A friend to light a candle
When darkness overcomes.
A friend to hold you closer
When distant thunder drums.

A friend to gently tie you
When sirens sing your name.
A friend with words to soothe you
When life is a losing game.

A friend to cool your passions
When passions take their hold.
A friend to warm you gently
When a frozen heart is too cold.

A friend to spread containment
As seasons wax and wane,
Make sense of loves confusions,
And bear life’s grief and pain.

A friend who knows this season
Of love, both yours and mine,
A friend, another reason,
To send this Valentine.

“A FRIEND”
Greenwolfe 1962
Normandy Logistics

Westwood Lane
“A Building Rooms”
WTR: Theater Room
WP: Westwood Pub
WGR: Game Room

Riverwood Lane
“B Building Rooms”
RKA: Riverwood Kitchen & Arts
RWS: Riverwood Studio
RS: Riverwood Salon

Avalon
“New Atrium Section”
ADR: Avalon Dining Room
APD: Avalon Private Dining
AVH: Avalon Hall
AH: Avalon Hearth (in Atrium)

Other
LC: Lakeview Cafe
FC: River Fitness Center
L: Lobby
CMC: Cove Media Center
TL: Thurber Library

Daily Dining Schedule

Lakeview Cafe
Breakfast (LC)
7 days a week
7:30am to 10:30am

Lunch (LC)
7 days a week
11:30am to 1:30pm

Avalon Dining Room
Dinner (ADR)
First Seating
5:00pm to 6:00pm

Second Seating
6:00pm to 7:00pm
PRICE GOUGING
Attorney General Yost’s Consumer Protection Section is receiving complaints of price gouging for items such as surgical masks and toilet paper. State law bans unconscionable sales practices, which could include dramatically increasing the price products solely in response to current events.

FAKE STIMULUS CHECKS
We have been made aware of scammers calling to get personal information, pretending that they are processing stimulus checks. This is a scam, and you should not give them any personal information. The government will not ask you to pay anything to receive this money and will never ask for your Social Security Number, bank account number, or credit card number.

FAKE EMA ROBOCALLS
The Ohio Emergency Management Agency (EMA) has received complaints that Ohioans are receiving automated calls claiming to be from EMA and asking for Social Security numbers. If you receive a call like this please hang up without responding. EMA will never call residents asking for Social Security numbers or other personal information.

If you think you have received any of these scam calls please contact Ken Penny.
Now dogs pretend they like to fight;  
They often bark, more seldom bite;  
But yet a Dog is, on the whole,  
What you would call a simple soul.

Of course I’m not including Pekes,  
And such fantastic canine freaks,  
The usual Dog about the Town  
Is much inclined to play the clown

And far from showing too much pride  
It’s frequently undignified.  
He’s very easily taken in -  
Just chuck him underneath the chin

Or slap his back or shake his paw,  
And he will gambol and guffaw.  
He’s such an easy-going lout,  
He’ll answer any hail or shout

Again I must remind you that  
A Dog’s a Dog - A CAT’S A CAT.
Happenings at Breakwater!

Tuesday Tea with Jasmina
We’re so excited to announce that Tuesday Tea is back for our residents to enjoy! There will be assorted tea & desserts.

Tuesday Tea will be held on Tuesday, February 9th from 2:00pm-4:00pm in the Westwood Pub.

You must sign up at the Front Desk to attend!

Super Bowl Squares
It’s that time of the year.. the Super Bowl! Super Bowl squares will be sold at the Front Desk for $1.00 per square starting Monday February 1st through Friday, February 5th.

Prize money will then be distributed to the winners and announced on Monday, February 8th. Please be sure to sign up for our Super Bowl Watch Party on Sunday, February 7th in the Pub!

Grab-A-Packzi Day!
Start off your Mardi Gras with a delicious filled packzi!

You can enjoy your packzi when you go down to the cafe for breakfast on Tuesday, February 16th!!

