



# St Anna's Home Care

## *Newsletter*

February 2026

### *What's Inside!*

*Birthdays*

*Recipe's*

*Wheat Bags*

*Health Update: Gout*

*Cultural Events*

*Sudoku*

*Code Puzzles*

*Find a word*

*Colouring*

**FEBRUARY 14th**



**HAPPY  
Valentine's Day**

## St Anna's Home Care Information

Office phone: ( 08 ) 7078 6382

Email: [homecare@cubs.org.au](mailto:homecare@cubs.org.au)

Address: 471 Regency Road, Prospect SA 5082

### Feedback

St Anna's Home Care is committed to providing safe, quality care and services to our clients. We value your feedback.

Feedback can be provided by the following ways:

- . Feedback Form in you Welcome Pack
- . Contacting the Home Care office
- . On the St Anna's Website
- . Speaking to your carer who can provide a feedback form
- . QR Code



### Consumer Advisory Body

A Consumer Advisory Body collects feedback from clients and shares it with those in charge of your care. It gives the opportunity for clients to voice their opinions. If you would like to become involved please contact the home care office.



The Aged Rights Advocacy Service (ARAS) can provide confidential advocacy, information, education and support. They are a statewide service which has been supporting older people since 1990. Phone 1800 232 007



*To our clients and staff who are celebrating birthdays in  
February,  
we hope you enjoy your special day.*

Janice - 4 February  
Shane - 4 February  
Jennyifer - 11 February  
Zora - 16 February  
Madalenna - 18 February  
Hao - 20 February

Lilly -- 2 February  
Holli - 3 February  
Kylie - 16 February



## Recipe of the Month

### Cheesy bean and potato bake



#### Ingredients:

450g desiree potatoes peeled and quartered  
½ cup hot milk  
¾ cup grated tasty cheese  
1 ½ x 555g cans baked beans in tomato sauce

#### Method:

Step 1. Preheat oven to 200C. Place potatoes in a medium saucepan. Cover with cold water. Season with salt. Bring to the boil over high heat. Boil for 15 minutes or until tender. Drain. Return potatoes to the pan. Cook over low heat for 30 seconds or until dry. Remove from heat. Using a potato masher, coarsely mash potatoes. Add milk. Mash until smooth. Add ½ cup cheese. Stir until smooth. Season with salt and pepper.

Step 2. Place beans in a 5 cup capacity baking dish. Cover with mash. Sprinkle with remaining cheese. Bake for 20 to 25 minutes or until golden and hot. Season with pepper. Serve.

## Our Clients



Lucy enjoying lunch at St George Bakehouse with carer Nina.



Robert and carer Ariel enjoying a jam session. Robert on Ukulele and Ariel on guitar

## Our Clients



Holli and Katarina enjoyed lunch at Semaphore.



Eleanor and carer Dani made chicken salad plates and jelly slice.

# Congratulations on your Wedding



Congratulations to our gardener **Glen** on his wedding to the beautiful Jen on Friday 2<sup>nd</sup> February.  
We all wish you every happiness in your marriage.



Debbie, Joyce, Amanda and Rebecca attended the reception with Jen and **Glen's** family and friends.

## *Support at Home – Updated Service Agreements*

### **From 1 January 2026**

As part of the Australian Government's transition to the **Support at Home program**, we are providing all consumers with an **updated Service Agreement**.

This follows the **transition consent information** issued in **September 2025**, and supports the new program requirements introduced from **1 November 2025**.

### **Your care and services are not changing**

We want to reassure you that your current services, care arrangements, and support workers will continue as normal.

**There is no change to the supports you currently receive** as a result of this updated agreement.

### **Why you are receiving an updated agreement**

The updated agreement reflects new Support at Home legislation and requirements, including:

- clearer information about services and responsibilities
- updated consumer rights and provider obligations
- improved transparency around fees and charges
- updated wording to meet compliance requirements

These updates ensure your agreement remains **current, compliant, and easy to understand**, while supporting your rights and choices.

