

CAMELLIA GARDENS

Gracious Retirement Living

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FEBRUARY 2021

CAMELLIA GARDENS

Managers.....CANDY & TONY ALESSI

Assistant ManagersKALYN
& PATRICK KATHEEDER

Executive Chef.....SAMAR KHOURY

Maintenance BILLY ROSS

Bus DriverRICK MCLAUGHLIN

TRANSPORTATION

Monday,

10 a.m.-12 p.m.:

Acton: Walgreens,
DCU, Acton
Urgent Care

Wednesday,

2-3:30 p.m.:

Maynard: CVS,
Citizen's,
Middlesex Bank

Monday, 2-3:30 p.m.:

Stow: Osco, Citizen's
Fidelity, BoA ATM

Friday, 10 a.m.:

Stow: Osco, Citizen's
Fidelity, BoA ATM

**Tuesday & Thursday,
8:30 a.m.-3 p.m.:**

Appointments

Friday, 2 p.m.: **Acton:**

Walgreens, DCU,
Acton Urgent Care

HAWTHORN
SENIOR LIVING

Confections of Affection

Sweets for the sweet, candy has become a symbol of love and friendship on Valentine's Day. Here are some holiday favorites:

Chocolate

samplers — They come in pretty packages large and small. Chocolates and truffles inside decorated heart-shaped boxes have been popular gifts since the late 1800s.

Conversation hearts — “Be mine.” “True love.” “Marry me.” It's the cute stamped-on messages that have made conversation hearts a fun tradition for over a century.

Hershey's Kisses — These familiar foil-wrapped drops of chocolate have the perfect name for Valentine's Day: Kisses! They were one of the first candies to change their packaging for the holidays in the 1960s. Their valentine wrappers of red and pink premiered in 1986.

M&M's — Recognized by the “m” on each one, M&M's have been enjoyed by the handful since they debuted in 1941. The milk chocolate candies show off candy-coated shells in holiday colors of red, pink, purple and white, and come in special flavors, such as triple chocolate and cheesecake.

Cupid corn — Traditional candy corn has its fans, especially in the fall months. But with color swaps from yellow, orange and white to red, pink and white, this tri-colored treat is renamed Cupid corn in February.

Red Hots hearts — A switch from most sweets, the spicy, chewy mini cinnamon candies known as Red Hots take the shape of tiny hearts for the holiday, with no color change needed.





Celebrating Black History Month

Each February, America observes Black History Month. This tribute to African Americans who have made an impact on the U.S. and the world was born from one man's call to action.

Historian and author Carter G. Woodson wanted the contributions of heroic Black men and women who helped shape the nation and its culture to be recognized and celebrated. In 1926, he created a weeklong event to promote Black history, and chose the second week in February because it included the birthdays of abolitionist Frederick Douglass and President Abraham Lincoln.

Fifty years later, after decades of support, the event expanded to Black History Month, a national observance, as part of the country's bicentennial. When President Gerald Ford signed the proclamation, he urged everyone to join in the "tribute to Black History Month and the message of courage and perseverance it brings to all of us."



The Legend of Saint Valentine

The history of Valentine's Day and the story of its patron saint is shrouded in mystery. We do know that February has long been celebrated as a month of romance and that St. Valentine's Day, as we know it today, contains vestiges of both Christian and ancient Roman tradition. But who was Saint Valentine and how did he become associated with this ancient rite?

The Catholic Church recognizes at least three different saints named Valentine or Valentinus, all of whom were martyred. One legend contends that Valentine was a priest who served during the third century in Rome. When Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young men. Valentine, realizing the injustice of the decree, defied Claudius and continued to perform marriages for young lovers in secret. When Valentine's actions were discovered, Claudius ordered that he be put to death. Still others insist that it was Saint Valentine of Terni, a bishop, who was the true namesake of the holiday. He, too, was beheaded by Claudius II outside Rome.

Other stories suggest that Valentine may have been killed for attempting to help Christians escape harsh Roman prisons, where they were often beaten and tortured. According to one legend, an imprisoned Valentine actually sent the first "valentine" greeting himself after he fell in love with a young girl — possibly his jailor's daughter — who visited him during his confinement. Before his death, it is alleged that he wrote her a letter signed "From your Valentine," an expression that is still in use today. Although the truth behind the Valentine legends is murky, the stories all emphasize his appeal as a sympathetic, heroic and — most importantly — romantic figure. By the Middle Ages, perhaps thanks to this reputation, Valentine would become one of the most popular saints in England and France.





Groundhog Stars

Every year, in the early hours of February 2nd, Punxsutawney Phil is pulled from his temporary tree trunk den at Gobbler's Knob in western Pennsylvania. There, thousands gather and many more watch on TV to see if Phil sees his shadow. If he does, it's a sign of six more weeks of winter. If he doesn't, spring is just around the corner.

But there are other weather-forecasting groundhogs who take the spotlight on Groundhog Day. Phil has a rival across the way in eastern Pennsylvania: Grover the Groundhog. Head to the Midwest and Buckeye Chuck carries on the tradition in the Buckeye State of Ohio.

