday Post about your favorite way to take care of your heart
#TreatYourselfThursday Treat your heart to some relaxation and fun	#OurHearts	

Don't forget to wear **red, pink** and or **purple** every Friday during the month of February.



ANGULO AWARD

We are happy to announce that the Angulo Award goes to *Jason Bintliff*. Congratulations Jason on a job well done. Thank you for being an example of Hospitality! If you see Jason make sure to say

CONGRATS!