### **What you need to do**

Take a moment to read your agreement then sign once you are happy to proceed. The carers will be bringing these out to your home and you can sign and return to the carer to bring back to the Home Care office. If you would like a copy please ask them and we can post one out to you

### **Need help or have questions?**

We're here to help. Please contact us on **08 7078 6382** or email

[Homecare@cubs.org.au](mailto:Homecare@cubs.org.au).

You are also welcome to have a family member, carer, or advocate support you when reviewing the agreement.

We look forward to continuing to support you to live safely and independently at home.

Kind regards,

**Rebecca Foster**

Home Care Manager / Registered Nurse

## *Your Information. Your Choice.*

In aged care, **you are at the centre of all decisions about your care**. This includes decisions about **who can receive information about you**.

Under the **Aged Care Act 2024** and the **Strengthened Aged Care Quality Standards**, residents have the right to **decide who can access their personal and health information**. This is an important part of person-centred care and respecting your privacy, dignity, and independence.

### **What does this mean in practice?**

You can choose **who you want us to share information with**, such as:

- Information about **falls or incidents**
- **Changes to medications**
- Updates about your **health or care needs**
- Your **monthly care statement** and other care-related documents

This might be a family member, a friend, a carer, a guardian, or another trusted person — or you may decide that **no one else** should receive this information.

### **It's not automatic**

Sharing information is **not automatic**, even with close family members. Unless you have told us who you want information shared with, we are required to **check with you first**.

This protects your right to privacy and ensures your wishes are respected at all times.

## You can change your mind

Your preferences are **your choice**, and you can change them at any time. If you decide later that you want someone added, removed, or only informed about certain things, just let us know.

## Our commitment to you

We are committed to:

- Respecting your **rights, choices, and preferences**
- Providing care that is **person-centred and transparent**
- Keeping your information **safe, private, and shared only as you wish**

If you would like to confirm or update who can receive information about your care — including your monthly care statement — please speak with a member of our team.

We're here to support you and ensure your wishes are always respected.



## *Assistive Technology products can support your independence*

Currently, over 1.3 million older people in Australia are using government subsidised home care services, and many of these people can benefit from assistive products and services designed to help maintain their independence and well-being.

Often referred to as Assistive Technology, this term covers a variety of items created to make life easier, safer, and simpler for those who need them.

Many of our participants live with ill-health or medical conditions that result in soreness, pain, stiffness in joints and limbs, and an increased risk of falling. Consequently, they may avoid certain activities or limit the things they do in their daily life, which can lead to negative or unintended consequences.

Assistive technology can be tailored to target specific concerns related to a person's cognition, communication, hearing, mobility, self-care, and vision. We frequently make referrals to experts who conduct relevant assessments and offer suggestions and recommendations for assistive products and services that can improve mobility, reduce pain, and enhance participation in social and daily activities.

In some cases, minor modifications to the home can also assist with mobility and safety. For example, adding ramps, risers, stair lifts, and handrails can make an area easier to navigate.

So, if you are limiting your activities due to pain or other mobility concerns, please contact us to discuss your situation. We can help you access the Assistive Technology & Home Modifications (AT-HM) Scheme for relevant assessments and recommendations to meet your needs.

You can use any previously accumulated unspent HCP funds to pay for related AT-HM expenses before applying to access the AT-HM Scheme



**Assistive  
Technology**

## *Coles pre-made meals available under Support at Home*

If you've noticed that supermarkets like Coles are now offering a large range of pre-made, homestyle meals, you're not alone. There has been an increase in demand for healthy, nutritious ready-to-eat meals, and supermarkets have been expanding their ranges at lightning speed.

The good news for participants is that a selection of the Coles range of ready made meals can now be ordered under Support at Home. Participants with an assessed care need and relevant approvals for pre-prepared meals can use their quarterly budget to meet their nutritional needs.

Coles partnership with the b2care platform has been designed to support the home care sector, so participants now have the convenience of ordering ready made meals directly to their doorstep. And if you live in a regional area outside the delivery zone, you'll have the option to Click-and-Collect so someone can pick up the order on your behalf.

The current range covers specific nutritional and lifestyle needs and includes dairy-free, gluten-free, low calorie and vegetarian options, as well as catering to different cultural preferences, such as halal.