In New York City, Charles G. Hogg, also known as Staten Island Chuck, makes his prediction from his log cabin home at the Staten Island Zoo. For over 50 years, western New York has looked to Dunkirk Dave for a seasonal projection.

Down South, folks in Raleigh, North Carolina, check in with Sir Walter Wally outside the city's science museum. And there's the Cajun groundhog, a nutria rodent named Pierre C. Shadeaux, who forecasts how long spring will last before the summer heat hits Louisiana.



Dining Room Tips and Tricks

Mug Positions

- upright = coffee
- sideways = tea
- spoon on top = done

Serving

- Even Days (February 2nd, 4th, etc.) = Servers start at the kitchen end
- Odd Days (February 1st, 3rd, etc.) = Servers start at the office end

Due to COVID-19

- Two residents per table
- Masks must be worn while walking about the Dining Room

- No non-residents in the Dining Room (i.e. family, aides, guests)
- Tables will not be pre-set but Servers and Managers will be around with everything you need

Available daily at Dinner and Supper:

- Baked Potato with Cheese and Sour Cream
- Chef's Salad
- Scrambled Eggs with Toast
- Fruit Plate
- Sandwich of the Day
- Pasta of the Day
- Grilled Cheese

FEB 2021

Birthdays




Edward Henry, 5th
Milton Coutemanche, 7th
Lee Bombara, 17th
Kelly York, 20th

Locations

4th Floor Patio, 4P
Activity Room, AR
Atrium, AT
Billiard Room, BR
Bistro, BI
Dining Room, DR
Fire Pit, FP
Gardens, GD
Gym, GYM
Library, LIB
Main Lobby, LB
PC Area, PC
Pergola Courtyard, CY
Private Dining Room, PDR
Sanctuary, SAN
Theater, TR
TV Room, TV

Stop in the Reading Room any time over the weekend to pick up word games and puzzles to complete at your leisure.

“We must absolutely take care of one another.”
—Ruby Bridges

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <div>9:30 Word Games, LIB ⁷ 10:00 Virtual Sunday Mass, TR 10:00 Refreshments, BI 11:00 Morning Meditation, TR 2:00 Movie Matinee, TR  7:00 Movie, TR</div>	<div>9:30 Chair Exercises, AR ¹ 10:00 Refreshments, BI 11:00 Historical Hooligans, TR 2:00 Movie Matinee, TR 2:05 Bingo, AR 3:00 Ice Cream Social Hour, BI 7:00 Movie, TR</div>	<div>Groundhog Day ² 9:30 Exercise Bands, AR 9:30 Blood Pressure Clinic, AR 10:00 Refreshments, BI 10:30 TED Talks, TR 2:00 Movie Matinee, TR 3:00 Arts & Crafts, AR 7:00 Movie, TR</div>	<div>9:30 Ageless Grace Exercise, AR ³ 10:00 Refreshments, BI 11:00 Science Experiments, AR 2:00 <i>Movie & Popcorn, TR</i> 3:00 Technology Help, AR 7:00 Movie, TR</div>	<div>9:30 Exercise Bands, AR ⁴ 10:00 Refreshments, BI 10:30 Croquet, AR 2:00 Movie Matinee, TR 3:00 Knitting Club, AT 3:00 Military Battles, TR 7:00 Movie, TR</div>	<div>9:30 Chair Exercises, AR ⁵ 10:00 Refreshments, BI 10:30 Mini Golf, AR 11:00 Relaxation Hour, SAN 2:00 Movie Matinee, TR 2:05 Bingo, AR 7:00 Movie, TR </div>	<div>9:30 Word Games, LIB ⁶ 10:00 Refreshments, BI 11:00 Morning Meditation, TR 2:00 Movie Matinee, TR 7:00 Concert Series, TR</div>
<div>9:30 Word Games, LIB ⁷ 10:00 Virtual Sunday Mass, TR 10:00 Refreshments, BI 11:00 Morning Meditation, TR 2:00 Movie Matinee, TR  7:00 Movie, TR</div>	<div>9:30 Chair Exercises, AR ⁸ 10:00 Refreshments, BI 11:00 Historical Hooligans, TR 2:00 Movie Matinee, TR 2:05 Bingo, AR 3:00 Ice Cream Social Hour, BI 7:00 Movie, TR</div>	<div>9:30 Exercise Bands, AR ⁹ 10:00 Refreshments, BI 10:30 TED Talks, TR 11:00 Resident/Manager Meeting, AR 2:00 Movie Matinee, TR 3:00 Arts & Crafts, AR 3:00 Resident/Manager Meeting, AR 7:00 Movie, TR</div>	<div>9:30 Ageless Grace Exercise, AR ¹⁰ 10:00 Refreshments, BI 11:00 Science Experiments, AR 11:00 Resident/Chef Meeting, AR 2:00 <i>Movie & Popcorn, TR</i> 3:00 Technology Help, AR 3:00 Resident/Chef Meeting, AR 7:00 Movie, TR</div>	<div>9:30 Exercise Bands, AR ¹¹ 10:00 Refreshments, BI 10:30 Croquet, AR 2:00 Movie Matinee, TR 3:00 Knitting Club, AT 3:00 Military Battles, TR 7:00 Movie, TR</div>	<div>9:30 Chair Exercises, AR ¹² 10:00 Refreshments, BI 10:30 Mini Golf, AR 11:00 Relaxation Hour, SAN 2:00 Movie Matinee, TR 2:05 Bingo, AR 7:00 Movie, TR</div>	<div>9:30 Word Games, LIB ¹³ 10:00 Refreshments, BI 11:00 Morning Meditation, TR 2:00 Movie Matinee, TR 3:00 Snack Food Saturday, AR 7:00 Concert Series, TR</div>
<div>VALENTINE'S DAY ¹⁴ 9:30 Word Games, LIB 10:00 Virtual Sunday Mass, TR 10:00 Refreshments, BI 11:00 Morning Meditation, TR 2:00 Movie Matinee, TR 7:00 Movie, TR</div>	<div>PRESIDENTS DAY ¹⁵ 9:30 Chair Exercises, AR 10:00 Refreshments, BI 11:00 Historical Hooligans, TR 2:00 Movie Matinee, TR 2:05 Bingo, AR 3:00 Ice Cream Social Hour, BI 7:00 Movie, TR</div>	<div>Fat Tuesday ¹⁶ 9:30 Exercise Bands, AR 9:30 Blood Pressure Clinic, AR 10:00 Refreshments, BI 10:30 TED Talks, TR 2:00 Movie Matinee, TR 3:00 Arts & Crafts, AR 7:00 Movie, TR</div>	<div>ASH WEDNESDAY ¹⁷ Lent Begins 9:30 Ageless Grace Exercise, AR 10:00 Refreshments, BI 11:00 Science Experiments, AR 2:00 <i>Movie & Popcorn, TR</i> 3:00 Technology Help, AR  7:00 Movie, TR</div>	<div>9:30 Exercise Bands, AR ¹⁸ 10:00 Refreshments, BI 10:30 Croquet, AR 2:00 Movie Matinee, TR 3:00 Knitting Club, AT 3:00 Military Battles, TR 7:00 Movie, TR</div>	<div>9:30 Chair Exercises, AR ¹⁹ 10:00 Refreshments, BI 10:30 Mini Golf, AR 11:00 Relaxation Hour, SAN 2:00 Movie Matinee, TR 2:05 Bingo, AR 3:00 Mint Chocolate Treat, AR 7:00 Movie, TR</div>	<div>9:30 Word Games, LIB ²⁰ 10:00 Refreshments, BI 11:00 Morning Meditation, TR 2:00 Movie Matinee, TR 7:00 Concert Series, TR </div>
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Simple Ways To Show Yourself Some Love

