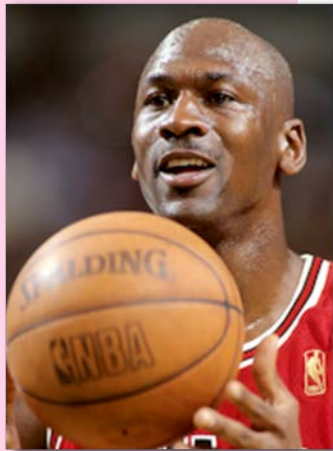


February Horoscopes and Birthdays



In astrology, those born between February 1–18 are the Water Bearers of Aquarius. As the water of life heals the land, so Aquarians are the humanitarians of the zodiac. Free-spirited and compassionate, they give “power to the people.” Those born between February 19 and 29 are the Fish of Pisces. Fish feel things deeply. These intuitive, creative, and intelligent people have strong feelings of right and wrong.

Sherman Hemsley – Feb. 1, 1938
Ayn Rand – Feb. 2, 1905
Gertrude Stein – Feb. 3, 1874
Rosa Parks – February 4, 1913
Laura Ingalls Wilder – Feb. 7, 1867
Thomas Edison – Feb. 11, 1847
Galileo – Feb. 15, 1564
Michael Jordan – Feb. 17, 1963
Sidney Poitier – Feb. 20, 1927
Nina Simone – Feb. 21, 1933
George Washington – Feb. 22, 1732
Elizabeth Taylor – Feb. 27, 1932
Dennis Farina – Feb. 29, 1944

Notable Quotable

“Gold is good in its place; but loving, brave, patriotic men are better than gold.”

~ Abraham Lincoln, 16th president of the United States

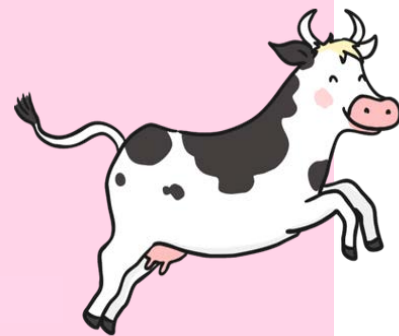


Joseph Scruggs 02/14

Gladys Rozek 02/23



When Cows Fly!



On February 18, 1930, a cow known as Elm Farm Ollie won the 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. The milk was sealed in paper cartons and parachuted to the crowds below, where Charles Lindbergh purportedly took a sip.

Arbor Hills Grapevine

February 2020

Resources

Mary Gaudet
Executive Director

Robin Moran
Community Director

Mark Robison Food
Service Director

Ramon Miranda
Maintenance
Director

Kaitlyn Askey
Activity Director

Lori Merrill
Resident Relations

Physician
Transport with **Paul**
Monday (south
side), Wednesday
and Friday

Beauty/Barber with
Courtney Tuesday,
Thursday and
Friday
New Beauty Shop
Hours!!
9:00am-1:30pm

*(Please schedule all
appointments with
receptionist)*



Arbor Hills Independent Living
Residence
4145 Lakeland Hills Blvd
Lakeland, FL 33805
863.689.7811

From the Community Director

Happy February, the month of love!!



In conjunction with Valentine’s Day, February is American Heart Month. Did you know that heart disease is the leading cause of death in the United States for both men and women? One in 4 deaths are caused by heart disease every year. The good news is, it is often preventable. You are in charge of your own bodies and can make healthy changes to lower your risk of developing heart disease. Controlling and

preventing risk factors is also important for people who already have heart disease.

There are many ways to lower your risk, including watching your weight, quitting smoking and staying away from secondhand smoke, controlling your cholesterol and blood pressure, drinking alcohol only in moderation, exercising and eating healthy. Regular check-ups with your doctor are also important since other health conditions can contribute to your overall heart health.

I would like to wish you all a very Happy Valentine’s Day! I pray that you all feel all the love that you deserve!!

♥ Happy Valentines Day ♥

Resident Spotlight

This month's resident spotlight is shining on Nancy Fellows Parker. She has been a resident of Arbor Hills since the day before Thanksgiving 2019. Nancy was born in Hartford, Connecticut and lived in different parts of Vermont and New Hampshire for many years. She has one son, Edward, with a 3 year Masters in Art. Nancy met her second husband Reg through some friends from swim team and they were married for nearly 40 years!

