

Paramount February Newsletter The Super Bowl, Valentine's Day and More!

### WHAT'S HAPPENING AROUND HUDSONVIEW

# **Employee Appreciation**

Congratulations to Maritza Gutierrez, our Employee Appreciation Month raffle winner at Hudsonview! Your dedication lights up our community. Cheers to you and many more moments of joy!



## Valentine's Day

This Valentine's Day, love is in the air, and it's not just about romance! We're celebrating all the love for our incredible staff and residents who bring warmth and heart to our community every day. You make our home truly special. Cheers to you!



### WHAT'S HAPPENING AROUND HUDSONVIEW

## **Dear Hudsonview Residents**

As February unfolded, we were thrilled to offer a variety of engaging activities and events for everyone to enjoy. From captivating workshops to delightful social gatherings, there was something for every resident to participate in and relish. Let's cherish the memories created and continue to foster the strong sense of community that makes Hudsonview a special place to call home!

Warm regards, Gabriel Rodriguez Activities Director, Hudsonview

## Heart Health Month Essential Tips for Heart Health

- Stay Active
- Eat Heart Healthy Foods
- 😯 Regular Health Check-ups
- Nanage Stress
- 😔 Get Enough Sleep



#### WHAT'S HAPPENING AROUND HUDSONVIEW

# **Google Review**

Your feedback inspires us to keep doing our best Reading your uplifting Google reviews reminds us why we love what we do. Thank you for choosing Hudsonview Center as your care partner and sharing your stories with us!



# Super Bowl Sunday

Super Bowl Sunday brought cheers and shared excitement to Hudsonview!

From thrilling plays to the halftime show, it was a day full of community spirit. We are looking forward to next year's game!











FOR REHABILITATION & HEALTHCARE Proaressive Rehab. Impressive Experience.

303 Elm Street, Perth Amboy, NJ 08861



120 Park End Place, East Orange, NJ 07018



9020 Wall St., North Bergen, NJ 07047



3200 Hudson Ave., Union City, NJ 07087



9501 State Rd., Philadelphia, PA 19114



65 Jay St., Newark, NJ 07103



8410 Roosevelt Blvd., Philadelphia, PA 19152



1302 Laurel Oak Road, Voorhees Township, NJ 08043

Thank you for reading our February newsletter! PLEASE FOLLOW US ONLINE.