### **Here's how it works:**

- . If you'd like to explore this ready-made meals delivery service, please get in touch with us for a chat to ensure we have a service agreement in place.
- . Once your care plan and budget are confirmed, you'll need an account with b2care to place orders according to your budget and at your convenience.
- . Similar to other delivered meal services, you only pay the 30% co-payment towards the total order value, with the 70% balance being covered by your quarterly budget funding (additional contributions apply if deemed by Services Australia).

Visit the link below to learn more and download their latest menu for single serve meals:

<https://b2care.com.au/coles-and-b2care>

## *The fascinating and thought provoking world of TED talks*

If you haven't heard of "TED talks", it's a free platform that's home to some of the most inspiring and thought-provoking talks across every field imaginable.

From Nobel Prize winners, to young inventors challenging the status quo and finding better ways to solve complex challenges, these short, easy-to-watch talks cover everything from health and happiness, to medical breakthroughs, to art and history and everything in-between.

What started out as an in-person conference in 1984 demonstrating cutting edge technology like the compact disc (CD), TED talks has since developed into a vibrant, online community of some of the world's brightest minds, sharing their ideas for a better future.

### **Here are just some of the reasons people love TED talks:**

- . An entire section known as TED-Ed is dedicated to life-long learning, offering short, easy-to-follow, animated videos on a broad range of fascinating topics
- . The ability to stay up-to-date with the biggest ideas poised to make a difference to our global quality of life via The Audacious Project initiative
- . Find exactly what interests you via the topic search function - whether it's memory improvement, happiness research, or games, riddles and quizzes
- . The option to turn on captions (subtitles) in multiple languages to make following along easier

So if you've ever wished you could sit down for a fascinating conversation with a brilliant scientist, an inspiring artist, or a world-changing innovator, visit the link below to start exploring:

<https://www.ted.com/>

Although no account is needed, creating a free account allows you to save summaries and key take-aways from your favourite talks for later.



## *Can my funding pay for moving house or relocation costs?*

Many of our participants have lived in the same home for a long time and generally prefer to stay in their familiar surroundings. However, certain situations may require them to reassess their living arrangements, either temporarily or permanently, leading to the task of packing and moving to a new location.

This process can be very stressful and complicated, not to mention the financial costs associated with relocation and moving. It's no surprise that we often receive questions from participants or their families about whether Support at Home funds can assist with these expenses.

While moving costs are not specifically listed as an excluded item, using Support at Home funds to pay for moving house is unfortunately not permitted. This is because such expenses are something that individuals of all ages and life stages must handle, regardless of their aged care and support needs.

### **Some reasons participants may need to leave their homes include:**

- . Seeking temporary accommodation while necessary modifications are made to their home to support their care needs
- . Moving in with a family member for additional support
- . Moving into retirement living or other supported accommodation
- . Unplanned move due to their rental situation
- . Relocating from a regional area to be closer to family or medical services
- . Transitioning into residential aged care

Services Australia does offer some financial assistance with specific eligibility criteria for those who are very disadvantaged if they need to relocate due to natural disasters, serious safety concerns, or significant financial hardship. However, this assistance is generally not available to older people in relatively stable living situations.

Please reach out to us if you are planning to move and we will do what we can to assist you with the process.

# Wheat bags for warmth and pain

There is something very comforting about hugging a warm wheat bag or applying it to a sore spot, making them a popular choice for managing pain and staying warm.

Wheat bags are fabric bags filled with wheat or other grains, heated in a microwave, and while they can be effective for relieving aches and pains, improper use can pose fire and burn hazards.

Fire services and burn treatment units in every State and Territory warn about the potential dangers of misusing wheat bags. Older adults are at a higher risk of injury, as their skin is often thinner and more delicate, making them more vulnerable to serious burns. Diabetics may have reduced sensitivity to heat, which can hinder their ability to detect when a wheat bag is too hot and decreased blood flow can result in more severe burns that take longer to heal.

This doesn't mean that wheat bags shouldn't be used, but caution is advised. Some safety tips include:

- . Do not heat the bag in the microwave for longer than instructed.
- . Avoid using them as bed warmers, as they may spontaneously ignite.
- . Watch for burning smells, smoking, or charring of the wheat or fabric.

