



Kabalita

No. 3731, February 15, 2018

Special Children and the Elderly Valentine's Fellowship



KABALITA

This Season of Loving, let Asia's First Rotary Club spread the love to those who need them the most, the Special Children and the Elderly, who deserve every bit of our affection as Service Above Self becomes as real as it gets.

Countdown to Centennial

<http://www.rcmanila.org>



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THE ROTARY CLUB OF MANILA BOARD OF DIRECTORS and Executive Officers 2017-2018

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Immediate Past President

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Deputy Sgt-at-Arms

**Secretariat
ANNA KUN TOLEDO**
Executive Secretary

PRESIDENTIAL TIMELINE



February 8, 2018 - The Rotary Club of Manila hosted breakfast for members of the Rotary Club of New Orleans at the Cafe 1228 of the New World Makati Hotel in Makati City. Present were IPP Teddy Ocampo, VPE/Dir. Lance Masters, DE/Dir. Caloy Reyes, Treasurer Nicky Villaseñor, AS Rene Policarpio, AT Ner Lonzaga and Rtn. Farid Schoucair. The Rotary Club of New Orleans in cooperation with Cheer Up Missions are in the country to donate books for the libraries of government schools devastated by Typhoon Haiyan in Tacloban, Leyte. The Rotary Club of Manila, for its part, handled the logistics side.

-The Rotary Club of Manila held its Governor's Visit at the Gallery 1 of the New World Makati Hotel in Makati City. DG Emmanuel "Loy" Cosico and his District Team conducted the visit. The Board of Directors and Officers were present to report the strides of the club during the course of Rotary Year 2017-2018.

-The Rotary Club of Manila Centennial Medico-Surgical Missions Subcommittee held its meeting at the Ballroom of the New World Makati Hotel in Makati City. Chair IPCoS/PSDG/PP Cesar Ubaldo presided over the meeting attended by IPS Ning Lopez, IPSDG/IPDCoS/DE/IPD Albert Alday and Rtn. Nilo Aventura. PDG Alex Cureg and PD Bebot Pineda gave their valuable inputs.

-Rotarians from the Rotary Club of Tokyo-North, namely, PP Yoshitami Wada and Rtn. Katsuo Yamazaki, attended the Weekly Luncheon Meeting of the Rotary Club of Manila at the Ballroom of the New World Makati Hotel in Makati City.

-Rotary Club of Manila (RCM) and the Philippine College of Physicians (PCP) signed a Memorandum of Agreement during the Weekly Luncheon Meeting of the Rotary Club of Manila at the Ballroom of the New World Hotel in Makati City. PCP will provide its physician members in support of RCM's "One Rotary, One Philippines, One for Marawi" 2-year humanitarian assistance program in collaboration with various government agencies, local government units and civilian organizations. All these efforts are aimed at helping victims of war and natural calamities.

-The Rotary Club of New Orleans led by Board Member Rtn. Heather Kirk attended the Rotary Club of Manila Weekly Luncheon Meeting at the Ballroom of the New World Makati Hotel in Makati City. As a sign of goodwill, Rtn. Heather Kirk exchanged banners with President Jimmie Policarpio.

-Cheer Up Missions members performed a magic trick using playing cards to the delight of the Manila Rotarians during the Weekly Luncheon Meeting of the Rotary Club of Manila held at the Ballroom of the New World Makati Hotel in Makati City. Together with the Rotary Club of New Orleans, they sang, "When the Saints Go Marching In" while waving their table napkins.

-IPSDG/IPDCoS/DE/IPD Albert Alday (Chair, New Generations Service Committee) and IAT Jason Ong (Co-Chair, New Generations Service Committee), Past District Rotaract Representative of District 3810, met with the Great Presidents of the Rotary Club of Manila-sponsored Rotaract Clubs, namely, GP Michael Edgar Recabar (Rotaract Club of Manila), GP Rychel Namol (Rotaract Club of De La Salle University-Manila) and GP Reuel Dan Barrales (Rotaract Club of De La Salle-College of St. Benilde), at The Lounge of the New World Makati Hotel in Makati City. IAT Jason Ong, who hosted the meeting, gave pointers on how to lead their respective clubs.

