

## Management Team

**Crystal Brokaw** - Executive Director

**Misty Nicholas-Liceaga**– Associate Executive Director

**Julie Gibbons RN**– Community Wellness Director

**Angela Frazier**- Associate Wellness Director

**Melissa Turok**- Associate Wellness Director

**Jessica Metzger**– Resident Care Coordinator

**Jennie Johnson**– Memory Care Resident Care Coordinator

**Kari Hutchison**- Director Of Sales And Marketing

**Lisa Davis**- Community Relations Director

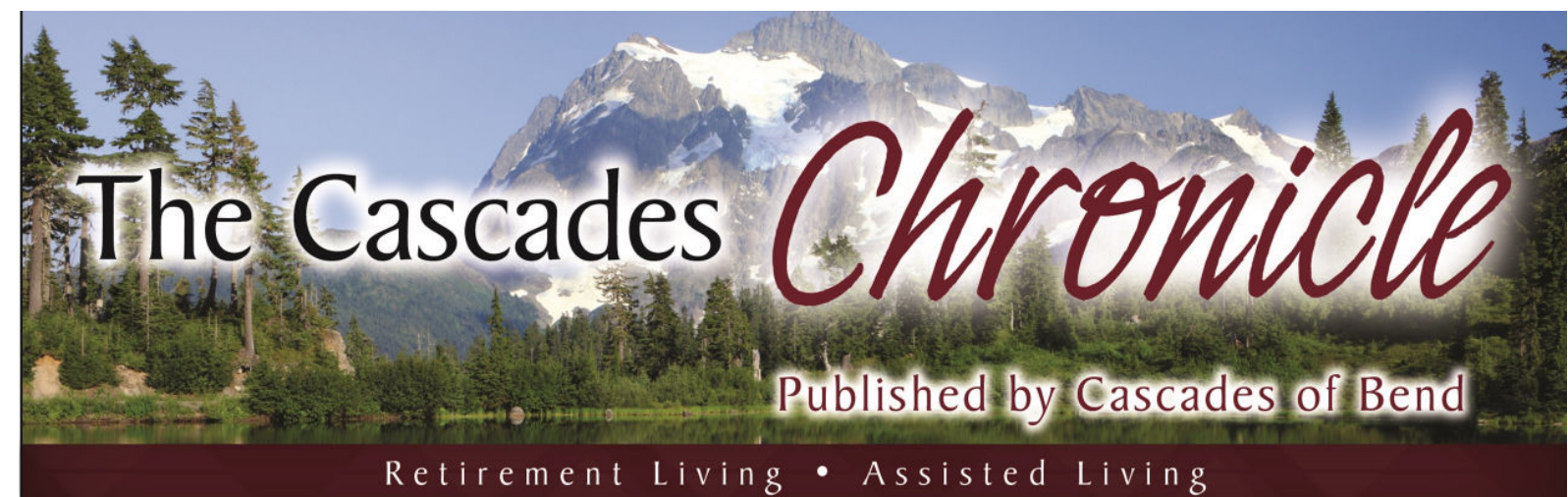
**Kelly Graves**– Senior Life Enrichment Director

**Beverley Lakey**– Business Office Manager

**KC Munford**- Dining Services Director

**Steven Hurt**- Plant Operations Director

\*Articles and Photos Provided by Activity Connection



## Celebrating February

**Canned Food Month**

**Black History Month**

**Pancake Week**

*February 17–23*

**Groundhog Day**

*February 2*

**Thank a Mail Carrier Day**

*February 4*

**Bagel and Lox Day**

*February 9*

**Galentine's Day**

*February 13*

**Valentine's Day**

*February 14*

**Single-Tasking Day**

*February 22*

## Seeing Red

Red hearts. Red roses. Red lipstick kisses. These are all popular symbols of Valentine's Day. While there is no record of St. Valentine ever wearing red, the holiday that bears his name is full of the color. The color red appears again on February 4 for Wear Red Day. Today, red symbolizes love, beauty, power, and passion, but humans have been fascinated by the color for millennia.

After black and white, red is the first color of the spectrum that babies can identify. Perhaps our adoration of the color comes from this strong first impression. Speaking of firsts, 40,000 years ago, prehistoric humans painted their bodies in red clay. Burial rites included covering the dead in red powder to ward off evil spirits. Prehistoric cave paintings discovered across the globe from Asia to Africa and Australia were all made with red ochre. Our Stone Age ancestors certainly thought red possessed power.

