

February 2022

The Arthur's Place Post

Normandy Care Center | 22709 Lake Rd. Rocky River, OH 44116 | (440) 333-5400 |



Meet the Team

Interim Administrator – Ilana
Facter

Assistant Administrator – Omar
Hamed

Director of Nursing – Sue
Williams

Arthur's Place Unit Manager –
Linda Bucher, RN

Business Office Manager –
Jeannie Kucinski

Human Resources Director –
Paula Mulder

Social Services – Rya Lally

Admissions & Marketing Director
– Shannon Laurenzi

Director of Life Enrichment –
Samantha Manzuk

February
—❖—
Winter walks
and starlit nights,
Good books and cozy hours,
Time for friends,
and heartfelt sharing,
Dreams of springtime flowers...
Although it may be short on days,
Each February brings
The simple little gifts we count
Among life's
precious things.



THE MONTHLY GAZETTE

"The only thing we should scream into the world is love."

~ Author Jill Telford



Dog of the Month – Beagle

The beagle is a short-haired scent hound that was originally bred for fox hunting in England. This friendly, smart, sweet-faced dog has excellent tracking skills and is often used in airports to sniff out illegal plants and foods.

Beagles make good family pets. They are known to be adaptable, gentle, loving, sociable companions, and good with children. However, they are also prone to barking, digging, and stubbornness. They are small in size, between 20–24 pounds, and they come in a range of coat color combinations including white,



tan, chocolate, orange, lemon, and red.

Beagles' sense of smell is thousands of times better than that of humans. Their keen noses have a remarkable 220 million scent receptors, as opposed to our five million. Their long ears help them smell by keeping scent particles trapped in the air around their noses.

Special Days

Chinese New Year
(Year of the Tiger)
February 1

Black History Month Begins
February 1

Groundhog Day
February 2

Super Bowl Sunday
February 13

Valentine's Day
February 14

Presidents' Day
February 21

Flower – Violet



The violet is the flower of February. This beautiful little plant has a sweet scent and blooms in colors ranging from deep blue to bright fuchsia and royal purple. The violet is the state flower of Illinois, Wisconsin, New Jersey, and Rhode Island, as well as the national flower of Greece. One reason violets are so adored is for their varied culinary uses. From savory meals to sweet desserts, violets can be used to add a unique floral flavor to your favorite dish. Some varieties even taste like vanilla.

Birthstone – Amethyst



With its lovely purple hues, the amethyst, which is a type of quartz, has been a popular gemstone for thousands of years. The Greeks believed the stone would help prevent drunkenness. In fact, *amethyst* is Greek for "not intoxicated." European soldiers wore amethyst amulets during battle, believing the gems had a protective quality. They also believed that its presence would help them think more clearly while under pressure, which would bring victory. Today, amethysts are associated with peace and inner strength.

Physical Fitness

Melissa Renner

Melissa is Active for Life's founder and has been working in the fitness industry for over a decade.

She decided to create Active For Life in order to ensure exercise prescriptions are also provided for populations that tend to be neglected. This ensures

that both the general population and special populations equally receive the health, wellness and fitness instruction they need to live life to the fullest.

Melissa Renner is the Founder of Active For Life, the creator of Active For Life's TAP TIME™, SEATED RHYTHM™, and Brain & Body programs, and the inventor of the patent pending tap shoe covers and hand tap covers.



Melissa will be visiting the Normandy Care Center for Seated Rhythm classes on Thursdays starting in February! Check the Activity Calendar for times and locations.

Baking Club

Tuesday February 1st



Mug Cakes



Tuesday February 8th

Valentine's Pretzel Bark

Tuesday February 15th



Red Velvet Cake
Truffles

February Riddles

Arts & Crafts



Friday February 4th

Clay Conversation Hearts

Friday February 18th



Splattered Heart Painting



Friday February 25th

Wooden Coasters



What did the flame say to his buddies when he fell in love?
I found the perfect match!

What did the French groundhog see on February 2nd?
His chateau

What do you call two birds in love?
Tweethearts

Popular Love Songs

In honor of Valentine's Day, let's remember some of the best love songs ever recorded.

"This Magic Moment"

The Drifters spent 11 weeks on the *Billboard* Hot 100 with this evocative R&B song.

"I Can't Stop Loving You"

Ray Charles' romantic tune topped the charts for five weeks in 1962.

"Baby Love"

The Supremes' 1964 hit song spent four weeks at No. 1—leading the Motown band to become a huge sensation.

"She Loves You"

John Lennon and Paul McCartney of the Beatles wrote this upbeat 1963 tune while on a bus tour in England.

"Love Will Keep Us Together"

Written by Neil Sedaka, this 1975 Captain and Tennille hit was No. 1 for four weeks.

"What's Love Got to Do with It?"

Tina Turner's classic tune was at the top of the charts for three weeks in 1984.



Little Month

Rather than being named for a Roman emperor, a deity, or its numerical order, February's name comes from the Latin word for purification, *februum*. February also has a cute nickname. In Welsh it's called *y mis bach*, meaning "little month."

February Zodiacs

Aquarius (Water Bearer)
February 1–18

Pisces (the Fish)
February 19–28

February is the second month of the year in the Julian and Gregorian calendars and the only month with fewer than 30 days. In most years, February has 28 days. However, in leap years, which occur every four years, the month has 29 days, making the year 366 days rather than 365. In Finnish, February is known as *helmikuu*, or "month of the pearl"—describing the pearls of ice formed by droplets of snow melting and refreezing on tree branches.

Love Potions

Since Biblical times (or earlier), people have concocted a variety of special potions for the purpose of enticing someone to fall in love with them. Today, we might serve our crush chocolate, oysters, champagne, or strawberries. In ancient Greece, ground orchids were added to their wine. Other popular love potions in history have included Spanish fly, earthworms, periwinkle, bat blood, and snake fat.

What's Lucky in February?

Lucky Color: Orange

Lucky Animal: Bear

Lucky Letters: C and M

Lucky Day: Friday

Lucky Plant: Gardenia



February Birthdays

Charles Dickens (writer) – February 7, 1812
 Lana Turner (actress) – February 8, 1920/1921
 Charles Darwin (naturalist) – February 12, 1809
 Kim Novak (actress) – February 13, 1933
 Thelma Ritter (actress) – February 14, 1902
 Galileo Galilei (astronomer) – February 15, 1564
 Susan B. Anthony (suffragette) – February 15, 1820
 Jim Brown (NFL legend) – February 17, 1936
 Mo Yan (novelist) – February 17, 1955
 Nina Simone (singer) – February 21, 1933
 Johnny Cash (musician) – February 26, 1932
 John Steinbeck (author) – February 27, 1902
 Elizabeth Taylor (actress) – February 27, 1932

Family Information

In an effort to be prepared for any occasion we want to make sure that all of our residents have appropriate outerwear for winter weather. We are asking that all families and guardians assist us in ensuring every resident has a properly fitting winter coat by the end of the month. Coats may be dropped off at the receptionist's desk, as long as the resident's name and room number are visible. If you have any questions or concerns, feel free to reach out to Samantha Manzuk, Director of Life Enrichment at 216-801-4160.



Virtual Visitation

If you are looking to schedule a virtual visit with a resident of the Normandy Care Center you can find our visitation on Calendly.com. The visitation link is:

<https://calendly.com/normandycarecenter/visitation>

You can also call Samantha Manzuk, Director of Life Enrichment at 216-801-4160, or e-mail SManzuk@thenormandy.com

February Birthdays

Helen Koteles 2/12



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.