



## Hello Readers,

We certainly have had a weather changing week here in Houston, Texas. However, there is nothing that a warm bowl of homemade soup can't fix. Did you know that today, February 4th, is National Homemade Soup Day? Today also marks the introduction of our very first Care Connection Aging and Disability Resource Center's Newsletter. These newsletters are meant as place where ideas are shared to promote health, awareness of programs/services, and provide special reminders. I hope you enjoy reading them and feel free to share with others.

-Libby (ADRC team member)

## Announcements

If you or someone you know needs help with: taking a break from caregiving (respite), housing, transportation, transitioning out of nursing homes, in-home COVID testing and vaccine, please give us a call! 1-855-937-2372 (YES-ADRC)

## February is American Heart Month!

It's never too late to get heart healthy.

### Resources:

[Soups | American Heart Association Recipes](#)

<https://www.heart.org/en/healthy-living/fitness/fitness-basics>