During the time she met Reg, Nancy was working giving anesthesia. Her official title was CRNA, Certified Registered Nurse Anesthetists. This was when stand-alone anesthetists didn't exist, so Nancy was doing it all! They were the first nurse practitioners before there was such a thing. They did whatever the surgeons asked of them, even when the surgeon was hard to deal with.



Nancy has always been very active. Some of her favorite activities included: sports, gardening, skiing, going to the gym, and taking a hike in the snow with her six jack russells! Six dogs seems like a lot until you learn Nancy used to train them. She taught agility, obedience and "puppy kindergarten". Now she has just her one pup, Dakota, who she likes to take on afternoon trips to the dog park. Dakota is a spoiled pup, but we love her anyway!

Nancy and Reg were "RV people" that travelled all over the country. This ultimately led them to Florida, that and some friends who already lived here! They decided to stay and take up permanent residence in the Mount Olive community in Polk City near their friends. With Nancy's nursing background, any time there was a problem within the community she was the first one they would call.

Now what led Nancy to Arbor Hills? Again, friends! She came to visit a friend's sister who was a resident and fell into the caregiver role once again. She would visit often and help her friend, becoming more familiar with the Arbor Hills community. When asked what she likes most about Arbor Hills, Nancy said "Everyone is wonderful! The employees and residents are wonderful."

Her favorite recipe is simple: Prime Rib! She said just give it a char on the outside and serve it to her rare! Yum!

When asked for words of wisdom, Nancy said to get whatever you need to do done! Don't wait until the last minute. She wishes she had listened to her own advice when she thinks about the storage shed she still needs to clean out!

Do a Grouch a Favor



Even Sesame Street's Oscar the Grouch is known as a good and understanding friend.

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. Compassion, they say, is necessary for forgiving those around us for their minor transgressions and petty annoyances. So perhaps the biggest favor we can do for a grouch today is to show them the warmth of compassion.

Dior's "New Look"



Before becoming a fashion designer, Christian Dior studied architecture.

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 femininity.

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. He rejected austerity and let fabric flow freely from his garments. Some critics decried the designs as wasteful or extravagant, while others found them to be affronts to the newfound independence enjoyed by women. For many women, the New Look was a rejection of the war itself and a return to the nostalgia of the pre-war years.

In a League of Their Own!

Wii Bowling is a favorite pastimes here at the Arbor Hills community. There is some serious competition, not to mention some seriously good players!

Our Wii Bowling VIP for this month is **Betty Allen**. She recently had her third 300 game! A perfect game!

Our other bowlers had some impressive special splits!

Art with a **4-10 split**
Ted with a **4-5-7-10 split**



Searching for February

(solution)

G	R	O	U	N	D	H	O	G	D	A	Y	Y	S	O
Y	S	U	P	E	R	B	O	W	L	Q	Y	W	D	R
S	A	R	G	I	D	R	A	M	B	U	A	Y	R	O
E	P	D	M	J	K	V	C	Q	F	T	J	Z	A	B
Y	A	D	S	E	N	I	T	N	E	L	A	V	W	L
S	C	T	Y	T	Z	O	F	R	W	I	Y	S	A	A
T	Q	C	Z	E	N	L	B	W	G	R	G	U	Y	C
K	S	F	A	L	H	E	I	R	A	B	S	I	M	K
S	R	Y	L	Y	A	T	D	U	A	U	G	R	E	H
S	J	F	H	R	H	R	I	X	R	K	A	D	I	
L	O	K	E	T	L	B	I	E	S	K	D	U	A	S
D	L	R	X	B	E	G	R	S	U	E	F	O	C	T
O	S	O	A	F	F	M	Z	L	C	Y	R	A	A	O
D	D	M	B	R	T	J	A	A	P	E	L	F	V	R
F	L	A	G	D	A	Y	W	L	A	H	S	I	F	Y

Activities Bulletin

Sunday, February 2nd – Cheer on your favorite team at our Super Bowl LIV Party! Refreshments will be served at 6:30pm in the Community Center

Thursday, February 6th – Who will be the highest bidder? Lima Bean Auction at 3:00pm in the Community Center

Friday, February 7th – Happy Hour with Deborah Mims at 3:45pm in the Community Center

Tuesday, February 11th – Speak your mind! Town Hall meeting at 10:15am in the Community Center

Tuesday, February 11th – Welcome David Revell as he shares his “Shark!” Science presentation at 3:00pm in the Community Center. REAL SHARK included!