When did red specifically earn its association with love? Many historians point to the ancient Greeks. Aphrodite, the goddess of love and beauty, fell in love with Adonis. When Adonis was killed by a wild boar, Aphrodite rushed to his aid and was stuck by the thorn of a white rose. The goddess' blood fell on the white petals, turning them red. In this manner, the red rose came to symbolize Aphrodite's love for Adonis, and both the color red and the red rose became symbols of Aphrodite herself, as well as love, beauty, and passion.

This myth also demonstrates the mixed symbolism presented by the color red: the heart and blood, passion and anger, allure and danger, love and war. Cultures all over the world use red to different effects. Chinese brides wear red wedding dresses to symbolize love and good fortune. Catholic cardinals wear red robes symbolizing the blood of Jesus Christ. American drivers are warned to "STOP" with red stop signs and lights. In February, red might inspire romance or inflame passion, but on Halloween, it accompanies gruesome horrors. Good or bad, the color red has long asserted power over the human psyche.



# Valentine's Day Word Search

H Q U K C T I Q C I Y X H  
T S V A R A T L O D S N E  
W E X A J D R U N V P W B  
W G E X D U S A O U F L E  
N H I W F E C Q H H L D T  
L V O J S O S O Q A O I A  
T B N S B T Z G F C W P L  
N J I T Z E D W U J E U O  
D K Q Z J V A L L H R C C  
P O M F J A R R O W S N O  
U J V A L E N T I N E D H  
V I J P C R E V O L R S C  
N Z K Y T F I G Q T L U H



- Flowers
- Sweet
- Chocolate
- Gift
- Kisses
- Love
- Cupid
- Arrow
- Heart
- Hugs
- Valentine
- Candy



## Roll Call

About 64 million Tootsie Roll candies will be manufactured on February 23, Tootsie Roll Day. On this day in 1896, inventor Leo Hirschfeld first began selling the chewy chocolate confections out of his small Brooklyn candy shop. The candies grew so popular that Hirschfeld distributed them throughout New York using a horse and buggy. The unique name was a no-brainer for Hirschfeld. He had been calling his five-year-old daughter Clara by the nickname "Tootsie" all her life. Or had he? Some historians claim that the quaint story of the candy being invented by Hirschfeld in a small Brooklyn shop is a clever marketing ploy. Rather, "Leo Hirschfeld" was an employee of the Stern & Staalberg candy company and applied for the patent of his unique, melt-resistant chocolate candy in 1907. "Tootsie" was the name of a child actress hired by the company to hawk its products, a name that company marketers then applied to the new candy.



Coming Soon:  
Girl Scout Cookies!

## Cookie Cravings

It's the weekend you've been waiting for all year: February 24-25 is Girl Scout Cookie Weekend! The iconic flavor are all back: Thin Mints,

Samoas, Trefoils, Tagalongs, Do-si-dos, and Lemon-Ups. Two other popular options this season are Adventurefuls, a brownie-inspired cookie with caramel-flavored crème, and a gluten-free option, Toffee-tastic, a buttery cookie packed with toffee bits.

This year, the price of Girl Scout Cookies has increased slightly to six dollars a box, which reflects rising costs. Every dollar goes toward supporting programs that help build our next generation of female leaders. The Girl Scout Cookie program continues to teach Girl Scouts five key life skills: goal-setting, decision-making, money management, people skills, and business ethics. Plus, scouts grow in courage, confidence, and character. There's something extra sweet about enjoying these cookies while knowing you're supporting such an impactful program.

## February Horoscopes & Famous Birthdays

In astrology, those born from February 1-18 are the Water Bearers of Aquarius. Just as water gives life to the land and its creatures, Aquarians are the humanitarians of the zodiac. Their heightened compassion and empathy compel them to help those in need. Those born from February 19-28 are Pisces' Fish. Pisces are sympathetic and selfless, making them compassionate friends. Their intuitive nature also make Fish creative and expressive artists.

Norman Rockwell (artist) - February 3, 1894  
Rosa Parks (activist) - February 4, 1913  
Bob Marley (musician) - February 6, 1945  
Chris Rock (comedian) - February 7, 1965  
Laura Dern (actress) - February 10, 1967  
Jennifer Aniston (actress) - February 11, 1969  
L.L. Bean (outdoorsman) - February 13, 1873  
Michael Jordan (athlete) - February 17, 1963  
Rashida Jones (actress) - February 25, 1976

## Happy Birthday

Jacy D. 02/05  
Donna B 02/06  
Raemona L 02/07  
Joan H. 02/09  
Ardys C. 02/10  
Anne W. 02/16  
Geri W. 02/23  
Lynda A. 02/25  
Beryl B. 02/25