



Hello Readers,

Happy Valentine's Day! Before you make your way to the flower shop or send some cards, pause for a moment and ask yourself: Have I given myself a hug today? Have I said I love you to the person in the mirror? Valentine's day has always been portrayed as a day of reciprocation of love, but for some, that is not always the case. Perhaps you aren't sending love quotes for a special someone, but don't forget, one of the most important relationships you have, is the one with yourself. So, indulge in a little self-love, by being kind towards yourself today. It's good for your health!

-Libby (ADRC team member)

ADRC Team Member Highlight: Meet Patrice, our Transportation Coordinator.



"I love to make a difference in someone's life, even if it's in a small way."

Need ideas on how you can show yourself some love?

<https://www.mhanational.org/blog/10-ways-show-yourself-some-love-valentines-day>