



[1 Corinthians 13: 4-8](#)

*Love is patient, Love is kind.*

*It does not boast.*

*It is not rude,*

*It is not self-seeking.*

*It is not easily angered.*

*It keeps no record of wrongs.*

*Love does not delight in evil,*

*But rejoices in the truth.*

*It always protects,*

*Always trusts,*

*Always hopes,*

*Always perseveres,*

*Love never fails.*

In observance of February as “Heart Month”, please see the following American Heart Association links to help keep you and your family healthy:

<https://www.heart.org/en/about-us/heart-attack-and-stroke-symptoms>

<https://www.heart.org/en/news>

Until next time,

Stay Healthy and Happy,

Debbie Karuppan RN,C

