

February 2023

# Normandy Connection

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



## Leadership Team

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*Resident of the Month*

*Garnett Springate*

Say Hello to Garnett, our celebrated Centenarian! What a full life she has lived. Born in Virginia, she moved here with her family at the age of 2, so she says she's really from Cleveland.

One of six children, Garnett attended Kent State University where she received a Bachelor of Science degree. She spent most of her time working for a Cleveland Title company called Seaway, helping people with mortgages and escrow contracts. She worked long hours, but fate would lead her to her boss, Daniel, at that company, to whom she was married for 49 years. They had one son, James, who lives in New York with his wife Laura in New York. They gave Garnett 2 Grandchildren, Katie and Beth, and Beth has her 2 Great Grandchildren Olivia and Jessica. Even though family is far away, she gets lots of letters, pictures and phone calls.

Garnett and her husband Dan traveled whenever they could; London, Paris, Italy – she's been on boat rides in Venice! When not traveling abroad, she and Dan hiked the west side trail, enjoying the great outdoors whenever they could.

She loves animals – they had a dachshund named Fritz! She enjoyed hiking playing bridge, but her first and longest love is for books! She was often found in the Lakewood library when she was growing up, and her love of reading is ongoing – if you stop in her room to say hi, you will see her with and open book on her table. She loves Mystery Fiction like the Cat Mysteries, the Alphabet Mysteries, and is always open to read different authors in this genre. But her all-time favorite fictional character is Rumpole of the Bailey.

Garnett came to the Normandy from independent living only two years ago. She celebrated her hundredth birthday here this past September, and she is a beloved part of our Normandy family. She is a sweet and gentle woman and an inspiration to us all.

## Heart vs. Head

When it comes to making decisions, must we always choose between listening to our heads and following our hearts? In 2007, inspirational speaker Deb Kulkula decided that she no longer wanted to choose one over the other, so she declared February Renaissance of the Heart Month, an entire month dedicated to making decisions with the heart as well as the intellect.



Many people insist that the best decision-making is data-driven and entirely logical, emphasizing the importance of keeping a “cool head.” Emotions (sometimes called *intuition* or *instinct*) are often seen

to cloud or muddy the decision-making process. Society also tends to influence our decision-making. When it comes to finding a job, people will often follow their heads rather than their hearts. Attractive incentives like higher pay, more prestige, and better benefits take precedence over a low-paying dream job that might satisfy a lifelong passion. And yet when it comes to finding a life partner or choosing a pet, we let our hearts guide us. Culture has told us that when it comes to jobs, we follow our heads, but when it comes to relationships, it's okay to follow our hearts. The scientific truth is that decision-making almost always requires both cognitive and emotional thinking.

Studies show that almost every decision is really a struggle between our emotions and intellect. Studies of individuals with damage to the emotional centers of their brains show that these people struggle mightily with decision-making. This is because we use both our intellect and emotions to calculate risk and reward, the primary drivers of decision-making.

Relying solely on emotion or intellect to make decisions often drives us to make poor choices. As brains develop from childhood and people amass both good and bad life experiences, we fine-tune our abilities to calculate risk and reward. The wisdom that comes with old age develops from the hard-won lessons taught to both our heads and our hearts.

## An Inconvenient Truth

Convenience plays a powerful role in our day-to-day lives. New technologies often rely on promises of convenience: dishwashers replace handwashing, search engines replace encyclopedias, text messages replace emails and snail mail, Amazon replaces the department store. To resist these convenient options in life sometimes means being called quaint, eccentric, or even a fanatic.

But has life become too convenient? That is a question worth asking on February 22, Inconvenience Yourself Day. Convenience frees us from toil and gives us more free time, but should we instead enjoy physical labor? Shopping on Amazon means we never need to leave the house or interact with others. But have we become too isolated? Inconvenience certainly requires more effort, but effort can lead to great benefits, like socializing with friends or learning a worthwhile new hobby. Effort creates feelings of self-worth. Perhaps a little inconvenience is a good thing.

## Flannel Favorites

Is flannel the perfect fabric? On February 10, Flannel Day, you can either praise its softness, warmth, and durability, or don a flannel shirt and enjoy all those qualities. What makes this



fabric so cozy and warm? It has a napped, fuzzy finish, the result of combing the fabric to raise its fine, soft fibers. The first flannels came from Wales, where the word *gwalanen* referred to “woolen cloth.” In the 17th century,

Welsh textile workers began the process of *carding* sheep's wool, a method of combing that both disentangled and softened the yarns. The new carded fabric proved both strong, warm, and soft, and became a favorite of Welsh farmers. Flannels made from both wool and cotton soon spread around the globe, first as a favorite garment of the working class, and today worn by just about everybody.



