

CALENDAR HIGHLIGHTS

Pauline’s 99th Birthday
Sunday February 2, 3:30

Everyone is invited to help Pauline and her family celebrate her big birthday.

Comedy Hour/NEW
Monday, February 3, 3:30

Come have some fun & laughs with Eleanor.

Veteran’s Breakfast
Tuesday, February 4, 8:00

Sign up inside Activities to attend breakfast at Bob Evans. Limit 2 wheelchairs/4 walkers.

Seabird Sanctuary
Thursday, February 6, 1:00

Sign up inside Activities for this educational outing at the Seabird Sanctuary. Limit 1 wheelchair/4 walkers.

Hymns Singing
Sunday, February 9, 2:30

This will be a new monthly program offered in the Activity Room on the 2nd Sunday of the month.

Edufeathers Event
Monday, February 10, 3:30

Anne Marie will bring in several birds of prey and share some interesting facts about them.

Lima Bean Auction
Tuesday, February 11, 2:30

Come get some great stuff for free by being the highest bidder at our new monthly auction.

Dinner Theater
Thursday, February 13, 10:30

For the very first time we will go to the Early Bird Dinner Theater on 49th St. to see the play “Wild Women of Winedale.” Residents must sign up 1 week in advance, inside Activities. Tickets for dinner and play at \$40. Limit 8 residents, 4 walkers. More details to follow.

Dementia & Dessert/NEW
Wednesday, February 19, 4:00

This is a new monthly support group for family members to attend in the private dining room.

February Resident Birthdays

Sarah Calkins, February 2
Pauline Eidson, February 2
Walter Phillips, February 3
Doris Lostumo, February 6
Betty Miner, February 6
Erich Hoffman, February 7
Gloria Kulik, February 20
Billie Barger, February 28

February Employee Birthdays

Sara Ziad, February 5
Quadeeah Thompson, February 8
William Highberger, February 11
Sandra Kersting, February 12
Teresa Lovett, February 14
Linda Jones, February 26
William Patrick, February 26
Nature Preston, February 27
Isabella Stein, February 28

Fort Desoto Sunset
Thursday, February 20, 5:30

Sign up inside activities if you would like to see the sunset at Fort Desoto following dinner.

Activities Chat
Tuesday, February 25, 3:30

Come find out what’s coming up in March and let us know what you enjoyed most in February.

Lunch Out-Spinners
Thursday, February 27, 11:15

Sign up inside Activities to have lunch out at Spinners. Limit 1 wheelchair, 4 walkers.

Resident Council
Thursday, February 27, 2:30

All residents are encouraged to attend this informative meeting and discussion with the staff Directors.

Birthday Celebration
Friday, February 28, 3:00

All February birthdays will be celebrated today at Happy Hour.



Arbor Oaks
Staff Directory

Kelly O’Sullivan
Executive Director

Tara Bryant
Business Office Manager

Wendy Haskins, LPN
Resident Care Director

Will Moore
Maintenance Director

Keydion Brown
“Chef Key”
Food and Dining Service Director

Donna MacKenzie
Activities Director

ARBOR OAKS AT TYRONE

1701 68th Street North, St. Petersburg FL 33710

THE VALUE OF HUGS

Hugging is Healthy:
It helps our body’s immune system,
It cures depression,
It reduces stress,
It induces sleep,
It’s invigorating,
It’s rejuvenating,
It has no unpleasant side effects.

Hugging is All-Natural:
It is organic,
Naturally Sweet,
No Pesticides,
No Preservatives,
No Artificial Ingredients,
And 100 percent Wholesome.

Hugging is Practically Perfect:
There are no movable parts,
No batteries to wear out,
No periodic checkups,
Low energy consumption,
High energy yield,
Inflation-proof,
Non-fattening,
No monthly payments,
Theft-proof,
Non-taxable,
Non-polluting and, of course,

FULLY RETURNABLE!!

Dior’s “New Look”



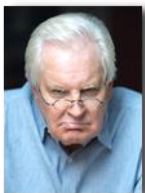
A casualty of World War II was fashion. With the rationing of materials and anxiety over radicalism, civilian clothing styles became austere, utilitarian, and practical. Women no longer wore silk or other fancy fabrics, and they gave up accessories like boning for corsets and zippers. For the first time, women wore trousers! The British government went so far as to pass austerity regulations. Footwear, textiles, and clothing brandished the CC41 logo, signifying that it conformed to 1941 regulations for “Controlled Commodities.” Perhaps no city suffered more than Paris, the world’s fashion capital. Not only was it occupied by the Germans but fashion houses were forced to shut their doors. So, on February 12, 1947, when French designer Christian Dior debuted his “New Look” line at the Paris fashion show, he both saved Parisian fashion and brought femininity into style again.

Dior’s New Look silhouette was both old and new all at the same time. It offered a return to pre-war femininity and yet presented a new, modern woman. The line did away with trousers, boxy shoulders, and civilian androgyny and returned to the small waists and hourglass figures of the pre-war era. Dior focused on soft, rounded shoulders, tight-fitting jackets, and spreading, padded skirts. Essential to the New Look was his corset, known as the *Waspie*, which narrowed the waist and accentuated the bustline. As a child, Dior grew up wandering the flower gardens of his home. Those flowers heavily influenced his notions of femininity. He rejected austerity and let fabric flow freely from his garments, like an abundance of petals. Some critics decried the designs as wasteful or extravagant, while others found them to be affronts to the newfound independence enjoyed by women who had taken over the jobs of men in offices and factories. But many women embraced the New Look as a welcome alternative to the ugly practicality of the war years. In many ways, the New Look was a rejection of the war itself and a return to the nostalgia of the pre-war years, where women were once again expected to be feminine.

