

February 2022

The Care Center Courier

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

Long-Term Care Manager –
Vanessa Adorno, RN

Maintenance Director – Jamol
Coles

Business Office Manager –
Jeannie Kucinski

Human Resources Director –
Paula Mulder

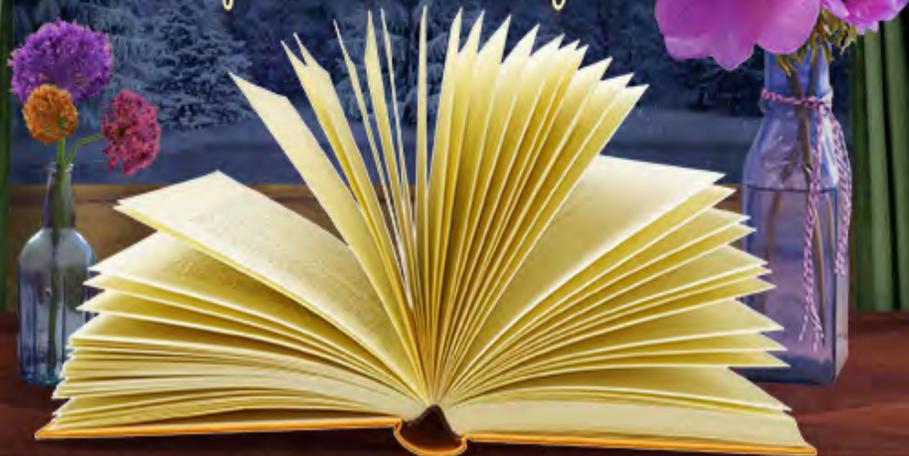
Social Services – Ginny Moes

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.



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.

Tech Tuesday



Every Tuesday, stop by the Life Enrichment Office for your tech questions. Our activity staff will do everything we can to help you with your technology needs and teach you along the way!

Baking Club

Tuesday February 1st



Mug Cakes



Tuesday February 8th

Valentine's Pretzel Bark

Tuesday February 15th



Red Velvet Cake
Truffles

Jewelry Crafts

Wednesday February 2nd
Bejeweled Bobby Pins



Wednesday February 16th
Key to my Heart Necklace



Wednesday February 23rd
Valentine's Bead Bracelet



Arts & Crafts

Spiritual Programs



Friday February 4th

Clay Conversation Hearts



Wednesdays

Rosary 5:00 PM

Join us in the Resident Lounge to pray the Rosary
* Rosaries can be provided by the Life Enrichment Department if needed

Sundays

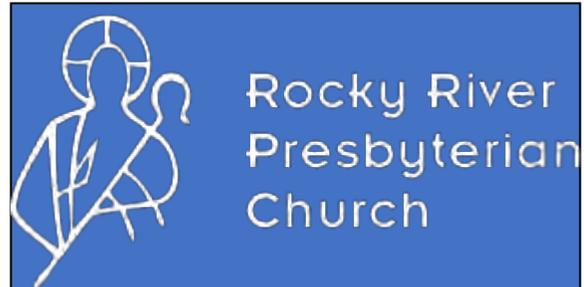
Full church services on YouTube from local congregations

11: 00 AM Rocky River Presbyterian Church Service in the Resident Lounge

Friday February 18th



Splattered Heart Painting



2:30 PM St. Christopher's Catholic Mass in the Resident Lounge



Friday February 25th

Wooden Coasters



Friday Happy Hour



Every Friday in January the Life Enrichment Department will be offering Happy Hour cocktails, mocktails, and non-alcoholic beer and wine. Come and try something delicious drinks and snacks, and enjoy a soothing social hour!



February's Signature Cocktail

Let Your Voice Be Heard!

Is there something you've been wanting to say? Maybe a compliment about a staff member, or a suggestion for the chef?

Resident Council – A place to discuss your care here at the Normandy. We will cover all aspects including: Nursing, Caregivers, Maintenance, Housekeeping, Laundry, and Activities.

Food Committee – Something specifically food related? Our very own Director of Food Services will be there to take your questions, comments, and concerns

Friday February 11, 2022
2:30 PM – Conference Room

This is a closed event, for residents only, if a staff member would like to be present, they must be invited to attend by the Resident Council.

The Year of the Tiger



February 1 rings in China's Year of the Tiger. In one myth, the Jade Emperor dictated that the order of the Chinese zodiac would correspond to the order in which the animals arrived at his birthday party. Diligent Ox departed early and arrived first. Tiger, so quick and competitive, arrived second. When the Jade Emperor noticed that Rat had hitched a ride atop Ox and jumped down to reveal himself, clever Rat was reordered first to arrive, with Ox second. Tiger had to accept his place as third.

Just as Tiger was content with becoming third, in life Tigers never give up despite setbacks. They are considered courageous and adventurous, kind and benevolent, and, of course, competitive. Rich in emotion and imagination, art is a common calling for those born in the Year of the Tiger. They are also seen as the guardians of children. For this reason, babies and kids often wear tiger-themed clothes for protection against evil spirits. Women born in the Year of the Tiger are often considered to be great mothers.

The Chinese New Year marks a wonderful new beginning with high hopes for good fortune and prosperity. For this reason, one should never utter anything negative. To speak negative words such as *poor*, *pain*, *break*, or *sick* might jinx your entire year! Likewise, try not to break anything. Doing so might shatter your connection to prosperity. If a plate or bowl is dropped and broken, one should wrap it in red paper, the color of good fortune and happiness. It is traditional to sweep and clean before the new year, removing all bad luck from the house. However, once the new year arrives, sweeping is bad luck. Any type of cleaning or removing garbage might inadvertently remove good luck from the home.

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

Virginia Baron 2/3
John Skordelis 2/4
Bud Gorman 2/12
Helen Koteles 2/12

February 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.

February Flower - Violet



The violet is the flower of February. This beautiful little plant has a sweet scent and bloom 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.