Fortunately, there are many great alternatives to traditional wheat bags that might be safer and provide the warmth and relief you need!

Consider exploring and purchasing one of these alternative products to help you stay cosy while managing pain and soreness:

Electric heat pack, heated throw rug, electric hot water bottle, electric foot warmer, heated chair pads, cordless heated blanket, electric heating therapy pad, moist heat therapy pack with a temperature gauge, or a rechargeable heated cushion.



## Steps for switching providers

As a Support at Home registered provider, we aim to ensure that our services align with the expectations of our participants, and we know you feel the same way. However, there may be times when a participant or their family member decides to part ways with us if they believe another provider can better meet their needs.

We respect that there are situations where another provider might be a better fit, so we'll work collaboratively with you to ensure that your transition is as smooth and straightforward as possible.

Here are the key points you need to know about the process for transferring from us to another registered provider:

- 1. Notify us:** Please let us know as soon as you decide to switch providers. We are here to support your move, not hinder your decision
- 2. Contact My Aged Care:** Call My Aged Care on 1800 200 422 to reactivate your referral code, which you will need to give to your new provider
- 3. Provide departure details:** Inform us of your intended departure (exit) date and the name of the new provider you are transferring to
- 4. Align dates:** Ensure that your exit date from us is the day before the commencement date with your new provider. This will avoid overlapping claims for services delivered
- 5. We must provide details** of your care plan and services to your new provider, and notify Services Australia of your departure from us
- 6. We will prepare** your final monthly statement and issue you an invoice for any contributions you are required to pay to us
- 7. Prepare with your new provider:** If you need care services immediately and without disruption, ensure your new provider is prepared to start your services as soon as possible. You may need to negotiate and develop an interim care plan with them to ensure your essential needs will be met

Your new provider can immediately access your remaining ongoing quarterly budget and AT-HM budget (if applicable) from the day you sign their service agreement.



## What happens to your previously accumulated unspent HCP funds if you switch providers?

If you received a home care package before 1 November 2025, any unspent HCP funds held by Services Australia will be available to your new provider and can be used for AT-HM purchases or to top up your quarterly budget, if necessary.

Any unspent Support at Home budget will be available to your new provider to access on your behalf, noting that there are limitations on rolling over funds each quarter.

If you choose to leave us but have not yet selected a new provider, the government allows you one year to find one and establish a new home care agreement. But if you do not secure a new provider within that timeframe, your funding will be discontinued and reallocated to someone else.

It is important to be aware of the rules and government guidance on switching providers, particularly regarding the transfer details and financial implications that may affect your access to care and services after you leave us.

Most of the time, it is preferable for participants and their provider to work out any issues, but there may occasionally be times when they cannot reach a satisfactory outcome for both parties.

We will always welcome the opportunity to discuss your concerns if you have been thinking about leaving us, and we will provide you with all the information you need to make an informed decision that is right for you.

More information about changing providers, including your obligations and those of the outgoing and incoming providers can be found via this link:

<https://www.health.gov.au/our-work/support-at-home/managing-support-at-home-services/changing-support-at-home-providers>



## Health Spotlight: Gout

Anyone who has experienced gout will know how painful and debilitating it can be. Gout is a type of inflammatory arthritis caused by a buildup of urate (uric acid) in the body, which the kidneys do not remove efficiently.

This leads to the formation of needle-like urate crystals in the joints, resulting in inflammation and pain. While the big toe is the joint most commonly affected by gout, it can also impact the feet, ankles, knees, wrists, and elbows.

Men over the age of 65 are more frequently affected, and the initial symptoms of gout typically include severe joint pain, redness, heat, and swelling, making the affected joint sensitive to touch. It can also lead to difficulty walking or moving the joint.

There is a common myth that gout is solely caused by excessive alcohol consumption. However, the primary cause of gout is genetics, particularly a family history of the condition. Other contributing factors include obesity, kidney disease, stress, type 2 diabetes, high blood pressure, dehydration, and a diet high in meat, seafood, alcohol and sugary drinks.