-DGE Rudy and Lady Sharon Bediones, PDG Vince Carlos, PDG Obet Pagdanganan, IPCoS/PSDG/PP Cesar Ubaldo, IPSDG/PAG/PP Frank Evaristo and PD Oscar del Rosario attended the 25th Charter Anniversary of the Rotary Club of Chinatown Manila at the Century Seafood Restaurant in Manila. Past Rotary International President Gary C.K. Huang was Guest of Honor and Speaker during the said event.

February 9, 2018 - Former National Security Adviser and Former Parañaque Representative PVP Roy Golez was interviewed by Ray Orosa over Heartbeat Live on Global News Network regarding the Benham Rise and the South China Sea.

-IPP Teddy Ocampo and Rtn. John Emyl Eugenio arrived in Tacloban, Leyte for the Ceremonial Turnover of Books donated by the Rotary Club of New Orleans in cooperation with Cheer Up Missions through the Rotary Club of Manila. They stayed at the Ironwood Hotel in Tacloban, Leyte.

February 10, 2018 - AS Rene Policarpio and AT Ner Lonzaga arrived in Tacloban, Leyte for the Ceremonial Turnover of Books donated by the Rotary Club of New Orleans in cooperation with Cheer Up Missions through the Rotary Club of Manila.

-IPP Teddy Ocampo, AS Rene Policarpio, AT Ner Lonzaga and Rtn. John Emyl Eugenio had breakfast with members of the Rotary Club of New Orleans and Cheer Up Missions at the Ironwood Hotel in Tacloban, Leyte. They were all there for the Ceremonial Turnover of Books donated by the Rotary Club of New Orleans in cooperation with Cheer Up Missions through the Rotary Club of Manila for the libraries of government schools devastated by Typhoon Haiyan.

-IPP Teddy Ocampo, AS Rene Policarpio, AT Ner Lonzaga and Rtn. John Emyl Eugenio had a Lunch Fellowship with the members of the Rotary Club of Kankabato, Rotary Club of New Orleans and Cheer Up Missions at the Ocho Seafood Grill in Tacloban, Leyte. The Lunch Fellowship preceded the Ceremonial Turnover of Books donated by the Rotary Club of New Orleans in cooperation with Cheer Up Missions through the Rotary Club of Manila for the libraries of government schools devastated by Typhoon Haiyan.

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-Former National Security Adviser and Former Parañaque Representative PVP Roy Golez was interviewed by Pat Daza and Peter Musngi over Teka Muna on DZMM TeleRadyo regarding the Benham Rise and the South China Sea.

February 12, 2018 - DGE Rudy Bediones, IPP Teddy Ocampo and IPSDG/IPDCoS/DE/IPD Albert Alday met to discuss a special project for the Centennial of the Rotary Club of Manila at Starbucks Magallanes along San Gregorio Street, Magallanes Village, Makati City. The project will be revealed in due time.

-DGE Rudy Bediones and Lady Sharon Bediones attended the District 3810 Dinner and Dance Valentine Celebration hosted by the Rotary Club of Hiyas ng Bacoor at the Grand Ballroom of the Sofitel Philippine Plaza Manila in Pasay City.

February 13, 2018 - VPE/Dir. Lance Masters met with Sr. Socorro Evidente of Hospicio de San Jose regarding the Norzagaray Project which included livelihood training facilities for bakery, cookery and fisheries as well as additional housing units at the Hospicio de San Jose in Manila. They discussed the target amount needed to be raised.

-DGE Rudy Bediones, Lady Sharon Bediones, IPSDG/PAG/PP Frank Evaristo and PP Francis Juico attended the 60th Birthday Celebration of District 3810 Past Presidents Council Chair Johnson Tan of the Rotary Club of Jose Abad Santos Manila at the Conrad Luxury Hotel Manila in Pasay City.

