



We hear statements such as “He has a broken heart”, “My heart is sad”, “That is a heartache” and we understand that a person is going through a sad and hurtful experience.

We associate our heart with emotions; painful, sad, and joyful. Does our heart really break or are we expressing an emotional state which we associate with the heart? Why is the heart, of all the body parts, connected to the feeling of emotions?

Much research is being conducted to better understand the connection between our emotions and our bodies, especially our heart.

[READ ARTICLE](#)

Friendship Month

Celebrate Valentine's Day All Month By:

- Contacting friends for a nice phone "catch up session" or outing.
- Providing random acts of kindness for neighbors, friends and family.
- Remembering those we love who are no longer with us.

[READ MORE](#)



Family Time:

Sharing care for others is a wonderful way to build our "emotional" heart.

During February consider these family activities:

- Make **greeting cards** for residents of a local nursing home. Then take a field trip to deliver them together.
- Learn about another culture and history; their challenges and achievements. Choose one aspect you admire to promote.



Senior Corner: Heart Care

“Older adults can make simple changes to reduce their heart failure risk, such as not smoking, engaging in moderate physical activity and maintaining a healthy weight.” (Explains Liana Del Gobbo, a doctoral student at Tufts,)

Here are some simple and easy tips to help take care of your heart health.

[READ TIPS](#)

Faith Leader Support



Mercy and Compassion are cornerstones of all religious doctrines and theology but creating a “compassion- focused” congregation can be a challenge. It takes the “Three-leg stool” approach: prayer, teaching and action.

Consider a starting point by:

- Reading the article: [Have a Heart...](#)and sharing it with your congregation.

- Praying for guidance in creating a compassionate congregation.
- Choosing one action/activity to implement in building a compassionate congregation.

[READ ARTICLE](#)



Chuck Stephan **A Valued Board Member**

It is with great sadness that we accepted the resignation of one of our founding Board Members; Chuck Stephan. Chuck's commitment to The Stephan Center and its mission

has shown through his actions; He is always at meetings, always prepared, always offering insights that keep the agency moving forward and has been an annual donor! Chuck offered his knowledge and experience with humor, humility and consistency. He will be greatly missed!

THANK YOU, CHUCK

What is Happening at The Stephan Center



The Lion King Jr Is Coming!

February 29th

The 6th annual Live Theater Evening for Foster/at-risk youth in Riverside County, Calif will occur in partnership with Christian Art Theater in Corona, Ca.



[REGISTER ONLINE NOW](#)

Be A Sponsor Of This Wonderful Evening

Make A difference: The 6th Annual Live Theater evening for Foster and at-Risk Youth will be February 29, 2024 This year's production is **The Lion King Jr**. Learn more about being a sponsor.

[BECOME A SPONSOR](#)

FREE Virtual Classes For Resource Parents

Date	Time	Topic
2/28	10:00-12:00	Kinship: The 5 Languages of Love
2/29	9:00-11:00	FKCE: Keys to Positive Behavior
3/4	6:00-8:00pm	FKCE: Trauma, Brain Dev and Behavior
3/20	9:00-11:00	FKCE:

		Impact of Trauma on Learning
3/27	10:00-12:00	Kinship: Understanding Discipline

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