

February 2021

Hearth @ Southbury

655 Main Street South, Southbury, Ct. 06488 | 203-267-7100 | Stasia Iwanski, Executive Dir.

Celebrating February

- 1st- Clark Gable History
- 2nd- Groundhog Day
- 2nd- Chocolate Chunk Cookies
- 3rd- Cookie Cutter Bird Feeders
- 4th- World Cancer Day
- 4th- Rosa Parks Bio
- 5th- Wear Red Day
- 7th- Heart Mosaic Pins
- 7th- Superbowl Sunday
- 8th- Potato Lovers Day
- 8th- Homemade Potato Latkes
- 9th- National Pizza Day
- 9th- Pepperoni Stuffed Pizza Bites
- 10th- Stained Glass Hearts
- 11th- Travelogue: Venice, Italy
- 12th- Chinese New Year
- 12th- Chinese Chew Bars
- 13th- Cupid's Cracker Snack
- 14th- Valentine's Day
- 15th- Presidents Day
- 16th- Mardi Gras
- 16th- King Cake Knots
- 17th- Ash Wednesday
- 18th- Caregiver Gifts
- 19th- Caregiver Day
- 20th- Cherry Pie Day
- 20th- Cherry Pie Bars
- 22nd- Lemon-Lime Jell-o Cake
- 23rd- Homemade Dog Biscuits
- 24th- Carnival Masks
- 25th- Purim Begins at Sundown
- 25th- Hamentaschen
- 26th- Carnival Day

**Trips with Sally are every
Wednesday and Friday from
2pm to 3:30pm unless
otherwise noted**

Venice Unmasked

Venice is often called Italy's "City of Love," and for good reason. There may be nothing more romantic than a meandering gondola ride through the city's famous canals, especially if the gondolier serenades you with Italian love songs. It is no coincidence that history's most notorious lover, Casanova, called Venice home. Casanova was born in an era when Venice was a European Las Vegas, famous for its gambling houses, beautiful women, and its annual *Carnival*, the Venetian version of Mardi Gras that has been celebrated since the year 1162. This year's Carnival, running from January 30 through February 16, is made all the more special because it coincides with Valentine's Day.

Venice's Carnival is thought to have started in 1162 with the military victory of the Venetian Republic over Ulrico di Treven, a powerful ally of the Holy Roman Emperor Frederick I who attempted to strip Venice of its independence. After Ulrico di Treven's defeat, Venetians gathered in San Marco Square for dancing and rejoicing. This informal celebration continued for centuries until it was made an official holiday during the Renaissance. It was also during this era that Venetian mask-makers were elevated to a special standing in Venetian society, enjoying preferential laws and their own artistic guild.

By the 18th century, masks were a way of life for Venetians, and laws permitted mask-wearing for six months of the year. Some historians believe that masks were a response to Venice's strict class hierarchy. Ordinary people and aristocrats alike wore masks to hide their true identities. So disguised, people could anonymously engage in Venice's many popular but ill-reputed pastimes such as gambling. Is it any wonder that Venetian mask-makers held such power in society? In time, masks were outlawed. It was only in 1979 that Venetian artisans revived the tradition of mask-making. Since then, masks and costumes have become lavish and sumptuous works of art, and opulent masquerade balls are now the most sought-after invitations during Venice's fabulous and romantic Carnival.

The Perfect Gift for Valentine's Day!

By: Janet L. Haynes, RN

VP of Clinical Services

Wherever you look, the month of February is associated with the color red and the heart symbol. But did you also know that the month of February is American Heart Month?

Therefore, what better gift to give a Valentine but a commitment to a healthier lifestyle for a healthier heart?

Although, Heart Disease is the leading cause of death for men and women, it does not have to be a dark and gloomy diagnosis. By starting with one new, heart-healthy behavior you can reduce your risk of heart disease and stroke. So, let's talk about the steps you could take:

- Schedule a visit with your doctor to talk about heart health. Schedule regular checkups even when you believe you are not sick. Let your doctor be your partner to establish/set goals for improving your heart health. Do not be afraid to ask questions and trust their advice.
- Add exercise to your daily routine. Find the time of day that works best for you. Start off slow with walking, 15 minutes a day 3 times a week. Then within the month, increase your time by small increments, setting small goals. It will also help to listen to lively music that makes you quicken your step. Mark your exercise on your calendar or find an app on your cellphone to track your exercise such as Map My Walk. This will help with keeping track of your time, frequency, and accountability to your commitment.
- Increase healthy eating: Try decreasing your salt/sodium intake. Use other herbs and spices. Decrease the number of times in a week that you eat fatty/greasy foods and add more fruits and vegetables. Meal Planning and journaling your food/drink intake will help to hold yourself accountable. Dieticians can be a great resource. You might even experience some weight loss too.

- Take steps to quit smoking.
- Take your medication as prescribed. Talk with your doctor about the importance of your blood pressure and cholesterol medications.

So why not make a commitment to not only your Valentine but to your own heart this month and make a few changes?



Making Black History



In 1915, historian and journalist Dr. Carter G. Woodson founded the Association for the Study of African American Life and History (ASALH). He was just the second African American after W. E. B. Du Bois to obtain a Ph.D. from

Harvard University and one of the first scholars to study the African diaspora. As a member of the American Historical Association (AHA), Woodson realized that the AHA had no interest in the history of African Americans. He set out on his own to create an institution where African American scholars could study black history without misrepresentation. The ASALH was the result of those efforts.

For over a decade, Woodson worked with the most prominent black intellectuals and activists in America to promote his cause: W. E. B. Du Bois, Marcus Garvey, John E. Bruce, T. Thomas Fortune, and Hubert Henry Harrison. In 1926, Woodson brought more prominence to his movement by championing “Negro History Week” during the second week of February. He wanted the week to coincide with the birthdays of abolitionist leader Frederick Douglass and President Abraham Lincoln, two key figures of African American history. This event was an opportunity for schools and communities to organize celebrations of African Americans and their contributions to American society by offering free lectures and performances and establishing black history clubs.

During the coming decades, mayors from cities all across America proclaimed the second week of February “Negro History Week.” Then, in 1970, the Black students and educators at Kent State University expanded on Woodson’s vision and declared the entire month of February Black History Month. In 1976, President Gerald Ford followed suit, officially recognizing Black History Month nationwide. The theme that year was *America for All Americans*. This year’s theme is *The Black Family*, offering, in the words of the ASALH, “a rich tapestry of images for exploring the African American past and present.”

February Birthdays

Caroline W. - 2nd

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Ruth G. - 5th

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Claressa C. - 14th

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Barbara J. - 16th

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Hermine S. - 27th



**Come and Check out our
Monthly Themed Tree!**



Transportation Schedule

Mondays:

9am-12pm- Local Errands/Drs. Appts.

1pm-3:30pm- **Keepsake Outing**

Tuesdays:

9am- 12pm- **Waterbury Appointments Only**

1:30pm-3:30pm- Local Errands Only

Wednesdays:

9am-12pm- Local Drs. Appts. ONLY

1pm-3:30pm- **AL Outing**

Thursdays:

9am-1pm- Local Errands & Drs. Appts. ONLY

1pm-3:30pm- **Keepsake Outing**

Fridays:

9am-12pm- **Danbury Drs. & Hospital appts. ONLY**

2pm- **AL Outing**

Please submit all transportation requests directly to the **Nursing Department within 24-48 hours of scheduled appointment. Thank you!**



Your Management Team

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