Wednesday, February 12th – Welcome our new residents at the New Resident Reception at 1:00pm in the Community Center

Thursday, February 13th – Trip to Bon Worth in Zephyrhills. We have the whole store to ourselves courtesy of management! Bus loads at 9:30am

Friday, February 14th – Celebrate Valentine’s Day with Eddy Rivers at our Love Birds Happy Hour at 3:45pm in the Community Center

Monday, February 17th – Shop! Shop! Shop! Spend your Bingo Bucks at the Bingo Store at 3:30pm in the Community Center

Tuesday, February 18th – Get beautified! Take a special trip to the American Hair Cuttery at 10am

Wednesday, February 19th – Spiritual Support with Pastor David Revell in the Social Kitchen at 10:30am

Thursday, February 20th – Learn the signs! Dementia Chat with Mary at 3:00pm in the Community Center

Friday, February 21st – Let’s Dance! Happy Hour with Tim Godfrey and Melissa Miles at 3:45pm in the Community Center

Monday, February 24th – Happy Birthday! Birthday Bash with Eddy Rivers at 3:30pm in the Community Center

Tuesday, February 25th – Mardi Gras! Celebrate Fat Tuesday with jazz music, beads, and house made ice cream sandwiches and sundaes! Join us in the Ice Cream Parlor at 2:00pm

Friday, February 28th – Happy Hour with Doug Cain at 3:45pm in the Community Center

From Your Valentine



St. Valentine is the patron saint of lovers, epileptics, and beekeepers.



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. Valentinus aided Christians who were persecuted under Claudius II’s reign until he, 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. Before his martyrdom, he is said to have written a note to the daughter of Asterius, which he signed “From your Valentine.”

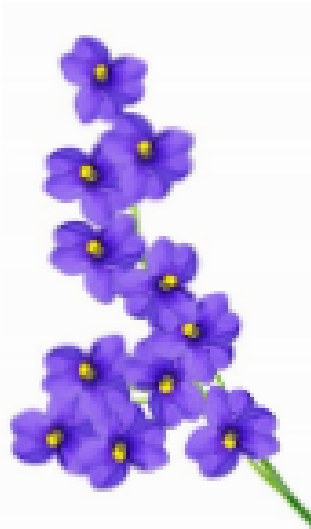
Another story details how Claudius II outlawed marriage for young men in the belief that single men made better soldiers than those with families. Valentine defied Claudius and performed marriages in secret, purportedly cutting hearts of parchment and gifting them to the couples as a sign of God’s eternal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

These legends illustrate Valentine’s devotion to his faith and his love for his people, and inspire a holiday dedicated to the ideals he died for.



Searching for February

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



G	R	O	U	N	D	H	O	G	D	A	Y	Y	S	O
Y	S	U	P	E	R	B	O	W	L	Q	Y	W	D	R
S	A	R	G	I	D	R	A	M	B	U	A	Y	R	O
E	P	D	M	J	K	V	C	Q	F	T	J	Z	A	B
Y	A	D	S	E	N	I	T	N	E	L	A	V	W	L
S	C	T	Y	T	Z	O	F	R	W	I	Y	S	A	A
T	Q	C	Z	E	N	L	B	W	G	R	G	U	Y	C
K	S	F	A	L	H	E	I	R	A	B	S	I	M	K
S	R	Y	L	Y	A	T	D	U	A	U	G	R	E	H
S	J	F	H	R	H	P	R	I	X	R	K	A	D	I
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D	L	R	X	B	E	G	R	S	U	E	F	Q	C	T
O	S	O	A	F	F	M	Z	L	C	Y	R	A	A	O
D	D	M	B	R	T	J	A	A	P	E	L	P	V	R
F	L	A	G	D	A	Y	W	L	A	H	S	I	F	Y

ACADEMY AWARDS	FISH (Pisces)	PRESIDENTS’ DAY
AMETHYST	FLAG DAY	SUPER BOWL
AQUARIUS	(Mexico and Canada)	VALENTINE’S DAY
BLACK HISTORY	GROUNDHOG DAY	VIOLET
(Month)	MARDI GRAS	WATER BEARER
FEBRUARY	PISCES	(Aquarius)