February 14, 2018 - DE Raffy Alunan, Chair of the ONE ROTARY ONE PHILIPPINES ONE FOR MARAWI Project, met with Department of Health (DOH) Secretary Francisco Duque, III at the DOH, San Lázaro Compound in Sta. Cruz, Manila to expedite the review of the draft Memorandum of Agreement with the said department regarding the project. Further, DOH will give medicines for the medcaps of the said project, with or without the Memorandum of Agreement, as the medicines become available. Moreover, the DOH Secretary said that he will increase the support for the next medcap slated for Davao sometime in late February or early March of 2018. Indeed, the historic meeting which took place on the day of hearts sealed Rotary's commitment for the love of fellow Filipinos in need.

-The Rotary Club of Manila Centennial Ways and Means Committee chaired by PP Boy Guevara met at The Tower Club in Makati City. Aside from PP Boy Guevara, those present were PP Francis Juico, IPSDG/PAG/PP Frank Evaristo, PVP Fausto Preysler, VPE/Dir. Lance Masters, PD Rod Valencia, DE/Dir. Issam Eldebs, Rtn. Jason Ong and PSAA Gunter Matschuck. They discussed updates on "SPAMALOT", Auction Project, Commemorative Coin Project and Coffee Table Book Project.

-Former National Security Adviser and Former Parañaque Representative PVP Roy Golez was interviewed by Radio Inquirer regarding the Benham Rise and the South China Sea.

February 15, 2018 - RCManila Foundation Board of Trustees Meeting, 11:00 am, Museum Cafe, Ayala Museum, Makati City

-Centennial Board of Directors and Officers Photoshoot, 12:00 pm, Third (3rd) Floor, Ayala Museum, Makati City

-Presentation of Ayala Foundation to Centennial Board of Directors, Officers and Planning Team, 3:00 pm, Third (3rd) Floor, Ayala Museum, Makati City

-Special Children and the Elderly Valentine's Fellowship, 3:00 pm at the Hospicio de San Jose in Manila.

THE WEEK THAT WAS



PVP Fausto Preysler as OIC/ Moderator, calls the program of activities.



Pres. Jimmie Policarpio calls the 29th meeting of the **Rotary Club of Manila**.



PP Francis Juico delivers an ecumenical prayer.



Rtn. Manny Blanco leads fellow Rotarians in renewing its commitment to the Rotary Movement, through the recitation of the four (4) way test.



DE Albert Alday introduces the personalities seated at the presidential table, guests and visiting Rotarians.



Mr. Kenneth Landriault, Director/ Founder, Cheer Up Missions, Inc. for a project presentation.



ROTARY CLUB OF MANILA SIGNS MOA WITH PHILIPPINE COLLEGE OF PHYSICIANS FOR ONE ROTARY ONE PHILIPPINES ONE FOR MARAWI

Rotary Club of Manila (RCM) and the Philippine College of Physicians (PCP) signed a Memorandum of Agreement last February 8, 2018 during the Weekly Luncheon Meeting of the Rotary Club of Manila at the Ballroom of the New World Hotel in Makati City. PCP will provide its physician members in support of RCM's "One Rotary, One Philippines, One for Marawi" 2-year humanitarian assistance program in collaboration with various government agencies, local government units and civilian organizations. All these efforts are aimed at helping victims of war and natural calamities. L-R: **IPS Dr. Mariano "Ning" Lopez**, former PCP President; **Dr. Kenneth Hartigan-Go**, Incumbent PCP President; **Jimmie Policarpio**, RCM President; and **DE Rafael "Raffy" Alunan, III**, Chair, One Rotary One Philippines One for Marawi.



R.I. D-3810 Gov. Emmanuel A. "Loy" Cosico delivers brief message to highlight his official visit to the Rotary Club of Manila.



Presentation of District Governor's Fund to Gov. "Loy" Cosico by Pres. Jimmie Policarpio which Gov. Cosico decided to donate his governor's fund to the community service projects of the Rotary Club of Manila.