Welcome Stranger

On February 12, 1851, a prospector in New South Wales, Australia, discovered flecks of gold in a local waterhole. Within a year, over 500,000 “diggers” from all over the world rushed to Australia with the hope of striking it rich. This Australian Gold Rush transformed the cultural fabric of Australia. What began as a penal colony and a distant backwater soon grew into a booming multicultural metropolis. The immigrant influx grew the economy as demand for products and services grew. Diggers united in what was termed “mateship,” helping each other in the outback and banding together against the authorities. The rush reached a fever pitch on February 5, 1869, when two miners discovered a massive nugget tangled in the roots of a tree just below the surface. This nugget, dubbed “Welcome Stranger,” was the largest ever found in the world. It measured 24 inches across and weighed 158 pounds, and it instantly made the diggers rich. It was worth \$3–4 million in today’s Australian dollars. Not all diggers struck it rich, but many chose to remain in Australia and start new lives.

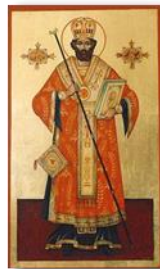
Do a Grouch a Favor



You probably know someone who is a grouch. Maybe it’s your friend, neighbor, parent, or even spouse! February 16 is the day to forgive them for their sullen and grumpy attitudes and do something nice, for it is Do a Grouch a Favor Day. What favors could possibly satisfy the irritable nature of a grouch? Psychologists believe that the most common sources of irritability are often little things throughout the day, small annoyances that come with everyday tasks such as driving or shopping at the grocery store. Compassion, they say, is necessary for forgiving those around us for their minor transgressions and annoyances. So perhaps the biggest favor we can do for a grouch is to show them compassion. Understanding others’ emotions is the first step we can take toward alleviating their suffering and dispelling loneliness.

From Your Valentine

On February 14 each year, sweethearts celebrate Valentine’s Day by exchanging cards, chocolates, and other tokens of love. But do these sweethearts know who they are celebrating? The true identity of St. Valentine is murky and there are differing stories detailing his role in the church and the acts that inspired the popular holiday bearing his name.



Competing stories depict St. Valentinus (the Latin version of the name) as either a priest from Rome or the Bishop of Terni during the reign of Emperor Claudius II. Legend has it that Valentinus aided Christians who were persecuted under Claudius II’s reign. Eventually, Valentinus, too, was put under house arrest at the home of Judge Asterius. It so happened that Asterius had a blind daughter. The judge asked Valentinus to prove the power of Christ by restoring the girl’s sight. When Valentinus performed the miracle, the judge thanked him by freeing him and all the Christians he had imprisoned. But Valentinus did not remain free for long. He was again arrested and brought before Emperor Claudius II himself. When Valentinus attempted to convert Claudius to Christianity, he was executed on February 14, AD 270, but before his martyrdom, he is said to have written a note to the daughter of Asterius, which he signed “From your Valentine.”

Another story details how Claudius II outlawed marriage for young men in the belief that single men made better soldiers than those with wives and families. Valentine defied Claudius and performed marriages in secret, purportedly cutting hearts of parchment and gifting them to the couples as a sign of God’s eternal love. When Valentine’s secret was discovered, Claudius executed him.

These stories are different yet they both illustrate Valentine’s devotion to his faith and his people. As these legends spread, so did Valentine’s reputation for heroic love and devotion, inspiring a holiday dedicated to the ideals he died for.

The Bean-Throwing Festival

In Japan, springtime festivals begin as early as February, and February 3 brings *Setsubun*, a sort of new year’s celebration where people drive away evil spirits so that they may start the new year on the right foot. How do the Japanese ward off these evil influences? By throwing beans, of course. And not just any old bean. They use roasted soybeans known as *fuku mame*, or “fortune beans.” Often, the oldest male member of the family will don a mask to look like a demon or evil spirit. The demon then hovers just outside the family’s door. Then the entire family scoops handfuls of beans and tosses them at the demon, scaring it away. This ensures that no one in the family will suffer sickness or other ill fortune. Some cities even hold *Setsubun* parades in which beans are thrown to crowds that shout, “Get out demons!” and “Welcome happiness!” People jostle to scoop up the beans and eat them, for eating them is considered good luck. After the fervor of the bean throwing, many families visit local shrines to pray for the health and happiness of their loved ones.

When Cows Fly



On February 18, 1930, a cow known as Elm Farm Ollie won the unique distinction of becoming the first cow ever to be milked while flying in an airplane, ushering in the very first Cow Milked While Flying in an Airplane Day. The circumstances of the flight are well-recorded, as Elm Farm Ollie was part of the International Air Exposition in St. Louis, Missouri. Researchers were apparently eager to observe the effects of flight on livestock. Elm Farm Ollie was an unusually productive Guernsey. She needed milking three times a day. During her flight, she produced 24 quarts of milk. Wisconsin native Elsworth Bunce had the honor of milking her, consequently becoming the first man ever to milk a cow in an airplane. The milk was sealed in paper cartons and parachuted to the crowds below, where it is said that Charles Lindbergh took a drink.