

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.

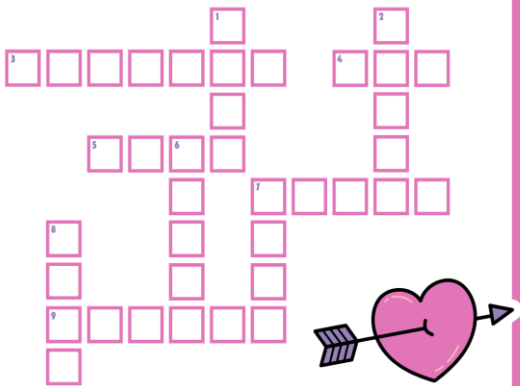
FEBRUARY BIRTHDAYS

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.

Residents	Staff
Marion B. 02/02	Alicia 02/07
Charlotte N. 02/06	Heidi 02/18
Elaine S. 02/11	Mati 02/21
Bill G. 02/17	Hayden 02/23
	Violet 02/27
	Michele 02/28

VALENTINE’S DAY
CROSSWORD PUZZLE

Read the clues, find the words, and complete the grid.



ACROSS

DOWN

3. A toy filled with air.

4. Wrapping your arms around someone.

5. A pretty red flower.

7. Sweet treats to eat.

9. Someone you love and care about.
1. A strong feeling of care.

2. A little boy with a bow and arrow.

6. A happy look on your face.

7. A piece of paper with a message.

8. Something you give to someone.

Professional Food Service Appreciation
Week February 2nd-6th



(not all dining staff pictured)

We are grateful for our excellent dining service team, who selflessly serve our community, providing sustenance for our bodies and warmth for our hearts.

Bingo and Bon Appétit

Valentine's Bingo and Spaghetti Dinner

Friday, February 13 | 5 p.m.
415 Sierra College Drive | Grass Valley

Eyes on your cards and forks at the ready! Join us for a Valentine's Bingo Night paired with a classic spaghetti dinner made for sharing. Enjoy multiple rounds of Bingo, plenty of love and laughter, and a comforting Italian-inspired meal to keep the fun going. Cheesecake for dessert makes it a winning night all around.

Seating is limited. Call Angela to RSVP by February 10.
530-272-8002

RESIDENT SPOTLIGHT



Elaine Sheer

Elaine, born February 11th, 1939, in Conway Missouri to her mother, Gladys, and father, C.L. She is the youngest of 9 siblings, 5 brothers and 3 sisters. Elaine attended college in Springfield Missouri and graduated with her B.S in speech and language. She took her education down to Santa Clara University and worked as a professor for many years. She also met her husband, Norman, in Santa Clara through a friend and they were married for over 50 years. They both raised two boys, Steve & Greg. She has one granddaughter who is currently attending college and is extremely proud of her achievements. On her down time, Elaine enjoys playing cards and reading. Attends book club, participates in socials and enjoys outings to the local thrift stores and SPD for a lotto ticket. Elaine all around has a positive attitude and good look on life.