Pres. Jimmie Policarpio response and presentation of the bell and gavel to **Gov. "Loy" Cosico**, as a token of appreciation.



Pres. Jimmie Policarpio during the president's time, presentation of the proclamation No. 413 by H.E. **Pres. Rodrigo Duterte**, declaring July 1, 2018 to June 30, 2019 as the *"Year for the Celebration of the Centennial Anniversary of the Rotary Club of Manila & the Rotary Movement in the Philippines and in Asia."*



Pres. Jimmie Policarpio presents the bell and gavel of appreciation to **Cheer Up Missions, Inc., Mr. Kenneth Landriault**, Director/Founder, as cooperator in the books donation by **RC New Orleans** for the libraries of government schools devastated by Typhoon Haiyan, in Tacloban, Leyte.



Pres. Jimmie Policarpio presents the bell and gavel of appreciation to **Rotary Club of New Orleans Board of Directors/Officers**, for their valuable donation of books, for the libraries of government schools devastated by Typhoon Haiyan, in Tacloban, Leyte.



Rtn. Johnny Chotrani does the honor, pleasure and privilege of introducing **Hon. Jose Ma. A. Concepcion III**, Presidential Consultant for Entrepreneurship; RFM Corporation President and CEO and Philippine Center for Entrepreneurship – Go Negosyo Founder, as guest speaker.



Presidential Consultant on Entrepreneurship Joey Concepcion, III, gave Manila Rotarians, Visiting Rotarians and guests, his take on Micro-Entrepreneurship and the essentials of Mentorship, Money and Market.



Pres. Jimmie Policarpio for the response, presentation of bell and gavel to Presidential Consultant on Entrepreneurship **Joey Concepcion, III**, as a token of appreciation and meeting adjournment.



The Rotary Club of New Orleans led by Board Member Rtn. Heather Kirk attended the Rotary Club of Manila Weekly Luncheon Meeting last February 8, 2018 at the Ballroom of the New World Makati Hotel in Makati City. As a sign of goodwill, Rtn. Heather Kirk exchanged banners with President Jimmie Policarpio.



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INTERCLUB FORA



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GOVERNORS VISIT



The Rotary Club of Manila held its Governor's Visit last February 8, 2018 at the Gallery 1 of the New World Makati Hotel in Makati City. DG Emmanuel "Loy" Cosico and his District Team conducted the visit. The Board of Directors and Officers were present to report the strides of the club during the course of Rotary Year 2017-2018.

CENTENNIAL



CENTENNIAL WAYS AND MEANS COMMITTEE MEETS

The Rotary Club of Manila Centennial Ways and Means Committee chaired by PP Boy Guevara met at The Tower Club in Makati City. Aside from PP Boy Guevara, those present were PP Francis Juico, IPSDG/PAG/PP Frank Evaristo, PVP Fausto Preysler, VPE/Dir. Lance Masters, PD Rod Valencia, DE/Dir. Issam Eldebs, Rtn. Jason Ong and PSAAGunter Matschuck. They discussed updates on "SPAMALOT", Auction Project, Commemorative Coin Project and Coffee Table Book Project.



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NEW GENERATIONS SERVICE



IPSDG/IPDCoS/DE/IPD Albert Alday (Chair, New Generations Service Committee) and **IAT Jason Ong** (Co-Chair, New Generations Service Committee), Past District Rotaract Representative of District 3810, met with the Great Presidents of the Rotary Club of Manila-sponsored Rotaract Clubs, namely, GP Michael Edgar Recabar (Rotaract Club of Manila), GP Rychel Namol (Rotaract Club of De La Salle University-Manila) and GP Reuel Dan Barrales (Rotaract Club of De La Salle-College of St. Benilde), last February 8, 2018 at The Lounge of the New World Makati Hotel in Makati City. IAT Jason Ong, who hosted the meeting, gave pointers on how to lead their respective clubs

