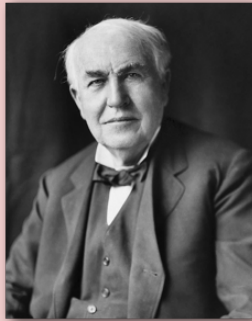


XXIII Winter Olympics



Notable Quotable

“I have not failed. I’ve just found 10,000 ways that won’t work.”

- Thomas Alva Edison, inventor



From February 9–25, the world’s greatest athletes will compete for gold medals and glory at the XXIII Winter Olympics. South Korea will host the winter games in Pyeongchang, a city in Gangwon Province, high in the Taebaek Mountains of the north.

Chief among the battles to play out on snow and ice will be the contest for men’s hockey gold. For the past five Winter Olympics, players from the National Hockey League have participated in the Olympics. This year the NHL is not building a break into its schedule to allow players to compete in the Olympics, a matter that is not sitting well with the athletes. The USA hopes to compete with Russia, Canada, Sweden, and Finland for the coveted gold medal.

Elsewhere on the ice, Russia’s 17-year-old Evgenia Medvedeva is favored for gold in women’s figure skating, but 17-year-old American Karen Chen is an up-and-coming phenom who might surprise the world.

A Penny for Your Thoughts

A penny may be worth only one cent, but after a lifetime of finding lost pennies, you could amass a small treasure. Consider the value of the cent on February 12, Lost Penny Day. Technically speaking, it costs 2.41 cents to mint one new penny. In 2013, the U.S. government spent \$169 million to put \$70 million worth of pennies in circulation. Some retail outlets have decided to do away with the penny altogether by rounding prices down to the nearest nickel.

In 2012, Canada decided to nip the problem in the bud and eliminate their

On the men’s side, American Nathan Chen could take gold if he impresses with innovative new jumps.

On the slopes, Americans Lindsey Vonn and Mikaela Shiffrin are poised to make a run for gold in downhill skiing. Shaun White, red-haired maestro of the snowboard half-pipe, has been a fan favorite since he took gold in 2006.

Canada took gold in men’s and women’s curling in 2014. Will they repeat? While Germany swept all luge events in the Sochi Olympics, the Austrians will provide stiff competition this time. In bobsleigh, Nigeria will attempt to field its first-ever team as three former women’s track stars introduce the cool sport to the African continent.

And beyond sports, South Korea is introducing innovative technological advances to the Olympics—virtual reality will change the way we watch the games.



penny, joining Britain, France, Israel, Spain, Australia, Denmark, Sweden, and New Zealand in phasing out their smallest denominations of coins. The truth is, once a small coin can no longer be used to purchase items but is only used to make change, it becomes more trouble than it’s worth. So on February 12, the question remains, “Should I bother to pick up that lost penny?” It depends on whether you can buy anything with it, or whether you’re the superstitious sort who is simply looking to pick up a little extra luck.

Arbor Hills Grapevine

February 2018



Arbor Hills Senior Residence
4145 Lakeland Hills Blvd.
Lakeland, FL 33805

Resources

Mary Gaudet
Executive Director

Rachel Carmack
Community Director

Jerome Jackson
Food Service Director

Ramon Miranda
Maintenance Director

Leslie Schwartz
Activities Director

Lori Merrill
Resident Relations

Physician Transport
Wednesday and Friday

Shopping
Monday

Beauty Shop
Open on Saturdays for hair appt. and Tuesdays for Mani&Pedi’s. See reception to make appointment.

From the Community Director

Oh the sweet sweet month of love, the heart filled February! This month is we celebrated the beloved Valentine’s Day and give love to those that are most dear to us. To show that affection, most people give candy, flowers, a card, go out for a nice dinner, that sort of thing. Do you remember the first time you received a valentine from someone? Was it flowers? Did you get chocolates? Or what about the people giving the valentines, do you remember the first person you gave a valentine too? Were you nervous? Did you have butterflies?



I remember being in elementary school and giving everyone in my class a little card that would either say, “Be mine” or “You’re sweet”. It was always so fun! But let’s look at how the tradition of Valentine’s Day all started:

The day gets its name from a famous saint, but there are several stories of who he was. The popular belief about St Valentine is that he was a priest from Rome in the third century AD. Emperor Claudius II had banned marriage because he thought married men were bad soldiers. Valentine felt this was unfair, so he broke the rules and arranged marriages in secret. When Claudius found out, Valentine was thrown in jail and sentenced to death. While in jail, Valentine fell in love with the jailer’s daughter and when he was taken to be killed on 14 February he sent her a love letter signed “from your Valentine”.

Happy Valentine’s Day! Will you be mine?

