



On February 14th, we celebrate Valentine's Day – a day where thoughts of love fill the air, flowers and cards are sent to proclaim love for our special Valentine and many proposals of marriage are made. But what is love really?

The ancient Greeks called love “the madness of the gods.” Modern psychologists define it as the strong desire for emotional union with another person. But what, actually, *is* love? It means so many things to different people. Songwriters have described it, “Whenever you’re near, I hear a symphony.” Shakespeare said, “love is blind and lovers cannot see.” Aristotle said, “Love is composed of a single soul inhabiting two bodies.”

Love in its various forms is one of the most common themes in the creative arts. Love is the central theme for novels, movies, plays, poetry and music. Every movie has the romantic love interest. Every book has the beautiful heroine who falls madly in love with the ruggedly handsome hero. We sing “when I fall in love, it will be forever, or I'll never fall in love.” Yet when we are met with unrequited love, our hearts are broken, but we eventually try again because it is our nature to pursue love.

All of us seek love whether we want to admit it or not. We were created to be cherished, affirmed and made to feel special. There are three little words that we all want to hear no matter what language we speak: I love you! Te Amo! Je t’aime! Ich liebe dich! Love in any language can change the world if we let it.

Love is a variety of different feelings, states, and attitudes that range from interpersonal affection (“I love my mother”) to pleasure (“I loved that meal”). It can refer to an emotion of a strong attraction and personal attachment. It can also be a virtue representing human kindness, compassion, and affection—“the unselfish loyal and benevolent concern for the good of another”. It may also describe compassionate and affectionate actions towards other humans, one’s self or animals.

I believe that love in a relationship is a commitment. The word is an action verb and requires a lot of hard work and effort on the part of two individuals who come from different backgrounds and the determination to push through problems and sorrows to build a lifetime of joy. In today’s society it is too easy to throw in the towel at the first sign of a problem. Face it, we are naturally inclined to be selfish and only think of ourselves. True love is worth a fight and sometimes it is necessary to work out a compromise to get through a struggle. It is facing trials together, supporting one another through “sickness and in health”, laughter and tears, for better or worse and it is supposed to be “til death do us part” according to the wedding vows. Sadly, these words don’t mean much anymore.

At Arbor Oaks we have been privileged to see a generation of people who have believed in the commitment of love and the value of staying together through thick and thin. We have seen couples celebrate 60th and 70th anniversaries here. Now that, my friends, is commitment. These people stood through the storms of war, they built homes, raised families. Some faced the Great Depression when all they had was one another and stayed faithful through it all. However, the ultimate definition can be found in the Love Chapter, 1 Corinthians 13: 1-4, 13. Look it up and see if you agree.

- submitted by Becki Ringleb



In astrology, those born between February 1–18, are the Water Bearers of Aquarius. Aquarians are free-spirited, nonconformist, Compassionate, and visionary. Those born between February 19-29 are the Fish of Pisces. Fish feel things deeply, as in under-the-sea deep. These intuitive, creative, and intelligent people have strong feelings of right and wrong and also love to help others.

***** Residents *****

02/03	Bob VanEijk	02/15	Doris Stokes
02/06	Pat Busse	02/23	Helen Chamiak
02/12	Ruth Brice	02/25	Aaron Lowe

***** Employee*****

02/02	Schelma Whitcomb	02/11	Bernard Jereos
02/06	Hakeem Ricketts	02/26	Ivonne Bencar



The Birthday Bash this month is combined with an exciting **MARDI GRAS CELEBRATION!** Come out to join the festivities on February 25th at 3:00 pm for live entertainment and, never fear, there WILL be CAKE!!!!

Each year during Mardi Gras, approximately 1.4 million visitors take to the streets of New Orleans to participate in the iconic Fat Tuesday parades and festivities. New Orleans' unique Mardi Gras customs make the celebration of this city particularly renowned. The legacy of Mardi Gras can be traced to European Carnival celebrations during the 17th and 18th centuries. Carnival has traditionally been celebrated as a debauchorous prelude to Lent, a six-week long religious fast observed before Easter.



The connection of this holiday to New Orleans dates back to 1699 when explorer Pierre Le Moune d'Iberville arrived to Louisiana and declared a plot of land “Pointe du Mardi Gras” upon realizing it was the eve of the medieval holiday. In 1718, the city of New Orleans was established near the area known as “Pointe du Mardi Gras” and by the 1730s, Mardi Gras parades and masquerade balls became an annual tradition in the southern city.

While Mardi Gras officially takes place on Fat Tuesday, the day before Ash Wednesday that marks the start of lent – in New Orleans, annual Mardi Gras festivities begin up to a month in advance.

ARBOR OAKS NEWS!!!