Don’t forget to join us at the Mardi Gras Cocktail hour in the Pub on Tuesday, February 16th from 2-4pm.
Rocky River Library Virtual Book Talk

Join Carol and Stacey from the Rocky River Public Library as they speak to us virtually about their favorite winter reads!

This virtual book talk will take place on Thursday, February 25th at 11:00am in the Avalon Hall on the projectors.

You won’t want to miss out on this informative talk… you may even find your new favorite book!

Cleveland Orchestra Virtual Concert: Violins of Hope

Come on down to the Avalon Hall on Friday, February 12th at 11:00am to listen to a concert from the past!

Our beloved Cleveland Orchestra musicians are masters at putting on a wonderful show... you’ll feel like you’re right at Severance Hall!

No sign up is necessary... we hope to see you there!!
VALENTINE’S DAY WORD SEARCH

Valentine  Candy  Chocolate  February  Flowers  Friend
Cupid  Cuddle  Hug  Kiss  Love
Be Mine  Hearts  Card  Love  Arrow
Pink  Red  Roses  I Love You  Sweet

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Happy New Year to all of our wonderful residents!

We will be kicking off the new year with a beautiful and delicious Valentine’s Day meal. We are so excited to plan a fun and memorable day for you and we hope that you can join us!

- The Breakwater Kitchen Staff

Dr. Kane Podiatrist

Dr. Kane will be here on Wednesday, February 17th starting at 1:00PM.

We will have the residents meet Dr. Kane in the Riverwood Kitchen & Arts Studio at a designated time.

If you would like to sign up with Dr. Kane please call down to the Front Desk to select your time slot.

Dr. Kane Podiatrist

Activities Suggestions

If you have any suggestions for activities or clubs that you would like to see on the monthly calendar during COVID, please contact Jasmina!

We are always open to trying new things at Breakwater and would love to hear your thoughts.

*Due to COVID, at this time we have still postponed outings but we hope to bring them back in the near future!
Barbara Adams 315B
Born & raised in Warren, OH
Graduated from Cuyahoga Comm. College
Was a Secretary prior to retirement
Has four daughters
Enjoys computers, choral singing, music &
writing
Barbara has traveled extensively and has taken many classes.

Lois Reichart 402A
Born & raised in Cleveland, OH.
Graduated from North Olmsted High School
Worked at Dillards prior to retirement
Has 3 children, 7 grandchildren and 13 great-grandchildren
Enjoys movies, playing cards, and good food!
Lois has traveled on cruise’s, bussed through
Central Europe, and lived in Washington State
during the second World War.

Maggie Lampman 217A
Born in North Dakota
Raised in Denver, Colorado
Is a retired Insurance Agent
Worked as an Ordinance Inspector during
WWII
Has 2 children, 9 grandchildren & 15 great-grandchildren
Enjoys reading, movies, and socializing
Happy Birthday!

We feel that birthdays are special days! If your birthday is this month, a member of our management staff will personally deliver a birthday surprise!

Residents

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<tr>
<th>Code</th>
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<th>Date</th>
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<tbody>
<tr>
<td>208A</td>
<td>Janet Eckert</td>
<td>2/07</td>
</tr>
<tr>
<td>514B</td>
<td>Susan Bellows</td>
<td>2/08</td>
</tr>
<tr>
<td>516A</td>
<td>Ronald Drews</td>
<td>2/08</td>
</tr>
<tr>
<td>406B</td>
<td>Patricia Kunkel</td>
<td>2/10</td>
</tr>
<tr>
<td>302A</td>
<td>Patricia Mierzejewski</td>
<td>2/11</td>
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<tr>
<td>210B</td>
<td>John Roth</td>
<td>2/14</td>
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<tr>
<td>203A</td>
<td>Dolores Badar</td>
<td>2/14</td>
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<tr>
<td>101B</td>
<td>Douglas Bradfield</td>
<td>2/14</td>
</tr>
<tr>
<td>308A</td>
<td>Dorothy Windt</td>
<td>2/27</td>
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<td>411B</td>
<td>Gail Reid</td>
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<tr>
<td>512A</td>
<td>Marian Cleland</td>
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<tr>
<td>102B</td>
<td>Mary Ghetia</td>
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February Flower & Birthstone

Violet & Amethyst

Violet, this flower signifies humility, virtue and moral. You always give your best shot in life and stay positive. You have an innate ability to learn new things. Wisdom comes naturally to you, as you are bright and intelligent. You always follow your heart.