-Rachel



Resident Spotlight

by Kayla Barney

Diane Wallace was born Philadelphia, Pennsylvania. She worked for a company called Wallace Engineering Company, which is how she ended up with her last name. The company belonged to her husband, Brenton Wallace, father. She was working as a secretary for five years while her husband was an engineer. Brenton also served in World War II and the Korean War, which they traveled a lot for. After retiring, they moved to Delaware to be with their daughter. They were married for sixty-eight years, until he passed in 2014. Diane loves the cold weather, and when her husband passed, she decided to move to Lakeland to be with her son and grandkids. A couple fun fact: Some of her favorite memories were when

her and her husband went on river cruises in Europe. A few of her favorite hobbies were golf, tennis, decoupage vintage items, as well as doing needle point pillows. She loves lions. She even shared with me about a trip she took to the San Diego Zoo and has a picture she took with a baby cub! Something she always wanted to do was have more children but said, "When you have three you think it's enough, until they are all grown up." Her favorite food is prime rib roast and favorite color is blue. Her word of wisdom are something everybody should live by, "The busier you are, the happier you will be." When asked what Diane loves most about Arbor Hills, she stated "The residents and the staff. I'm very happy here."

The Perfect and Easy Valentine's Day Recipe

"Strawberries stuffed with lightly-sweetened cream cheese and walnuts are perfect for that romantic evening. They go great with champagne! Pecans also work well in this recipe."

Ingredients

- 20 fresh strawberries
- 1 (3 ounce) package cream cheese, softened
- 2 tablespoons chopped walnuts
- 1 1/2 tablespoons confectioners' sugar



Directions

- Dice two strawberries and set aside. Cut the stems off of each of the remaining strawberries, forming a base for strawberries to stand on. Starting at the pointed ends and cutting most of the way, but not completely through the stem end, slice each strawberry into four wedges.
- Beat the cream cheese until fluffy; stir in the diced strawberries, walnuts, and powdered sugar. Spoon or pipe about a teaspoon of mix into each strawberry.



Clark Gable,

February Horoscopes and Birthdays

In astrology, those born between February 1–18 are Water Bearers of Aquarius. They are creative philosophers at heart, getting to the root of problems and using their passion for the benefit of others. Those born between February 19–28 are born under Pisces. Friendly and selfless, they are always willing to help others with their hearts on their sleeves. Thanks to an intuitive understanding of life, Pisces make deep connections with others.

- Clark Gable – February 1, 1901
- Norman Rockwell – February 3, 1894
- Charles Lindbergh – February 4, 1902
- Hank Aaron – February 5, 1934
- Jack Lemmon – February 8, 1925
- Thomas Edison – February 11, 1847
- Jack Benny – February 14, 1894
- Susan B. Anthony – February 15, 1820
- Michael Jordan – February 17, 1963
- Sidney Poitier – February 20, 1924
- George Handel – February 23, 1685
- Levi Strauss – February 26, 1829
- John Steinbeck – February 27, 1902

Resident Birthdays



- Joanne Peterson – Feb 2nd
- Cal Surette – Feb 8th
- Jack Bachalter – Feb 20th
- Gladys Rozek – Feb 23rd
- Maria Monge – Feb 28th



THIS MONTH IN HISTORY

- 3rd: Rock singers Buddy Holly, Richie Valens and the Big Bopper died in a plane crash. (1959)
- 6th: The board game Monopoly first went on sale.(1935); Astronaut Alan Shepard hits three golf balls on the moon. (1971)
- 7th: The Beatles come to the U.S. for the first time. (1964)
- 8th: The Boy Scouts were founded. (1910)
- 9th: An act of Congress is passed authorizing the US Weather Bureau
- 10th: Glenn Miller receives the first ever gold record for selling a million copies of a song. And the song....."The Chattanooga Choo Choo"
- 12th: Women in the Utah Territory win the right to vote. (1870)
- 15th: The Post Office uses adhesive postage stamps for the first time. (1842)
- 16th: Nylon is patented. But it won't become popular for a few more decades. (1937)
- 16th: NBC TV begins it's first nightly newscast. (1948)
- 19th: A prize is inserted into a Crackerjacks box for the first time (1913)
- 20th: John Glenn become the first U.S. astronaut to orbit the earth.(1962)
- 21st: Richard Nixon becomes the first U.S. President to visit China. (1972)
- 22nd: Frank Woolworth opens the first "Five Cent Store in Utica, N.Y. (1879)
- 23rd: The Tootsie Roll rolls into stores in America. (1896)
- 25th: Samuel Colt patents the revolver.

Mixed-Up Birds

Unscramble the letters to reveal words that are birds.

1. RRPOTA
2. RIINMBMDGUH
3. PEINNUG
4. ACONTU
5. NCRAE
6. OWAWLSL
7. EOWEPRKCOD
8. LFNACO
9. SERDPPNIA
10. OGUESR
11. LANGMOFI
12. ELGAE
13. NLPIEAC
14. ICNHF
15. ATRPIGEDR
16. BUBIERLD
17. KOCACOOT
18. ORENH



Answers: 1. Parrot 2. Hummingbird 3. Penguin 4. Toucan 5. Crane 6. Swallow 7. Woodpecker 8. Falcon 9. Sandpiper 10. Grouse 11. Flamingo 12. Eagle 13. Pelican 14. Finch 15. Partridge 16. Bluebird 17. Cockatoo 18. Heron

Stick to Your Chops



Using chopsticks requires the use of 50 different muscles.