Arbor Oaks at Lakeland Hills * 4141 Lakeland Hills Blvd., Lakeland, FL 33805 * Phone: 863 687-0101 * Fax: 863 687-8302



Celebrating February

American Heart Month

Groundhog Day
February 2

Valentine’s Day
February 14

Presidents’ Day: U.S.
February 17

Mardi Gras
February 25

Leap Year Day
February 29



DIRECTORY

Mary Gaudet	Executive Director
Joy Post	Resident Care Director
Schelma Whitcomb	Business Manager
Kaitlyn Askey	Activities Director
Mark Robison	Food Service Director
Ramon Miranda	Maintenance Director

Resident Spotlight: Dorothy Greenwald



Dorothy is anticipating her 91st birthday on March 9. She was born Dorothy Hodges on a Kentucky farm, the youngest of six children; one brother and four sisters. As a preschooler, her family relocated to Barberton, Ohio and she grew up a “Barberton Magic.” Favorite memories of life in Barberton revolved around school, fun at the City Park and the pool at Lake Anna, attending church, and learning to play the piano and clarinet.

During her years in high school, World War II was going on and her older siblings were all involved in the war effort. She played the clarinet in the high school marching band. Later she went to Kent State University where she continued to play the clarinet in the university marching band and she was on the synchronized swimming team.

She met the love of her life, Bill Greenwald, while in college. He had just returned stateside following his time overseas in the Army. Since both of their families were unable to afford a big wedding, Bill & Dorothy eloped. Dorothy completed college and became an elementary school teacher and Bill went to work as a draftsman for General Tire in Akron, Ohio. They made a wonderful home for themselves and their two daughters, Peggy and Nancy. Dorothy taught as a kindergarten teacher her entire career, teaching generations of children to love learning and to be kind to their classmates. Involvement in a church was a big part of family life. Dorothy sang in the church choir as well as a local Sweet Adeline’s women’s barbershop quartet.

When Bill & Dorothy retired from their jobs in Akron Ohio, they moved to Greenwood, Indiana to be closer to their two daughters and their three grandsons. After fifteen years of carefree apartment living, they entered an assisted living facility in Indianapolis. After Bill passed, Dorothy relocated to Florida to be closer to where her older daughter had moved and that is how she came to live at Arbor Oaks. Daughter Peggy says that the facility, the care and the friendship her mother has found at Arbor Oaks have blessed both of them. Dorothy enjoys the serene environment of Arbor Oaks, Happy Hour music on Fridays, waterfront views from the verandas and the onsite church services on Sunday mornings.



Traditionally the month for lovers and all things heart related, February also reminds us to take care of our heart. It is American Heart Month.

The annual celebration began in 1963 to encourage Americans to join the battle against heart disease. A presidential proclamation pays tribute each year to researchers, physicians, public health professionals and volunteers for their tireless efforts in preventing, treating and researching heart disease. Since 2004, February also has been the signature month for the American Heart Association’s Go Red for Women campaign and the message that heart disease is not only a man’s problem.

Celebrated on the first Friday during the month of February in the U.S., National Wear Red Day is a holiday in which men and women wear the color red to raise awareness about the number one problem that affects American women. This holiday can be traced all the way back to 2002, when the day was established by the American Heart Association and National Lung and Blood Institute. Every year since its inception, this campaign has continued to reach a higher audience. This has resulted in greater awareness about heart disease and how it affects women. It has also prompted quite a bit of change in behavior. Since it started, a third of women in the U.S. have lost weight and half of them are now more physically active.

Although National Wear Red Day isn’t an official holiday, on this day many people wear red to promote heart-health awareness among women. Some people also use this day to raise money for various heart-related charities such as the American Heart Association. It is also a good day for women to get their numbers checked. Having your blood pressure, cholesterol and triglyceride levels, blood sugar and BMI checked is a good way to find out if you are at risk to developing heart disease.

National Wear Red Day is a great way to raise awareness about the growing epidemic of heart disease in women. It is also a good day to show the woman in your life that you care about her health by wearing red in public. And, if you are a woman, then you might want to use the day to learn your 5-numbers and find out what you can do to live a healthier and ultimately happier life.



Presidents’ Day, formally known as Washington’s Birthday, is a federal holiday observed in the United States on the third Monday of February. It is a day that celebrates all U.S. presidents, past and present, specifically George Washington the first President of the United States who was born on February 22.

In the late 1870s Washington’s Birthday became a federal holiday. Senator Steven Wallace Dorsey was the first to propose the measure, and in 1979 President Rutherford B. Hayes signed it into law. At the time, Washington’s Birthday joined four other nationally recognized federal bank holidays – Christmas Day, New year’s Day, Independence and Thanksgiving- and was the first to celebrate the life of an individual American. Initially, Presidents’ day was called Washington’s Birthday. The shift from this title to Presidents’ Day began in the late 1960s when congress proposed a measure known as the Uniform Monday Holiday Act. This law sought to shift the celebration of several holidays from specific dates to a series of pre-determined Mondays. The Uniform Monday Holiday Act passed in 1968 and officially took effect in 1971.

Traditionally, Presidents’ Day is viewed as a time of patriotic celebration and remembrance. Schools in a number of states are required to spend the days leading up to this day teaching students about the accomplishments of U.S. presidents, specifically focusing on Washing and Lincoln.