There are specific medications available for managing gout, and symptom relief can also be achieved by applying an ice pack and resting the affected joint.

While medication can effectively lower uric acid levels, gout is a lifelong condition, and future flare-ups may still occur. It is recommended for individuals impacted by gout to modify their diet and lifestyle to reduce the likelihood of subsequent flare-ups.

If you have experienced gout, please reach out to us so that we can develop a plan to address your symptoms if they flare up again. Our clinical assessment can also include referrals and liaison with relevant medical practitioners, as well as lifestyle and diet professionals to help you make the necessary changes to manage your symptoms effectively.

You can also find a range of information including downloadable booklets and a video library on the Arthritis Australia website:

<https://arthritisaustralia.com.au/types-of-arthritis/gout/>



## Cultural Events

*There are many cultural events in the community, these are just a few in February*

Date	Event	Description
13 Feb	Anniversary of the Apology to members of the Stolen Generations	On 13 February 2008, the Australian Parliament made a formal apology to members of the Stolen Generation.
15 Feb	Nirvana Day (Parinirvana Day)	Nirvana Day is an annual Buddhist festival that remembers the death of the Buddha when he reached Nirvana at the age of 80.
15 - 16 Feb	Maha Shivaratri	Maha Shivaratri is a festival honouring the Hindu god, Lord Shiva.
16 - 22 Feb	Masnytsia/Maslenitsa	Masnytsia/Maslenitsa is an Eastern Slavic religious and folk festival. It has roots in the Slavic pagan tradition of bidding farewell to winter. It is widely celebrated in various Eastern Slavic communities during the last week before Great Lent.
16 Feb - 18 Mar	Ramadan	Ramadan is the most auspicious month in the Islamic Calendar. It is the month the first verses of the Qur'an were revealed to the Prophet Muhammad. During Ramadan, Muslims around the world fast from sunrise to sunset. This date is confirmed by religious authorities closer to the date.

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17 - 21 Feb	Lunar New Year	Various East and Southeast Asian cultures and traditions celebrate Lunar New Year. Family gatherings are common features across cultures. People travel from near and far to be with loved ones in time to welcome the new year.
17 Feb	Chinese Lunar New Year (Year of the Horse)	For Chinese communities across the world, the Lunar New Year is one of the most important holidays of the year. It is celebrated through a range of traditional customs. These include ancestor worship, family gatherings, special foods and gift exchanges.
17 Feb	Tet (Vietnamese Lunar New Year – Year of the Fire Horse)	Tet is considered the first day of Vietnam's spring, a time marked by new beginnings. Tet includes ancestor worship, family gatherings, special foods and gift exchanges.



## *Free online events for carers!*



### **February 24th - The impact of dementia on driving safely**

This session provides information about the impact of dementia on driving. It offers tips for carers to recognise when dementia is impacting on someone's ability to drive safely, and strategies for talking about any changes with the person living with dementia.

### **March 1st - Evening guided meditation series for busy carers**

Throughout this gentle series, carers will be guided through a nurturing meditation designed to quieten the mind and create peace, presence and deep stillness.

### **March 12th - How to care for someone living with dementia**

This 4 week program provides a comprehensive overview of how to care for someone living with dementia. Strategies include: communicating effectively, understanding changes in behaviour, creating meaningful activities, and making your home dementia-friendly.

### **March 19th - Practical relaxation techniques for carers**

If you've been feeling overwhelmed and could benefit from some well deserved 'me time', this interactive workshop will provide you with practical relaxation techniques to help you manage stress and restore balance.

### **March 25th - What's available through Carer Gateway?**

An overview of the tailored supports and services available to carers, including counselling, planned and emergency respite, access to carer directed packages and in person peer support.

**\*\*Need help getting online? The Good Things Foundation can help:**

<https://goodthingsaustralia.org/learn/>

## *This Month in History*

February 1 2004 - the first Ghan passenger train across Australia from Adelaide to Darwin sets off on its three-day journey.

February 10 1973 - Australia's first legal casino, the Wrest Point Casino, opens in Hobart, Tasmania

February 14 1792 - The colony's first shop opens at Sydney Cove

February 16 1983 - The Ash Wednesday bushfires in Victoria and South Australia claim the lives of 71 people in Australia's worst ever fires.

