

License #198603428



Regency Grand
of West Covina
Assisted Living and Memory Care
The Difference Between Living and Living Well

150 S. Grand Ave. • West Covina, CA 91791 • (626) 332-3344

February 2024



Valentine's Day Treat

Conversation hearts, also known as candy hearts or Sweethearts, date back to the late 1800s when Oliver Chase and his brother Daniel created the sugary treats. They used vegetable dye to print words on what were originally scallop-shaped confections. Phrases were much longer then, with sayings such as "Married in white, you have chosen right" and "How long shall I have to wait? Please be considerate." In 1902, the famous heart shape appeared and simpler prints came out, like the familiar "Be Mine" or "Kiss Me."

Everything's Roses

"Stop and smell the roses" may be healthy advice in more ways than one. The flower's delicate scent can produce a relaxing effect. Rose extracts, often used in beauty products, have anti-inflammatory properties that help soothe dry, irritated skin. And German researchers found that sleepers who were exposed to the smell of roses experienced pleasant dreams.

Pump Up Your Heart IQ

Hearts, the universal symbol for love, are all around this month as businesses and consumers alike celebrate Valentine's Day. Get pumped up for the holiday with these fun facts!

- Romans, Egyptians and Greeks are among the ancient cultures who valued the human heart as a source of life and emotion.
- The familiar heart symbol is believed to have been inspired by plants, including the seeds of an ancient variety of fennel, as well as the leaves of water lilies and ivy.
- Until the 1400s, the heart symbol was usually portrayed upside-down, with the pointed end up.
- Early in the 16th century, Leonardo da Vinci drew the first known accurate sketch of the human heart.
- Most animals only have one heart, but octopuses, squids and cuttlefish have three. Some creatures, including jellyfish and starfish, don't have a heart at all!
- The heart of a blue whale, the biggest animal on the planet, weighs over 400 pounds. When the whale is underwater, its heart beats only two to 10 times a minute.
- In a standard playing card deck, the king of hearts is the only king without a mustache.
- From the smiley face with heart-eyes to heart shapes in every color of the rainbow, there are at least 39 emoji that feature a heart in some way.
- Invented by Richard Cadbury, the first heart-shaped boxes of chocolates were sold in 1861. Every year, people buy over 36 million of the sweet samplers for Valentine's Day.

Learn About Leap Year

The special and fleeting 29th day of February is known as Leap Day, occurring about once every four years. A year with this extra day is called a leap year—and 2024 is one of them! Take the leap and learn more about this timely phenomenon.

- Though a calendar year is 365 days, the Earth actually takes 365 days, 5 hours, 48 minutes and 45 seconds to completely orbit the sun. Without Leap Day, every year would be missing six hours, and after 100 years, our calendar would be off by a whopping 24 days.
- Leap years help the seasons stay consistent. Without them, eventually August would be a spring month!
- A leap year doesn't occur *every* four years. A year ending in "00" must be divisible by 400 or it functions as a normal 365-day year.
- There is a one in 1,461 chance of being born on Leap Day; these babies are known as "leapers" or "leaplings."
- Even with leap years, the Earth's rotation doesn't completely match up with our calendar, so scientists occasionally implement a "leap second" to even out the score. The last one happened in December 2016.



Happy New Year!

May all the new adventures be yours this year. Happy New Year—may you have good health, good experiences, and good company. Cheers to another year! Wishing you positive new beginnings in 2024!



Out & About



Be sure to check your calendars for our outing trips on Thursdays! Sign-up sheet will be in a binder near the mailroom.



MARDI GRAS

Join us for a Mardi Gras Celebration with live karaoke hour with David Heinicke, dining server! There will be singing, dancing and appetizers and cocktails.

Let the good times roll!
Tuesday, February 6, at 1:30pm
(Multipurpose Room)



Super Bowl Party

It's Super Bowl time! Which team are you rooting for? Or are you cheering for the commercials, or just looking for the chips and dip? Whatever draws you to the big game, join us for football, food and fun during our Super Bowl party! We will be displaying the game on our big projector screen with food and drinks to eat. Everyone is welcome.

Sunday February 11, at 3:30pm
(Multipurpose Room)



Happy Valentine's Day

There will be a night of sweets, wine and all things delicious and divine on Valentine's Day.

We will be having a special dinner prepared by our Chef, and live music entertainment with family band, Darden Sisters! Make sure to RSVP at the front desk.

Tuesday February 14, 2024
Live Music at 4:30-5:30pm
(Multipurpose Room)

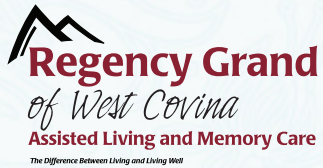
February Birthdays!

Resident Birthdays

02/03 Rose Marie
02/04 Judith B.
02/13 Art S.
02/19 Thomacita O.
02/19 Mary B.
02/24 Ray B.
02/27 Gayle R.
02/29 Renee A.
Staff Birthdays
02/04 Rociel M.
02/05 Natalie L.
02/09 Cecilia W.
02/11 Maria L.
02/14 Irma G.
02/13 Loreta.
02/18 Debbie G.
02/18 Mary R.
02/18 Sara W.
02/28 Valentina R.

Houseplant Appreciation Day is on January 10 every year, and it reminds us that we don't have to lose the freshness and vibrancy that plants bring to our homes.





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