This month we will enjoy an extra day, transforming 2020 into an extraordinary year. Every four years, an extra day, called *leap day*, is added at the end of February. This extra day is built into the year to ensure that our calendars remain aligned with Earth’s movement around the sun. Our modern calendars have 365 days, but Earth takes 365.2421 days to make it all the way around the sun. The ancient Egyptians were the first civilization to calculate that our cycle of days and nights did not align perfectly with the calendar year, but it wasn’t until Julius Caesar’s reign during the Roman Empire that anything was done about it.

In 1582, the Pope created his *Gregorian calendar*. It was still a 12-month, 365-day calendar with an added leap day every four years, but the Pope went further. He decreed that leap years would not occur on years evenly divisible by 100, excepting those divisible by 400. For example, the years 1700, 1800, and 1900 were not leap years, but the year 2000 was. Pope Gregory XIII’s calendar is still in use today, but it is still not perfect. Mathematicians note that after another 10,000 years, someone will have to create a new calendar once again.



Jose Cortez



Jose joined the Arbor Oaks Maintenance Team in June of 2019. He oversees everything that needs “fixing” and there is nothing that he can’t do! In fact, Jose received his Bachelor’s Degree in Nursing (RN) in Puerto Rico. Prior to joining our team, Jose held the following positions at Lakeland Regional Health: PCA, Physical Therapy Tech and Unit Support Staff.

He has a wide range of skills from carpentry, to plumbing, electrical and all the little things required to make our community shine every day, including coordinating the team for room turn arounds and special projects. He never complains when emergencies arise, even on the weekends. Jose has a positive attitude, an amazing work ethic and a great smile! Let him know how much you appreciate him!

Ash Wednesday
February 26, 2020

Observed 46 days before Easter, Ash Wednesday is considered to be the beginning of Lent in Christianity. It falls on a different date each year, because it is dependent on the date of Easter and can occur as early as February 4 or as late as March 10.

Oftentimes, during this period, different groups of Christians cease to use certain comforts or make a similar resolution to give something up or do something special for the period of Lent. This year Ash Wednesday falls on February 26. It is thought to be a day in which observant Christians show penance.

Ash Wednesday gets its name from the practice of placing ashes on the foreheads of the faithful as a sign of repentance. The ashes used are gathered after the Palm Crosses from the previous year’s Palm Sunday are burned and used to make the sign of the cross on the foreheads of those who kneel before him at the altar rail. As he does so, he recites the words: Remember, O man) that you are dust, and to dust you shall return.”



February is heart health month! Legacy is here to support you and we are aware of the risk factors for heart related conditions. Being aware of how best to protect your heart and ways you can keep yourself as healthy as possible if you do have a heart condition is powerful knowledge.

The therapy team at Legacy Healthcare Services would like you to know you are not alone and that we are here to help assist you in your quest for a healthy lifestyle. If you have questions or concerns regarding heart health, contact Joy to coordinate with our office for a meeting.



On Wednesday, **February 5th**, at 10:00 AM we will have a *SPECIAL PERFORMANCE* by **Woodbrook Singers!**

Resident Council meets on Wednesday, February 12th at 10:30 AM in the Community Center.

WE LOVE OUR VETS!!!! The monthly **VETERANS MEETING** takes place on Friday, February 14th, at 10:00 AM in the upstairs lobby. Join with your fellow Veterans for discussion and refreshments provided by Cornerstone Veteran Volunteers.

Join **John, Becki & Sandy** on February 16th at 1:30 PM in the Ice Cream Parlor for some good old gospel music!

Check your calendar insert for all of your favorite activities and events, such as *Arbor Crafters*, *Dominoes*, *Lima Bean Auction*, *Arbor Oaks Derby* and **Happy Hour** every Friday. In addition, check out the new and exciting things happening in February: Chess Lessons, Special crafts on Tuesday afternoons and a **Mardi Gras Carnival** on February 25th.

Sign up at the Lobby Desk for monthly services:

- Pretty nails** – 10:30 am on Saturday
- Beauty/Barber** – Every Tuesday beginning at 9:00 am
- Onsite Dermatology** – 3rd Monday of the month
- Podiatrist** – Last Thursday of the month

Punxsutawney Phil



...is a groundhog in Punxsutawney, Pennsylvania. On February 2 (Groundhog Day) each year, the borough of Punxsutawney celebrates the legendary groundhog with a festive atmosphere of music and food. During the ceremony, which begins well before the winter sunrise, Phil emerges from his temporary home on Gobbler’s Knob, located in a rural area about 2 miles southeast of town. According to the tradition, if Phil sees his shadow and returns to his hole, he has predicted six more weeks of winter-like weather. If Phil does not see his shadow, he has predicted an “early spring”. The date of Phil’s prognostication is known as Groundhog Day in the United States and Canada, and has been celebrated since 1887. Punxsutawney Phil became an international celebrity thanks to the 1993 movie *Groundhog Day*.