

RESIDENT SPOTLIGHT



Michael Mullin (Mike)
Mike was born in Washington. Throughout his career, he has worked as a real estate broker, professional photographer, truck driver, and scuba instructor. He served in the Air Force and received an

honorable discharge after completing two years of active duty and two years of inactive duty. Mike enjoys walking every day, averaging approximately two miles. He is a tremendous help to the Life Enrichment Director (LED), often moving chairs and assisting with activity setup. He is very active in group activities and always willing to lend a hand. When Mike was in school, he played football, and his team had an undefeated season. Mike, we are so happy that you have joined our family.

STAFF SPOTLIGHT



Hi, my name is Belle, and I have been working in memory care for one year, and it has been one of the most meaningful experiences for me. I love being able to support residents with compassion, patience, and dignity, and knowing I can

make a positive difference in their day. I have been with this company for about four months, and what I appreciate most about the company I work for is the strong sense of teamwork. We truly support one another, step in when needed, and work together to provide the best care possible. Being part of a team that communicates, cares, and has each other's backs makes this job incredibly rewarding.

February Birthdays

In astrology, those born February 1–18 are Aquarian Water Bearers. Aquarians have attractive personalities, vivid imaginations, strong intuition, and a thirst for knowledge. They also share a strong desire to help humanity and create unity. Those born between February 19–29 are Pisces. These Fish are spiritual types who feel comfortable in their introspective natures. As passionate, romantic, creative dreamers, they are charitable helpers who go with the flow.

Independent Living

Lester H.-2/1/36
Ana W.-2/2/38
Jeanmarie R.-2/4/36
Irene E.-2/6/32
Steve G.-2/6/50
Rose J.-2/11/43
Bill K.-2/14/42
Charlie A.-2/18/33
Lori P.-2/19/55
Marsha C.-2/22/59
Fern D.-2/23/37
Vonnie H.-2/24/26
Arlie S.-2/27/35
Donna S.-2/28/41

Assisted Living

Vicki S. – 2/9/1950
Barbara W. – 2/23/1945
Julie E. – 2/10/1957
Sharon L. – 2/14/1949
Julie P. – 2/28/1956
Louise B. – 2/24/1927
Robert K. – 2/11/1940

MEMORY CARE

Anne W. – 2/2
David E. – 2/8
Dierdre S. - 2/16
James G. – 2/17
Susanne H. 2/28
Terry W. – 2/29
William H. – 2/24

Calendar & Newsletter

Independent Living – Assited Living – Memory Care



Management Team

Alexander Ben-Israel
(Senior Executive Director – IL)

Tim Robitz
(Business Office Manager – IL)

Amy Smith
(Executive Director – AL)

Sharon Evans
(Business Office Manager – AL& MC)

Joy Coonrod-Anderson
(Executive Director – MC)

Director of Sales & Marketing
Ember Nordhaus

Plant Operations Director
Eric Zahler

Life Enrichment Coordinators
Dolly – MC
Holly – IL
Angela – AL

Dining Services Directors
Chris Ford – IL
Jay Harrison – AL
Alexandria Cruz – MC

Chasing Winter Glory

The 2026 Winter Olympics are headed to the stunning landscapes of northern Italy, bringing together athletes and fans for a celebration of winter sports, culture, and camaraderie. Set across Milan and Cortina d'Ampezzo, the Games promise a picturesque backdrop of snow-capped Dolomite peaks, charming Alpine villages, and historic cities bursting with Italian flair. Visitors can expect not only thrilling competitions but also the chance to savor local traditions—from hearty mountain cheeses and cured meats to rich pastries and steaming bowls of polenta. Northern Italy's cuisine, hospitality, and vibrant markets offer a unique flavor to the global event, making the Olympics more than just an athletic spectacle.

At the heart of the Games are the timeless Olympic values: teamwork, perseverance, and friendly rivalry. Whether athletes are coordinating flawless relay passes on the ice, supporting teammates in grueling downhill runs, or striving to shave precious seconds off their times, the Olympics showcase how dedication and collaboration turn individual effort into shared achievement. Even the competition itself, while intense, is framed by respect and admiration, highlighting the joy of challenging oneself and connecting with others from around the world.

For winter sports enthusiasts, the 2026 Olympics also carry a strong sense of nostalgia. Fans will relive the thrill of skiing down glittering slopes, the elegance of figure skating routines, and the exhilaration of sledding through icy tracks. From alpine skiing and snowboarding to speed skating and bobsled, the Games celebrate the full spectrum of winter sports, each steeped in history and tradition.

The Milan-Cortina Olympics offer a rare combination: breathtaking scenery, rich cultural experiences, and the universal language of sport. As nations gather to compete, cheer, and share in this global festival, the event promises to leave lasting memories for athletes and spectators alike. Whether you're drawn by the chance to witness record-breaking performances or simply to enjoy the snowy landscapes and Italian charm, the 2026 Winter Olympics are shaping up to be a spectacular, heartwarming celebration of skill, spirit, and wintertime joy.