Amethyst, it has long been said that Amethyst can guard against “drunkiness” and has a sobering effect for those excited by passion and love. It symbolizes peace, protection, tranquility, and sincerity.

Staff

<table>
<thead>
<tr>
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<th>Date</th>
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</thead>
<tbody>
<tr>
<td>G</td>
<td>Dino Mehmedagic</td>
<td>2/01</td>
</tr>
<tr>
<td>K</td>
<td>Armando Gomez</td>
<td>2/10</td>
</tr>
<tr>
<td>O</td>
<td>Susie Matijevic</td>
<td>2/20</td>
</tr>
<tr>
<td>K</td>
<td>Matt Patterson</td>
<td>2/20</td>
</tr>
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</table>

Aquarius

January 19th - February 19th

Pisces

February 19th - March 20th
February 2021

February is a perfect time to stop in the library to pick up a new book to settle down with on these early dark evenings. Our Feature Table has New, fairly current donations you might enjoy. We want to thank June Beebee, the family of Eileen Kanda, and others for their donations of NEWLY PUBLISHED books. We love all the current books that you continue donating. You also might want to look for the “new to us” paperbacks, which we put right on the shelf.

We are looking forward to our Rocky River Library Outreach Program to begin bringing us new books when we can once again have visitors. The Rocky River Library books are the only ones that need to be signed out in the “Brown Sign Out Book”. The books we now have from RR were delivered before the holidays and we know you are waiting for new books. Thank you all so much for your continued support & patience.

If you are not able to find any books that interest you in the choices RR has sent us, there is another option the Rocky River Library Outreach Service offers. It provides free delivery and pick up of books to your apartment for residents who are not able to get to the RR Main Library. You can request specific titles and authors or preferences for general categories. Many of our residents use this service. We have information in our library or you can call RR Outreach Service, Carol O’Keefe at 440-895-3755.

Happy Valentines Day!

Librarians
Barb Palumbo, Laurie Soc & Marvalee Brown
Valentine’s Day Brunch
Sunday, February 14th | Avalon Dining Room

Join us for a delicious Valentine’s Day Brunch!
No reservation is necessary.

First Seating:
11:00am - 12:00pm

Second Seating:
12:00pm - 1:00pm

Light Supper:
4:00pm - 5:30pm

Mardi Gras Cocktail Hour
Tuesday, February 16th | Westwood Pub | 2-4pm

Join us for a fun Mardi Gras Cocktail Hour!
There will be snacks and a special Mardi Gras drink.
Make sure to wear your mask and beads.. the resident with the most creative mask will win a prize!

We hope to see you there!
February Crafts

🌟 CRAFT NOW STARTS AT 1:00PM!

Monday, Feb. 1st
1:00 PM | RKA

Valentines Puzzle Wreath
($5.00 Charge)

Monday, Feb. 8th
1:00 PM | RKA

Loofa Soap Making
($8.00 Charge)

Monday, Feb. 15th
1:00 PM | RKA

Mardi Gras Mask Making
($4.00 Charge)

Monday, Feb. 22nd
1:00 PM | RKA

Abstract Painting Craft
($5.00 Charge)

* Craft Sign Up Sheets are in the Cove Media Center *
Ash Wednesday Catholic Service

Wednesday, February 17th @ 2:00 PM in the Avalon Hall

Fr. Wessel will be here to perform the Ash Wednesday Catholic Service. Due to COVID will have a limited number of seats for this service. Please remember to social distance and wear your mask the ENTIRE duration of the service.

If you would like to attend please sign up at the FRONT DESK.
Thank you!

