

Bridgewood Rivers
1901 NW Hughwood
Roseburg OR, 97471

Postage
Information

**Bridgewood Rivers Assisted Living
Residence has cared for seniors in the
Roseburg community since 1990.**

**Bridgewood Rivers was the first
Assisted Living Residence to receive
licensing in the state of Oregon. Our
Administrator, Teresa Courtney, has
been here for over 34 years. For
additional information please Contact
us at (541) 440-1914**



February Birthdays & Anniversaries

Birthdays:

**Betty Evers Feb 10th
Susan Kees 13th
Leah McDonough Feb 16th
James Snyder 21st
Tiffani Jennings Feb 28th
Tiya Celso Feb 29th**

Anniversaries:

**Elizabeth B, 4 Years
Kyla Gobershock, 2 Years
Cleo B, 1 Year
Patricia T, 1 Year**

February 2025

Bridgewood Breeze

1901 NW Hughwood Roseburg OR, 97471 541-440-1914



**Executive Director-
Teresa Courtney**

**Resident Service
Coordinator/ Admin
Jennifer Carabellese**

**Director of Wellness
Services-
Leah McDonough, RN**

**Community Relations
Director
Connie Kloha**

**Dietary Manager-
Steve DeLaCruz**

**Life Enrichment Director-
Becca Taggart**

**Housekeeping-
Holly Bemiller**

**Director of
Maintenance-
Bob Slifert**

**Bus Driver-
Susan Kees**

Goody Goody Gumdrops!

February is a sweet month for candy lovers, with both Bubble Gum Day and Gumdrops Day celebrated within weeks of each other. Bubble Gum Day falls on the first Friday of February, while Gumdrops Day is February 15. Both holidays highlight the history and fun behind these popular treats.

Bubble gum has a surprisingly long history, dating back to ancient peoples who chewed natural substances like tree resin. Modern bubble gum, however, was invented in 1928 by Walter Diemer, a young accountant at the Fleer Corporation. Diemer accidentally created a formula for gum that wasn't too sticky and could stretch—perfect for blowing bubbles. It was famously pink because that was the only dye available at the time. Bubble gum became an instant hit, and today, Americans chew an average of 100 pieces each year.

Gumdrops, on the other hand, have been around since at least the 19th century. These chewy, colorful candies are often used to decorate cakes and gingerbread houses. While their exact origin is debated, the gumdrop's sugary coating and fruity flavors have made them a long-standing favorite. The candy was so beloved that a NASA spacecraft was even named *Gumdrop* in the 1960s.

Both gum and gumdrops have made their mark in popular culture and candy aisles for decades. Bubble gum is often linked with childhood, and gumdrops remain part of festive traditions. Furthermore, gumdrops paved the way for other popular gummy candies like gummy bears and gummy worms. Interestingly, while we celebrate these sugary delights, February is also Gum Disease Awareness Month, a reminder to enjoy sweets in moderation and prioritize dental care.

These candy-themed holidays offer a chance to indulge, reminisce, and enjoy the playful nature of bubble gum and gumdrops. Whether you prefer blowing bubbles or savoring a sugary gumdrop, February is full of reasons to celebrate these nostalgic treats.



What Month is the best for Coffee?

Feb-BREW-ary!

Can February March?

No, but April May!

As it's the month of love and friendship I look forward to creating new memories with you. Thank you to all who participate and continue to bring new and wonderful ideas and activities. Please join me on the 18th for the activity planning meeting to let me know more of your ideas and wants around here.

Thank you again -Becca LED



Nurse's Note

This month I would like to encourage you to start attending exercise with Becca if you aren't already. Monday, Wednesday, Thursday, and Friday they meet to go for a walk or do chair yoga or chair weight lifting at 9:30 (see activity calendar). If you prefer to exercise on your own, we also have the NuStep machine down the hallway. Maintaining muscle mass is incredibly important as we age. It will protect you from falls, prevent diabetes, alzheimer's, and help you maintain independence with activities of daily living for as long as possible!

The Many Faces of Valentine

While February 14 is widely celebrated as Valentine's Day, there is some confusion as to which Saint Valentine this day refers to. According to the Roman Catholic Church, 14 different saints are named Valentine. Some believe Valentine honors the bishop of Terni, in central Italy, who was condemned by Roman Emperor Claudius. Others believe Valentine was a Roman priest who secretly married Christian couples until he was discovered by the Roman authorities and sentenced to death. Perhaps the real identity of Saint Valentine is unnecessary since what is truly important is his enduring legacy of love.



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Independent Shopping Mondays

February 3rd, 10th, 17th 24th

Independent Bank Trip-Feb 10th

Lunch Outtings

February 12th, 19th, 26th

Lunch in (AR)

February 5th – Burrito Vequero



Please Vote for this year's Valentines King and Queen. We will be declaring the winners during Lunch on Valentine's Day!



Good Friends Make Good Neighbors Program

When a Bridgewood Rivers resident or family member refers a new potential resident to a Cascade Living Community and the person moves in for at least 90 days, the resident will receive a \$4,000 credit applied to their base rent.



Crossing the Clouds



Perhaps one of the greatest sightseeing adventures in the world is a four-hour train ride on the Bernina Express from Switzerland to Italy through the Alps. There may be no better time to travel the

route than in February, when the land is glistening white with snow.

What makes the journey so special? The railway, which opened in 1904, crosses 196 bridges, passes through 55 tunnels, and climbs more than 7,000 feet (2,100 meters). This marvel of engineering was designed to open isolated mountain villages to the rest of the world. For these reasons, the rail line has been granted status as a UNESCO World Heritage Site.