### *Resident Birthdays*

Lois Miskoe 2/1  
 Virginia Baron 2/3  
 Randy Gardner 2/3  
 John Skordelis 2/4  
 Filomena Riccio 2/6  
 Patricia Kunkel 2/10  
 Patricia Meirzejewski 2/11  
 Martha Okwabi 2/19

### *Staff Birthdays*

Taisha Camacho 2/2  
 Sylvia Jackson Nix 2/6  
 Karen Rice 2/10  
 Susan Swann 2/12  
 Danesia Perry 2/19  
 Tiffany Fredericy 2/21  
 Kimberly Kinney 2/23  
 Kristina Xhyliu 2/23  
 Tresia McFolley 2/24  
 Kayla Elliot 2/28



Musammat Akhtar 2/7 (1 yr)  
 Brian Flanagan 2/7 (1 yr)  
 Tiffany Fredericy 2/28 (1 yr)  
 Patricia Gompf 2/9 (2 yrs)  
 Hazim Kabash 2/22 (1 yr)  
 Kimberly Kinney 2/16 (1 yrs)  
 James Kubinski 2/28 (1 yr)  
 Joyce Parrish 2/5 (25 yrs)  
 Stephanie Riggs 2/17 (2 yrs)  
 Kaila Thorpe 2/11 (4 yrs)  
 Yvonne Williams 2/11 (1 yr)

### **Challenge of the North**



While the Iditarod Trail Sled Dog Race might be the most famous sled dog race in the world, February's Yukon Quest Sled Dog Race is undoubtedly more challenging. Run in the depths of winter, the Yukon Quest is colder, darker, lonelier, and runs over more challenging terrain. The course runs 1,000 miles from Whitehorse, Yukon, to Fairbanks, Alaska, and follows the historic route of the Klondike Gold Rush. While the Iditarod has 22 checkpoints along the way, the Yukon Quest has only nine. Musher's cross four mountain ranges, traverse frozen rivers, and deal with temperatures plummeting to minus-60 degrees Fahrenheit. Why would anyone want to compete in such a race? The prize money is minimal. The reward is honor and pride.



## Naked Ambition



On the third Saturday in February, Japan celebrates *Hadaka Matsuri*, a holiday better known as the “Naked Festival.” The name is a bit of a misnomer. The 10,000 men who participate are not really naked, but instead wear traditional loincloths known as *fundoshi* and white socks called *tabi*.

Why are they naked, or nearly naked? To answer this question, we have to go back 500 years, when local priests of Okayama’s Saidaiji Kannonin Temple began the tradition of handing out paper talismans to local villagers for luck and prosperity. As time passed, more and more people came to the temple for the annual ritual, competing with the crowds for the few paper talismans. The jostling battle for the talismans became so great that clothes suddenly seemed an impediment. Soon villagers arrived wearing just their loincloths and socks, and this tradition has endured for 500 years.

Today, thousands of men arrive at the temple to compete not for slips of paper, but for two sacred wooden batons that are still believed to guarantee a year of good fortune. As evening falls, the men wade through freezing cold water as an act of purification before entering the temple. Soon, the men are packed into the temple like sardines, ready to wrestle for the wooden sticks. At 10 o’clock, the lights go out and the priest appears at a window high overhead. Two batons, as well as 100 bundles of twigs, are tossed into the writhing crowd below. After several frantic minutes, the victors emerge with batons held high, assured of their prosperity for the coming year.

*Hadaka Matsuri* is not Japan’s only “Naked Festival.” *Ohara Hadaka Matsuri* is held each September in the coastal province of Chiba. For this festival, loincloth-clad men carry portable shrines known as *mikoshi* all around town. Finally, in the afternoon comes *shiofumi*, the time when the men carry the *mikoshi* into the sea as a form of harvest prayer.

## February Birthdays

In astrology, those born from February 1–18 are the Water Bearers of Aquarius. Although they bear water, Aquarius is an air sign, signaling that they are innovative, progressive, and rebellious. They nurture and support new ideas. Those born from February 19–28 are Pisces’ Fish. Pisces are incredibly sensitive and empathetic. They often tap into their boundless imaginations and dreamy attitudes to become accomplished artists.

Langston Hughes (poet) – February 1, 1901  
 Rosa Parks (activist) – February 4, 1913  
 Babe Ruth (ballplayer) – February 6, 1895  
 Jimmy Durante (actor) – February 10, 1893  
 Michael Jordan (athlete) – February 17, 1963  
 Toni Morrison (novelist) – February 18, 1931  
 Smokey Robinson (singer) – February 19, 1940  
 Sidney Poitier (actor) – February 20, 1927  
 Nina Simone (singer) – February 21, 1933  
 George Washington (president) – February 22, 1732  
 Elizabeth Taylor (actress) – February 27, 1932

## The British Invasion



On February 7, 1964, the Beatles landed in New York to start their first tour of the United States. Just a few days earlier, on February 1, their hit “I Want to Hold Your Hand” hit No. 1. Two days later, on February 9, the “Fab Four” would perform on *The Ed Sullivan Show* before hysterical fans in the live studio and to record viewership on television sets. The so-called British Invasion had begun. For the next several years, it seemed as if the only sounds coming through the radio were bands from “across the pond.” The Dave Clark Five. Herman’s Hermits. The Rolling Stones. The Kinks. The Animals. The Who. Prior to 1964, only two British singles ever topped the pop 100. From 1964–65, British bands held the No. 1 spot for an astonishing 56 weeks. The American radio waves had been transformed forever.