

Here we are already in the second month of 2013, how fast time is flying!! February is heart month and as someone who has been diagnosed with heart disease I want to tell each of you to pay attention to your health, and especially your heart. If you have any symptoms or just haven't been feeling your usual self please get checked out by a physician. As women we tend to take care of everyone else before worrying about ourselves, but this month make sure that you make yourself the priority. If you have a family history of heart disease it is even more important to have regular checkups. We need each and every one of you to be able to continue our mission of taking care of our children at Mooseheart and our seniors at Moosehaven.



This month is also Valentine's day, a day to celebrate those special people in your lives that love you. Recently we visited our grandchildren for their mother's birthday. Even though it had only been a little over a month since we had seen them, they were so excited to see us and told us they had missed us so much. My granddaughters spent almost the entire time we were there sitting on my lap, and our

youngest granddaughter, who quite often is papa's girl, (in fact Rhaeanna is named after him), was very generous with kisses to grandma Cathey. Isn't it funny how the simplest things in our lives fill us with so much love? Hopefully each of you has someone in your lives that fill your heart with love and joy, and be especially grateful if you have several such people. Give special recognition to them everytime you can, especially on Valentine's Day.

This month will be a busy one for us, with lots of travel and lots of fun. We will be traveling to Colorado for the council meeting, and will also be traveling to Jekyll Island, Georgia for the Georgia state conference. I have been to Jekyll Island before and am anxious to return. I am sure there will be new stories to share upon our return home. I know that the Georgia co-workers will be wonderful to work with, and I look forward to my visit there. Watch for my newsbrief next month for stories about my visit there.



Happy Valentine's Day to all of you from me. So many of you have filled my heart with joy and love, and for that I am eternally grateful.

With love and hugs,

XOXOX♥

Cathey Russell, Grand Regent