Put away the forks and spoons—February 6 is Chopsticks Day. Over a quarter of the world’s population uses these utensils for eating, but 5,000 years ago the first chopsticks were developed in China as a cooking tool. It was Confucius who said, “The honorable and upright man keeps well away from both the slaughterhouse and the kitchen. And he allows no knives at the

table.” This alone may have made chopsticks the preferred utensil in China. By the year AD 500, chopsticks had spread to Vietnam, Korea, and Japan. To the uninitiated, the use of chopsticks can be fraught with peril. One should never stand chopsticks up in a bowl of rice, for this resembles a funeral ritual. And it is rude to rest chopsticks across the top of a dish—use chopsticks holders!

Where Music Meets Medicine



Our brain waves change when we listen to the sounds of gongs or Tibetan singing bowls.

You may have heard of the healing power of music, but have you heard of sound healing? This is the belief that sound, music, and chants can heal the sick. Skeptical? Try listening to the beats for yourself on February 14, the 16th annual World Sound Healing Day.

People have relaxed to soothing sounds for a long time. Falling rain, wind blowing through trees, and singing crickets are easy to summon on bedside clocks and electronic devices. But true sound healing is an ancient form of medicine. Many different cultures have used the power of sound to restore health and relieve pain. Chanting, the deep vibrations of an Aboriginal didgeridoo, gongs, Tibetan singing bowls, tuning forks—all of these tools produce deep, resonant sounds typical of a sound healing, or sound therapy, session. But do they really work?

While music is a known de-stressor, there are no studies that demonstrate definite health benefits of sound therapy. But patients who feel a release from both physical

pain and emotional stress beg to differ, as do sound healers. Some healers explain that sound vibrations are not just heard but felt in ways that lower heart rate, relax brain wave patterns, and reduce respiratory rates. Other healers claim that they can tune instruments such as gongs to the vibration of planet Earth and other celestial bodies. A good gong emits a healing energy wave that can stimulate all the cells and nerves in the body. If sickness is due to the body’s frequencies being out of tune, healing vibrations restore these frequencies to balance. Still others explain that, like acupuncture, sound therapy unblocks and redirects the energy throughout the body.

When it comes to the power of sound healing, theories abound. Perhaps the best way to think about sound healing is that it is akin to the power of prayer. Jonathan Goldman, director of the Sound Healers Association, believes that vocalizing what you want a sound to accomplish can help you heal yourself and others.

Previous Activities and Events

The Lovely Ladies enjoying cookies and tea...



And a little time out on the Veranda!



Mrs. Betty working hard on a fun circle puzzle!



Just having a little fun a Happy Hour!

Sometimes we have little visitors in our pond. It's always fun to watch the beautiful creatures!



Mr. Matt swinging in hopes of getting a strike!



Upcoming Activities and Events

Feb 2: Join us for a special Super Bowl addition of Happy Hour with Frankie T in the Community Center starting at 3:45pm.

Feb 4: Join us in the Community Center for a Super Bowl LII Party with the perfect football snacks!

Feb 6: Please join us in the Community Center at 10:15am for our monthly Townhall Meeting. This happens the first Tuesday of every month.

Feb 7: Help us welcome our newest residents at our New Resident Reception at 1pm right after lunch in the Community Center.

Feb. 8: We will have a Banana Split Social in the Ice Cream Parlor at 2pm.

Feb 9: Join us in the Community Center for our weekly Happy Hour. This week with entertainer Doug Cain starting at 3:45pm!

Feb 11: We are taking a bus trip to the Lakeland Center to enjoy a Lakeland Concert Band performance, leaving at 1pm.

Feb 12: In the Community Center at 1pm, we will have our first Ladies Monday Movie!

Feb 14: Join us at 10am in the Community Center for Cupid's Candy Hour with Angel Tuider. And then at 1pm we will have our first of three event for our Winter Olympic Games! Who will win the gold?

Feb 15: Sign up for our Mystery Ride bus trip! Sign up sheet will be on the announcement board. We will be leaving at 1:30pm and you don't want to miss it!

Feb 16: Join us for Happy Hour at 3:45pm with entertainer Eddie Rivers.

Resident Referral!

Calling all residents! Tell your friends, tell your family, tell anyone who will listen!

If you refer a friend, family member or total stranger to come and tour our community, if and when they move into the building, you will receive a special rent credit! Make sure they mention your name at the time of their first tour. You don't want someone else getting the credit 😊

Feb 20: Calling all Ladies! We will have our monthly Lovely Ladies Group in the Social Kitchen starting at 3pm. Join us for cookies and tea!

Feb 21: The second event of our Winter Olympic Games start at 1pm in the Community Center. And Lima Bean Auction will be at 3pm.

Feb 27: Celebrate February Birthdays with us! The Birthday Bash at 3pm with Doug Cain in the Community Center.

Feb 28: Our third event for our Winter Olympic Games will start at 1pm in the Community Center.

Reminder: BINGO is every Wednesday in the Community Center starting at 6pm!