February 20 1962 - Perth becomes known as the City of Light when astronaut John Glenn passes over the city and thousands of external lights are switched on to greet him.

February 21 1906 - The Bondi Beach surf lifesaving club is established, becoming the first club of its type in the world.

February 23 1987 - First mobile phone call made in Australia



Sudoku

	3	7	4					
		6		1				
						1	2	
		2				7	8	
	7			8				4
9	6				2			
3				9			4	
				5				3
								9

## Sudoku Answers:

1	3	7	4	2	5	9	6	8
2	5	6	9	1	8	4	3	7
8	4	9	3	7	6	1	2	5
4	1	2	5	3	9	7	8	6
5	7	3	6	8	1	2	9	4
9	6	8	7	4	2	3	5	1
3	8	5	1	9	7	6	4	2
6	9	1	2	5	4	8	7	3
7	2	4	8	6	3	5	1	9





### *Valentines Day*

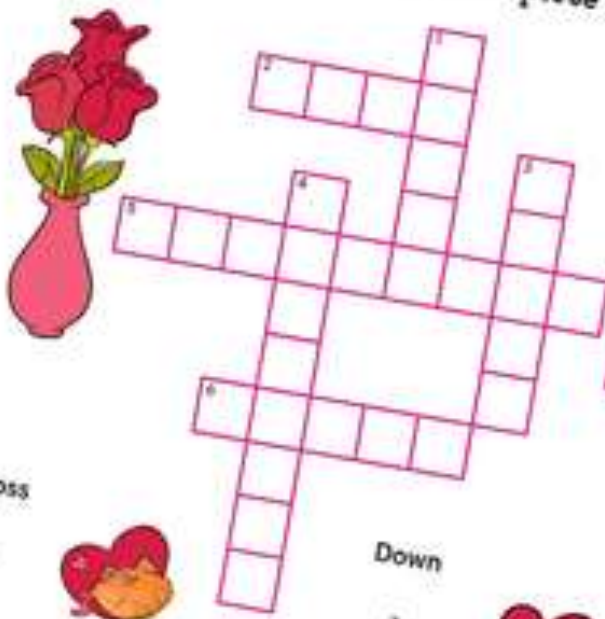
**Valentine's Day**, also called Saint Valentine's Day or the Feast of Saint Valentine is celebrated annually on **February 14**. It originated as a Christian feast day honoring a martyr named Valentine, and through later folk traditions it has also become a significant cultural, religious and commercial celebration of romance and love in many regions of the world.



# Crossword




 **Love Day** 

Look at the pictures to complete the puzzle.







**Word Bank**  
heart  
candy  
love  
cupid  
valentine  
February

**Across**


- 2. 
- 5. 
- 6. 

**Down**

- 1. 
- 3. 
- 4. 