MESSAGE OF THANKS FOR HELP IN BOOK DONATION



BOOK DONATION

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Beneficiary representing the Private School: Araceli M. Baysa, representing Sonia C, Palami, President of the Eastern Visayas Association of Private Schools



Recipient: Reslie Valenzuela, President, YFE Worldwide Logistics, Inc



Recipient: Imelda Angulo-Andales, Cheer Up Mission Coordinator, Philippines



Middle: Heather Kirk, Board member, Rotary Club of New Orleans



Middle: Sec. Michael Dino, Presidential Assistant for the Visayas



Richard T. Ang, President, CIE British School of Tacloban seated in the middle in his office in the school



Second from left: Kenneth Landriault, Founder, Cheer Up Missions. Seated on the right: Fr. Ric Marpa, Superintendent of the Catholic Schools Association of the Archdiocese of Palo.



Beneficiary representing Philippine Science High School: MELANIE LYN MORALES-CALOPE, Librarian, in behalf of the Campus Director, Reynaldo B. Garnace

BREAKFAST FELLOWSHIP WITH ROTARY CLUB OF NEW ORLEANS



The Rotary Club of Manila hosted breakfast for members of the Rotary Club of New Orleans last February 8, 2018 at the Cafe 1228 of the New World Makati Hotel in Makati City. Present were **IPP Teddy Ocampo**, **VPE/Dir. Lance Masters**, **DE/Dir. Caloy Reyes**, **Treasurer Nicky Villaseñor**, **AS Rene Policarpio**, **AT Ner Lonzaga**, **Rtn. Farid Schoucair** and **ES Anna Kun Toledo**. The Rotary Club of New Orleans in cooperation with Cheer Up Missions are in the country to donate books for the libraries of government schools devastated by Typhoon Haiyan in Tacloban, Leyte. The Rotary Club of Manila, for its part, handled the logistics side.

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Second from left: **Kenneth Landriault**, Founder, Cheer Up Missions. Seated on the right: **Fr. Ric Marpa**, Superintendent of the Catholic Schools Association of the Archdiocese of Palo.



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Book Donation Turnover Ceremony

Feb. 10, 2018 • CIE British School of Tacloban

11:00 AM LUNCH
1:30 PM CAMPUS TOUR
2:00 PM TURNOVER CEREMONY

National Anthem	Video Showing
Invocation	Students of CIE
Welcome Address	Michael Advincula Member, Rotary Club of Zamboanga
Video Showing about the Project	
Introduction of the Distinguished Guests	IPP Teodoro J. Ocampo President, National University
Background of the Project	Ken Landriault Founder, Cheer Up Missions
The Book Project Journey	Bruce Bain Board Member, Cheer Up Missions
Intermission Number	
Statement of Support:	
Partnership message - Rotary Club of New Orleans	Heather Kirk Board Member, Rotary Club of New Orleans
Partnership message - Rotary Club of Zamboanga	Ricky Chua President, Rotary Club of Zamboanga Tacloban
Partnership message - Archdiocese of Palo	Fr. Kelvin Joy M. Apurillo Chancellor, Archdiocese of Palo, Leyte
Turnover of Donation of Books to RC Manila	Ken Landriault , Founder Cheer Up Missions Assisted by: Heather Kirk Board Member, Rotary Club of New Orleans
Acceptance Speech	Jose "Jimmie" C. Policarpio Jr. President, Rotary Club of Manila
Presentation of Token of Appreciation by Rotary Club of Manila	Jose "Jimmie" C. Policarpio Jr. President, Rotary Club of Manila Assisted by: John Enryl Eugenio Chairman, Basic Education and Literacy Committee