Rocky River Chamber Virtual Concert

Monday, February 15th @ 7:30 PM in the Avalon Hall

Steven Banks Saxophone Virtuoso & Young Concert Artist Winner

Recognized for his “glowing mahogany tones” and “breathtaking performances,” Steven Banks captured First Prize at the 2019 Young Concert Artists International Auditions. He has performed with symphony orchestras across the United States, including The Cleveland Orchestra, under such conductors as Franz Welser-Möst and Jahja Ling. Currently Steven Banks serves as Assistant Professor of Saxophone at Ithaca College. Xak Bjerken, professor of piano at Cornell University, has performed on stages in the United States, Europe, and Asia, and has recorded for Chandos and Albany Records.

Please sign up at the Front Desk.

Super Bowl Watch Party

Sunday, February 7th at 6:00 PM in the Westwood Pub

Come down to the Pub and watch the 2021 Super Bowl!! There will be an all you can eat menu with one (1) soft drink of your choice for just $6.00 per person. Wear your gear to rep your favorite team!

Please sign up at the Front Desk.
Seated Tap Class

**Thursday, February 4th at 2:00 PM in the Riverwood Studio**

Come on a musical journey with us as we tap through the ages. Where the young at heart come out to play! This unique class features a gentle and fun way of seated tap dancing to classic oldies hits, using custom made taps that are manually attached to the participants shoes. This class is not only fun, but a fantastic brain and body exercise! No dance experience is necessary.

If you would like to sign up for the Seated Tap Class please contact the Front Desk!

Seated Rhythm

**Tuesday, February 23rd at 2:00 PM in the Riverwood Studio**

This Ballroom Dancing inspired seated fitness class when attended regularly can help with muscular strength and endurance, flexibility, mental awareness and functioning, and even mood. From spicy Caribbean and Cuban-beats to Colombian-style and rhythmic ballroom dancing music - this upbeat workout is fun for everyone! Exercise brain and body and get fit while you sit!

Please sign up at the Front Desk!

Modified Line Dancing

**Thursday, February 25th at 2:00 PM in the Riverwood Studio**

Dancing is one of the best forms of exercise for brain and body. This class is not only an excellent form of exercise for the aforementioned, but for balance and your cardiovascular system. This class ranges from different line dances, but if modified to eliminate the turns and other moves that may have prevented individuals from participating in line dance classes.

Please sign up at the Front Desk!

Silver Sneakers

**Tuesday, February 16th at 3:00 PM in the Riverwood Studio**

Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement, activities for daily living and balance. Hand-held weights or elastic tubing with handles. A chair is used for seated exercises and standing support. This class can be adapted by the participant depending on their fitness level and abilities.

Please sign up at the Front Desk!
Valentine's Day word scramble

Der __________  Knip __________
Ertha __________  Sesisk __________
Orowa __________  Ufbryrae __________
Holcetaoc __________  Opeh __________
Srhuic __________  Ltetre __________
Dynca __________  Eestw __________
Vloe __________
Peleveon __________
Neoyh __________
Cidpu __________
Documentaries
Saturdays in the WTR at 4:00 pm

February 6th -
Episode 1 “Self Made”
An African American washerwoman rises from poverty to build a beauty empire and become the first female self-made millionaire. Based on the story of Madam C.J. Walker.
(45m)

February 13th - S1E1 “They’ve Gotta Have Us”
Powered by candid recollections from esteemed African-American entertainers, the docuseries traces the history of Black cinema.
(43m)

February 20th -
“Kevin Hart’s Guide to Black History”
Kevin Hart highlights the fascinating contributions of Black history’s unsung heroes in the entertaining and educational comedy special.
(1h 3m)

February 27th -
“Michelle Obama: Becoming”
Join former first lady Michelle Obama in an intimate documentary looking at her life, hopes and connection with others as she tours with “Becoming”.
(1h 29m)

Wednesday Movies
Wednesdays in the WTR at 2:00pm

February 3rd - “My Perfect Romance”
Just in time for Valentine’s Day, a program developer pitches a revolutionary dating algorithm to her new CEO, who volunteers them as guinea pigs.
Kimberly-Sue Murray & Christopher Russell
(1h 31m)

