



RITA'S CARE AT HOME LLC

STAY INDEPENDENT WITH A HELPING HAND FROM US



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February is American Heart Month

Heart disease is the leading cause of death among Americans. Risk factors such as high blood pressure, high cholesterol, diabetes, and being overweight all increase your personal risk of developing heart disease. A healthy diet can help lower or control these risk factors. Here are five ways to get you started:

- 1. Eat smart.** Changing your perceptions of how and what you eat really helps. Use smaller plates to help limit portion sizes. Chew slowly and really think about textures and flavors as you eat.
- 2. Dine out the healthy way.** You can eat healthy in restaurants. Control portion size by eating half your entree and take the rest home for another meal. Limit calories by choosing foods that are broiled, baked, or roasted. Ask for low-sodium options from the menu and leave off or ask for butter, gravy, sauces, or salad dressing on the side.
- 3. Plan to eat heart healthy.** Put together an eating plan that offers the balance of calories that is right for you, including vegetables, fruits, whole grains, and low or fat-free dairy products. The number of calories you need each day depends on your age and how physically active you are. Add seafood, lean meats, poultry, beans, eggs, and unsalted nuts for protein. Limit saturated fats, sodium, and added sugars. Grill, steam, or bake instead of frying and flavor with spices, not sauces.
- 4. Choose healthy snacks.** Enjoy treats with fewer calories that fit into your daily eating plan – like a cup of red seedless grapes or a small banana, a cup of cherry tomatoes, a handful of unsalted nuts, or a half cup of low or fat-free yogurt.
- 5. Find heart-healthy menus to enjoy.** How you eat day after day makes a real difference in your health over time. You can find free heart-healthy recipes like Baked Salmon Dijon and Apple Coffee Cake at healthyeating.nhlbi.nih.gov.



Employee Spotlight: Shantiva Nelson

Shantiva is one of our most valued caregivers at Rita's Care at Home.

A native of Murfreesboro, TN, she is the proud mother of one child. In her free time she likes to be with family, cook, and help others.

She decided to become a full-time caregiver after caring for both of her parents. "I've enjoyed working at Rita's, experiencing the different levels of care that our aging seniors may need daily," says Shantiva.

She continued: "I believe that to be a great caregiver you have to have the 3 Cs: Care, Concern, and Compassion."

All of us at Rita's Care at Home thank Shantiva for always bringing the 3 Cs to our clients!