



*Compassion is the  
Heart of Our Care*

## NEWS FOR FEBRUARY 2026

### National Wear Red Day is February 6th

It's time to **RED-y**, set... GO! Break out your **reddest reds**—shirts, socks, hats, scarves, slippers, or anything that screams **RED ALERT!**

The brighter and bolder, the better! Let's turn the building into a sea of red while we celebrate Heart Health Month.



Bonus smiles if you join morning exercise and get those hearts thumping! Warning: Excessive fun, laughter, and compliments may occur!

Get ready to snack around the world! We're launching a monthly **SnackCrate Taste-Test Adventure!**



Each month, we'll crack open a surprise box packed with snacks from a different country, learn fun and interesting facts about where they come from, and then taste our way through the goodies together. New flavors, new cultures, and lots of yummy fun—don't miss it!

February is American Heart Month and is a great time to focus on taking care of our hearts. Throughout the month we'll be sharing simple tips and fun activities that support heart health—like staying active, making healthy food choices, and managing stress. **Join us for our morning exercise classes** to get moving, boost your energy, and support a healthy heart. Small changes can make a big difference—let's show our hearts some extra love this month!



In late 1963, President Lyndon B. Johnson declared February "American Heart Month" in response to a rise in cases of cardiovascular disease. While heart disease has remained the leading cause of death in the US, improved awareness of the importance of healthy lifestyle choices has led to a significant reduction in deaths from cardiovascular disease.

### National Heart Month Reminder: Making Your Wishes Known

During National Heart Month, we want to remind you how important it is to document your wishes for medical care in an emergency.

A POLST form (Physician Orders for Life-Sustaining Treatment) is a one-page medical form. It tells doctors, nurses, and emergency responders what kind of care you want—or do not want—during a serious medical emergency. This gives you control over your care and helps make sure your wishes are followed.

A POLST form is different from an Advance Directive. It is optional, but strongly recommended, and allows you to choose:

- Whether you want CPR if your heart stops
- How much medical treatment you want, from comfort-focused care to full treatment

A doctor, nurse practitioner, physician assistant, or naturopathic doctor must review and sign the form for it to be valid. If you do not have a POLST form, emergency responders will provide CPR and full treatment by default.

Once completed and signed, your POLST form is placed in a secure medical registry that health care professionals can access. You can change your POLST at any time by talking with your primary care provider.

To help emergency staff find your POLST quickly, we will place a copy inside the cabinet above your refrigerator.

- If you do not have a POLST on file, a note will be placed there instead.
- If you complete a new POLST at any time, please tell the front desk so we can update your records.

If you have questions or need help, please talk with your health care provider or touch base with Melissa or Crystal.

## New to Our Library!

Our bookshelves have been busy and are excited to show off their newest arrivals!

Saddle up with classic adventures from **Louis L'Amour**:

- *Hondo*
- *Last of the Breed*
- *The Walking Drum*
- *The Key Lock Man*

Looking for something thoughtful, heartfelt, or downright beautiful? We've also added wonderful reads by **Elizabeth Strout**, including:

- *Olive Kitteridge* (Pulitzer Prize Winner)
- *Olive, Again*
- *Raising Hare: A Memoir*
- *Delights and Shadows* (Poetry)
- *Kindest Regards* (Poetry)



Whether you're craving a Wild West adventure, a cozy character-driven story, or a little poetry to brighten your day, there's a book waiting just for you. Swing by the library, pick a favorite, and let the pages do the rest!

From March through September, we're heading out on one **all-day adventure each month!** These excursions give us a chance to explore some amazing local-ish parts of Oregon—maybe even places you've never been before.

Here's where we're going:

**March:** Spirit Mountain Casino – Grand Ronde

**April:** Sightseeing & lunch in beautiful Florence

**May:** Stroll through the Oregon Garden – Silverton

**June:** Picnic at Silver Creek Falls – Silverton

**July:** Beach & lunch in Lincoln City

**August:** Wildlife Safari – Winston

**September:** Oregon Coast Aquarium – Newport

Before each trip, CCP will let residents know whether lunch will be a picnic at the destination or dining out at a restaurant.

Pack your sense of adventure—we can't wait to explore Oregon with you!



## Won't You Be My Valentine!

Remember the fun of exchanging Valentine's Day cards? We do, too!

On February 4th we will be making cards to share! Residents and staff will each have a place to drop in Valentine's Day cards leading up to the 14th. Let's have a fun exchange and send each other a Valentines card!

It's time to crown our royal pair!

This year, we're having our **2nd Annual CCP Sweetheart King and Queen.**

Soon, a voting box will appear in the lobby—cast your vote for your favorite King and Queen!

**Voting closes:** February 12th

**Winners announced:** Valentine's Day Party, February 13th

Get ready for fun, laughter, and a little friendly competition as we celebrate friendship, love, and a bit of royal flair!



# January Happenings



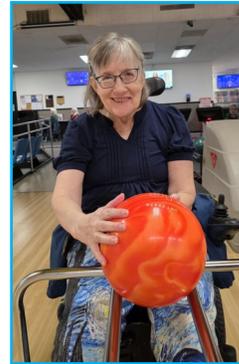
Oregon State University Women's Basketball Game



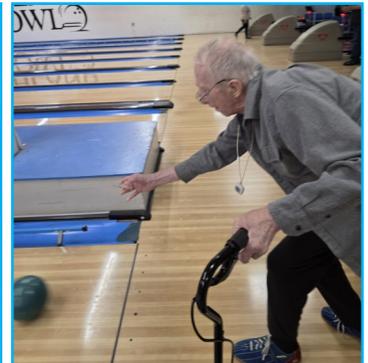
OREGON STATE  
WOMEN'S BASKETBALL  
Reserved  
For Corvallis Caring  
Place  
Senior Living  
WELCOME from OSU Women's Basketball



Flower Arranging



Bowling at Highland Bowling Alley



An afternoon at the Albany Carousel



750 NW 23rd St.  
Corvallis, OR 97330

**February Outings:**

**February 5** Walmart in Albany  
**February 12** Dollar Tree (Morning)  
**February 19** Lunch at **Blue Sky**  
**February 21** OSU Women's Basketball

**February Birthdays**

**Resident**

Cyndy .....February 11  
 Valerie .....February 14  
 Sue .....February 21  
 Susan .....February 21

**Staff**

Jaden.....February 5  
 Ashlyn.....February 11  
 Maddy G.....February 25

**Katelyn— Resident Care Coordinator— 10 Years**  
**Jen— Med Tech/Care Partner— 2 Years**



**Your Leadership Team**

**Crystal Well — Executive Director**  
**Melissa Hunziker, RN — Health Services Director**  
**Jessica Kinsey — Business Office Director**  
**Amber Zurcher — Life Enrichment Director**  
**Brian Turner — Dining Services Director**  
**Katelyn Fuqua — Resident Care Coordinator**  
**Ron Vasquez — Facilities Manager**

**~ OUR MISSION ~**

***Provide compassionate care while preserving dignity in a life-enriching environment***

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**info@corvallisaringplace.org**

Corvallis Caring Place (CCP), a non-profit assisted living facility that opened its doors in 2002, accepts both Medicaid-qualified and private-pay residents. CCP is overseen by a volunteer Board of Directors and contracts with Aidan Health Services for management services. Residents meet monthly to provide feedback to assure quality services.