February 10th - “50 First Dates”
He’s the love-’em-and-leave-’em type, until a woman who can’t remember turns out to be the one he can’t forget.
Val Kilmer & Kurt Russell
(2h 14m)

February 17th - “Set It Up”
In desperate need of a break from the office, two beleaguered assistants team up to trick their workaholic bosses into falling in love.
Zoey Deutch & Glen Powell
(1h 45m)

February 24th - “The Perfect Date”
To earn money for college, a high schooler launches an app offering his services as a take date. But when real feelings emerge, things get complicated.
Noah Centineo & Laura Marano
(1h 30m)

Check out these documentaries during Black History Month!
February 6th - “Soul” (2020)
Ever wonder where your passion, your dreams and your interests come from? What is it that makes you... YOU? In 2020, Pixar Animation Studios takes you on a journey from the streets of New York City to the cosmic realms to discover the answers to life’s most important questions.
(1h 47m) David Diggs & Jamie Foxx

February 13th - “A Beautiful Day in the Neighborhood” (2019)
Lloyd Vogel is an investigative journalist who receives an assignment to profile Fred Rogers, aka Mr. Rogers. He approaches the interview with skepticism, as he finds it hard to believe that anyone can have such a good nature. But Roger’s empathy, kindness and decency soon chips away at Vogel’s jaded outlook on life, forcing the reporter to reconcile with his own painful past.
(1h 49m) Tom Hanks & Matthew Rhys

February 20th - “The American President” (1995)
With the end of his first term in sight, widowed U.S. President Andrew Sheperd knows that overwhelming public support will guarantee his re-election. But when he falls in love with lobbyist Sydney Ellen Wade, Sheperd’s supporters question his relationship, and his approval ratings drop. As a rival presidential candidate goes on the attack, Sheperd must choose between his political career and his love for Sydney.
(2h 9m) Annette Bening & Michael Douglas

February 27th - “Enola Holmes” (2020)
When Enola Holmes-Sherlock’s teen sister discovers her mother is missing, she sets off to find her. Becoming a super-sleuth in her own right as she outwits her famous brother and unravels a dangerous conspiracy around a mysterious young Lord.
(2h 3m) Millie Bobby Brown & Henry Cavill
February 7th - “Ad Astra” (2019)
Thirty years ago, Clifford McBride led a voyage into deep space, but the ship and crew were never heard from again. Now his son — a fearless astronaut — must embark on a daring mission to Neptune to uncover the truth about his missing father and a mysterious power surge that threatens the stability of the universe.
*(2h 4m) Brad Pitt & Ruth Negga*

February 14th - “Crazy, Stupid, Love” (2011)
Cal Weaver is living the American dream. He has a good job, a beautiful home, great children and a loving wife, named Emily. Cal’s seemingly perfect life unravels, however, when he learns that Emily has been unfaithful and wants a divorce. Over 40 and suddenly single, Cal is adrift in the fickle world of dating. Enter, Jacob Palmer, a self-styled player who takes Cal under his wing and teaches him how to be a hit with the ladies.
*(2h 20m) Ryan Gosling & Emma Stone*

February 21st - “Catch Me If You Can” (2002)
Frank Abagnale, Jr. worked as a doctor, a layer, and as a co-pilot for a major airline — all before his 18th birthday. A master of deception, he was also a brilliant forger, whose skill gave him his first real claim to fame: At the age of 17 he become the most successful bank robber in the history of the U.S. FBI agent Carl Hanratty makes it his prime mission to capture Frank and bring him to justice, but Frank is always on step ahead of him.
*(2h 21m) Leonardo DiCaprio & Tom Hanks*

February 28th - “Godmothered” (2020)
An inexperienced fairy godmother-in-training tries to prove that people still need a fairy godmother.
*(1h 53m) Isla Fisher & Jillian Bell*
Employee of the Month

Sasha Vujkovic
Maintenance & Driver

Thank you Sasha for your hard work and dedication to our residents! You make shopping trips a breeze and the residents are very thankful for your kindness!