Good Deeds and Good Fortune



February 17 may ring in China's new year, but preparations often begin weeks ahead of Chinese New Year's Day. One of the most important customs is a thorough cleaning of the house. This ensures any bad luck built up over the past year is swept away. Similarly, one must not clean during the first days of the new year so as not to sweep away any new good luck. Cleaning house also means it's time to take care of unfinished business; paying debts and resolving quarrels are all part of prepping for the new year.

Food is an important part of any Chinese New Year celebration, but most food must be prepared in advance, thanks to a popular superstition dictating that knives be put away on New Year's. Using a knife might just "cut off" the flow of good luck and prosperity to a home.

Perhaps the most important New Year's tradition is paying respect to ancestors. Celebrations can begin only after proper homage has been paid. On New Year's Eve, temples are often crowded with people bringing food, incense, and other offerings for their departed forebears.

Next door to China in neighboring Tibet, February 18 brings the new year, called *Losar*—Tibet's most important holiday. Drawing from Buddhist tradition, Tibetans believe good comes only to those who do good themselves. For this reason, *Losar* rituals include a focus on "virtuous attitudes," "virtuous actions," and thus, a "virtuous new year." For three to 15 days, depending on the locale, family and friends gather and celebrate by eating good food, telling stories, lighting fireworks, and playing games. Celebrations also involve donning one's finest clothes to visit temples and offer good wishes to the living, the dead, and the spirits of the enlightened. Since it's common to hurl barley flour, known as *tsampa*, as a spiritual offering, it may be a good thing their neighbors have a broom handy.

Monty Fell Garden

Growing season is just around the corner!

Areas will soon be available for planting vegetables. Varieties such as tomatoes, lemon cucumbers, sweet peppers, and melons have been long-time favorites. Available sections will be marked with **green stakes**. Sections that are no longer available will be marked with **purple stakes**. Garden partners are residents who are committed to planting and tending the section they choose. Garden partners who have extra produce are encouraged to share with other residents. If you are interested in gardening and would like more information, please contact Katherine. Our community garden is for your enjoyment! Please take advantage of the beauty that is here for you to share. 😊

See you in the garden, Katherine



February Aloha

For those dwelling in the northern hemisphere, February brings a chill to both the air and the spirit. Spring is just a month away, but who can think of spring when the snow's still falling? Drive away the chill on February 1 with Hula in the Coola Day.



Hula dancing is an integral part of Hawaii's Polynesian history and culture. The dance is far more than swaying the hips in a grass skirt; it's a ritual way to explain Hawaiian gods and goddesses, the history of the people, and the mysteries of natural phenomena through chanting, singing, and dancing. Hula has been performed during religious rituals, rites of passage, social gatherings, and even football games. So if you're looking to warm your spirit this February 1 with a little *aloha*, find a real *kumu hula* teacher. Ditch the grass skirt for one made of *kapa*, a traditional fabric handcrafted from the bark of the paper mulberry tree.

Since hula is Hawaii's iconic dance, the ukulele must be Hawaii's iconic instrument. In the 1900s, the ukulele became part of the musical backdrop to hula dances, so it stands to reason that World Ukulele Day falls on February 2, the day after Hula in the Coola. Famed Hawaiian musician Samuel Kamaka explained that the ukulele was first played in the islands in 1879 by João Fernandes, an immigrant from Portugal. His fingers rapidly strummed a four-stringed *braguinha*, which the native Hawaiians nicknamed *ukulele*, a word meaning "jumping fleas."

Perhaps no ukulele musician was as beloved as Israel "IZ" Kamakawiwo'ole. Raised in a musical family from Honolulu (his uncle was Moe Keale), he was exposed to entertainers like Don Ho and Palani Vaughan. His version of "Over the Rainbow" may rival Judy Garland's. It will, no doubt, be strummed the world over on World Ukulele Day.

Engineering a Solution

The fields of science, technology, engineering, and mathematics, known collectively as STEM, are considered some of the most critical when it comes to industry and the economy. Research conducted by the American Association of University Women found that in many STEM fields, men outnumber women—a fact they say threatens to stifle both wage equality and creative thinking. That's why February 26 is Introduce a Girl to Engineering Day. Dr. Maria Klawe, former president of Harvey Mudd College, says the solution is to encourage collaborative and creative problem solving in computer science fields. The lonely engineer toiling away in a dark basement may be no more. The future of STEM is unintimidating, social, bright, and equal parts female.

Trekkies Rejoice



This year, *Star Trek* celebrates an incredible milestone: 60 years of exploring strange new worlds. Since its first broadcast in 1966, the franchise has captivated audiences of all ages with its stories of courage, friendship, and hope for a better future.

For longtime fans, the anniversary is a chance to reconnect with cherished memories. Special events are planned across the country, including fan conventions, commemorative exhibits, and even themed museum displays showcasing classic costumes and props. Streaming services will highlight favorite episodes and launch new series like *Star Trek: Starfleet Academy*.

A themed cruise from February 20–27 offers a fun way to join fellow fans, but the celebrations extend far beyond the ocean. Whether revisiting the adventures of Captains Kirk and Jean-Luc Picard or discovering new stories, the 60th anniversary is a joyful reminder of the optimism and imagination that *Star Trek* has inspired for six decades.