Intermission Number	
Presentation of Token of Appreciation by Cheer Up Mission	Ken Landriault Founder, Cheer Up Mission Assisted by: Bruce Bain Board Member, Cheer Up Missions
Intermission Number	
Awarding of the Special Gift by Rotary Manila	Teodoro J. Ocampo Immediate Past President, Rotary Club of Manila Asst. by: Assistant Secretary Rome Policarpio Jr. Chairman John Enryl Eugenio
Message	Richard T. Ang President, CIE British School of Tacloban
Message	Sec. Michael Lloyd Dinn Presidential Assistant for the Visayas Founder, Ken Landriault and Pres. Jimmi Policarpio
Turnover of the books to the Beneficiaries	
Acceptance Speech representing the Public Schools	Rimar B. Uytingo, Ed. D., CESO IV DIE Regional Director, DepEd Region 8
Acceptance Speech representing the Private Schools	Sonia C. Palalanan President, Eastern Visayas Assn. Of Private Schools
Acceptance Speech representing the Science High School	Reynaldo Garmace, Ed.D. Campus Director, Philippine Science High School
Acceptance Speech representing the Catholic Schools	Fr. Ric Marpa Superintendent, Catholic Schools Assn. Of the Archdiocese of Palo
Closing Remarks	Ken Landriault Founder, Cheer Up Missions
Final Intermission Number	
Photo Op	
3:30 PM COCKTAILS/SNACKS	

Master of Ceremonies: Michael Advincula



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INTERCLUB ACTIVITY



DGE Rudy and Lady Sharon Bediones, PDG Vince Carlos, PDG Obet Pagdanganan, IPCoS/PSDG/PP Cesar Ubaldo, PP Francis Juico (not in picture), IPSDG/PAG/PP Frank Evaristo and PD Oscar del Rosario attended the 25th Charter Anniversary of the Rotary Club of Chinatown Manila last February 8, 2018 at the Century Seafood Restaurant in Manila. Past Rotary International President Gary C.K. Huang was Guest of Honor and Speaker during the said event.



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FELLOWSHIP



DGE Rudy Bediones, Lady Sharon Bediones, IPSDG/PAG/PP Frank Evaristo and PP Francis Juico (not in picture) attended the 60th Birthday Celebration of District 3810 Past Presidents Council Chair Johnson Tan of the Rotary Club of Jose Abad Santos Manila last February 13, 2018 at the Conrad Luxury Hotel Manila in Pasay City.

ONE ROTARY ONE PHILIPPINES ONE FOR MARAWI



CHAIR DE RAFFY ALUNAN MEETS WITH DOH SECRETARY DUQUE FOR ONE ROTARY ONE PHILIPPINES ONE FOR MARAWI

DE Raffy Alunan, Chair of the ONE ROTARY ONE PHILIPPINES ONE FOR MARAWI Project, met with Department of Health (DOH) Secretary Francisco Duque, III, last February 14, 2018 at the DOH, San Lazaro Compound in Sta. Cruz, Manila to expedite the review of the draft Memorandum of Agreement with the said department regarding the project. Further, DOH will give medicines for the medcaps of the said project, with or without the Memorandum of Agreement, as the medicines become available. Moreover, the DOH Secretary said that he will increase the support for the next medcap slated for Davao sometime in late February or early March of 2018. Indeed, the historic meeting which took place on the day of hearts sealed Rotary's commitment for the love of fellow Filipinos in need.

SPEAKER'S BUREAU



Former National Security Adviser and Former Parañaque Representative **PVP Roy Golez** was interviewed by Ray Orosa over Heartbeat Live on Global News Network last February 9, 2018 regarding the Benham Rise and the South China Sea.

NEWS RELEASE



DONATIONS

The Ponce-Patajo families are grateful for the financial donations made by the members of the Rotary Club of Manila which covered for the medical / hospitalization expenses incurred by the late Mayvelyn Ponce-Patajo, Funds Coordinator of the Rotary Club of Manila. May, as she is fondly called, joined our Creator last Monday, February 5, 2018.