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## Find a Word

### VALENTINE'S DAY WORD SEARCH

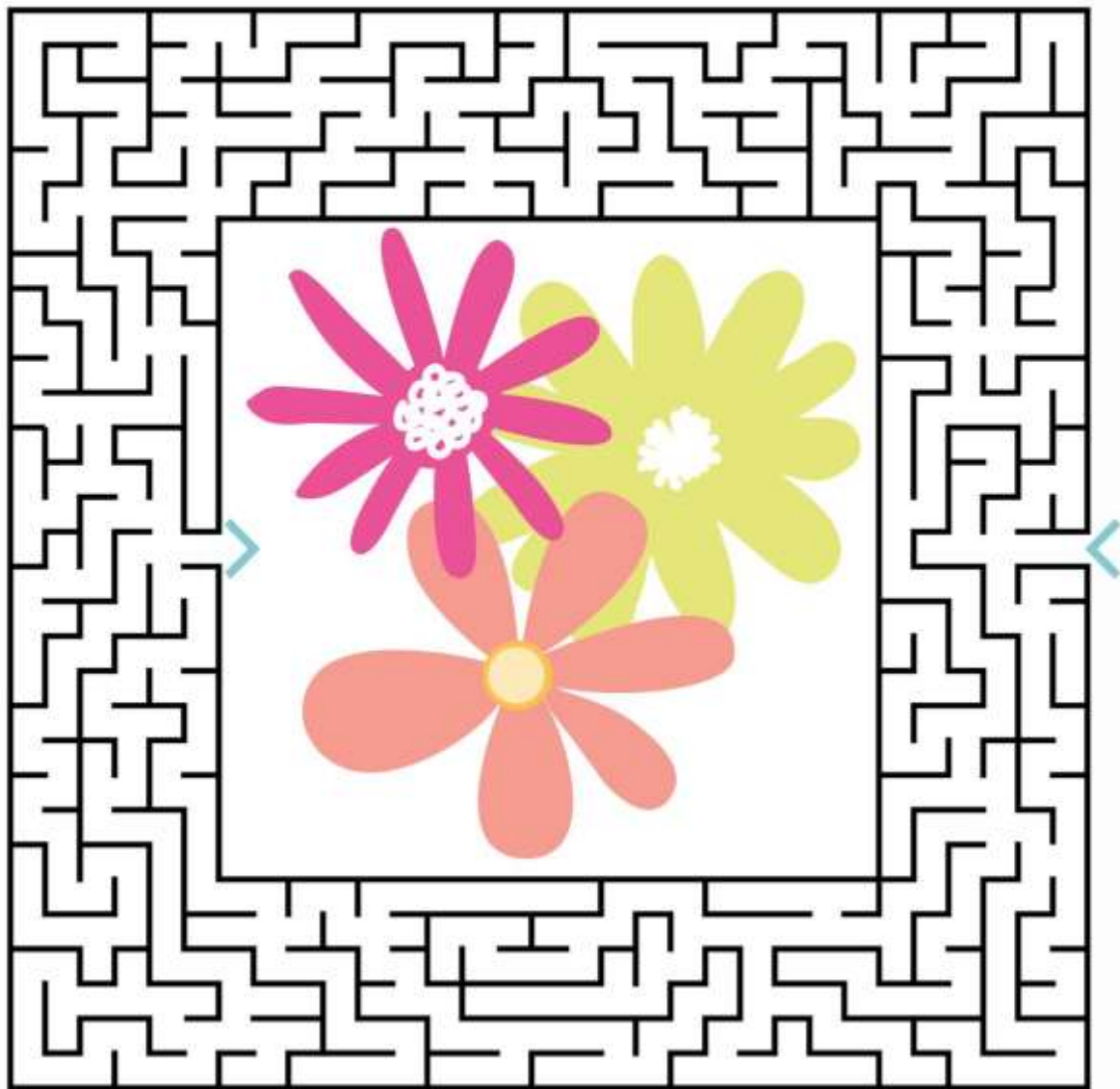
A	V	U	A	N	G	C	A	N	D	Y	Q	E	I	Y	N	J	E	T	F
J	R	R	Z	A	O	C	G	C	S	G	C	B	O	U	Z	P	A	W	Y
T	D	Y	Q	C	B	P	M	K	O	J	S	R	U	T	Q	W	O	P	D
I	B	D	Y	D	G	W	A	B	S	R	I	T	L	X	M	P	V	Z	R
H	O	V	O	O	N	E	A	H	E	T	G	O	U	H	A	B	L	W	B
N	V	S	W	E	E	T	F	W	D	F	U	T	U	J	A	B	J	E	H
M	E	S	C	S	B	A	O	O	I	F	Z	H	S	T	Q	M	T	L	T
X	O	Q	B	Q	S	L	D	U	K	I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

Valentine	Cupid	Be Mine	Pink
Candy	Cuddle	Hearts	Red
Chocolate	Hug	Card	Roses
February	Kiss	Love	I Love You
Flowers	Love	Arrow	Sweet

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# FLOWER MAZE



SEASONEDTIMES.COM

Colouring is a healthy way to relieve stress. It calms the brain and helps your **body relax**. This can improve sleep and fatigue while decreasing body aches, heart rate, respiration, and feelings of depression and anxiety. Please enjoy our colouring activity.

# HAPPY VALENTINE'S DAY