I	MEDICATION Assistance			
	1	Past the hat amongst members	64,000.00	
	2	Joseph, Bobby	50,000.00	
	3	Reyes, Ed	5,000.00	
	4	Pelino, Willie	10,000.00	
	5	De Venecia, Joe	5,000.00	
	6	Carlos, Vince	5,000.00	
	7	Evaristo, Frank	5,000.00	
	8	Pineda, Nebot	5,000.00	
	9	Lee, Ed	20,000.00	
	10	Ko, Mon	2,000.00	
	11	Iang, Jimmy	5,000.00	176,000.00
III	POST RETIREMENT - HOSPITALIZATION			
(a)	1st part, Tuesday February 6, 2018			
	1	Del Rosario, Oscar	2,000.00	
	2	Dy, Manny	3,000.00	
	3	Evaristo, Frank	3,000.00	
	4	Cureg, Alex	3,000.00	
	5	Laguesma, Benny	3,000.00	
	6	Lsguerra, Hermie	10,000.00	
	7	Ong, Jason	3,000.00	
	8	Lacambacal, Alvin	private giving	
	9	Villasenor, Nicky	private giving	
				27,000.00
(b)	2nd part, Friday Feb 9, 2018			
	10	Fajardo, Rada	3,000.00	
	11	Gulez, Roy	2,000.00	
	12	Follosco, Jun	5,000.00	
	13	Recto, Philip	5,000.00	
	14	Blanco, Manny	1,000.00	
	15	Alunan, Raffy	3,000.00	
	16	Ampil, Boy	1,000.00	
	17	Assad, Ine	2,000.00	
	18	Egan, Bren	2,000.00	
	19	Carlos, Vince	check	5,000.00
	20	Lonzaga, Ner	check	5,000.00
	21	Lapus, Leslie	RCM acct	5,000.00
	22	De Rossi, Andy	RCM acct	2,000.00
	23	Chua, Jim	check	2,000.00
	24	Alvarez, Jun	5,000.00	48,000.00
		SUBTOTAL:		251,000.00
(c)	PLEDGES			
		Doval Santos, Rosel	2,000.00	
		Cenica, John	3,000.00	
		Valdez, Amading	5,000.00	
		Abastillas, Celso	5,000.00	15,000.00

PUBLIC HEALTH NUTRITION AND CHILD CARE



A HEALTHY VALENTINE'S DAY

Elias D. Adamos, M.D.

The following are recommended by the American Heart Association for a healthy and enjoyable of Valentine's Day. Value and celebrate this day with love and life. Keep in mind: The key to your heart is your sweetheart, but eating well and exercising is the key to a healthier you.

1. Rather than tempting your sweetie with sweets, consider a gift that has more permanence. Find a poem that describes your feelings and write it on beautiful paper for a handmade valentine.
2. Quality time is one of the most meaningful gifts. Plan for a vacation. Spend some time with your family.
3. If your kids are having a Valentine's Day party at their school or day care, instead of sending candy, consider fresh or dried fruits and friendship tokens.
4. Cooking at home is an excellent way to control what and how much you eat. Prepare a romantic candlelit dinner at home. Prepare and use a healthy recipe.
5. Give to one another by giving back. Ask your love to volunteer with you at charity work or local organization. Giving back is a healthy habit that can boost your mood and help beat stress.
6. Use this day as an opportunity to tell your loved one how important they are to you, and share ways that you can support each other's health and wellness.
7. Craving for something sweet? Gift a beautiful fresh fruit basket to your loved one instead of giving sweets with added sugars.
8. Sharing is caring – if you go out for a romantic dinner date, order one entrée to share. Many restaurant servings are enough for two – splitting will keep you from overdoing it.
9. Don't forget to love your pet, too! Give your pet a Valentine's treat and remember to walk or exercise them daily. Getting active with your pet will benefit your health and your bond with your pets.
10. Take it slow. If you receive an indulgent box of chocolates from your sweetie, stick it in the freezer and enjoy in moderation over the next several weeks.
11. Take a long, romantic walk with your beloved. Aim for at least 150 minutes of moderately intense physical activity each week to stay healthy. You can reach this goal by walking briskly for at least 30 minutes five days each week.

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