Taking time for self-care doesn't have to be complicated or costly. There are many quick, simple habits that can help keep you happy and healthy.

Get a houseplant: Studies show that taking care of a plant creates a sense of calm, and being around green things boosts your mood.

Do a little dance: Find an opportunity to play a favorite tune and get your groove on—maybe while you're getting ready for the day or when you're cooking dinner. The physical action will get your blood flowing and put a smile on your face.

Unplug: Put down your phone, turn off the TV and close your eyes. For five minutes, focus on your breathing and forget about the outside world.

Engage in a hobby: Carving out 10 to 15 minutes a day to read, sketch, write, play music or work on a craft can help you find balance between work and play.

Help others: Showing kindness to others is a way of showing kindness to yourself, which is what self-care is all about. Holding the door for someone, giving compliments and sending out cards are ways to do good and feel good.

Why Does February Only Have 28 Days?

February's 28 days date back to the second king of Rome, Numa Pompilius. Before he became king, Rome's lunar calendar was just 10 months long. It began in March and ended in December. At the time, Romulus, the first king of Rome, and his people found the time between December and March to be unimportant because it had nothing to do with the Harvest.

When Numa Pompilius took reign, he decided to make the calendar more accurate by lining it up with the year's 12 lunar cycles. The new 355-day year needed two additional months to make up for the lost time. So he added January and February to the end of the calendar.

Because Romans believed even numbers to be unlucky, each month had an odd number of days, which alternated between 29 and 31. But, in order to reach 355 days, one month had to be an even number. February was chosen to be the unlucky month with 28 days.

According to Slate, this choice may be due to the fact that Romans honored the dead and performed rites of purification in February. In fact, the word februaire means "to purify" in the dialect of the ancient Sabine tribe.

After a few years of using the Numa Pompilius' new 355-day calendar, the seasons and months began to fall out of sync. In an attempt to realign the two, the Romans added a 27-day leap month as needed. If Mercedonius was used, it began on February 24th.

Because the leap month was inconsistent, this too had its obvious flaws. In 45 B.C., Julius Caesar commissioned an expert to create a sun-based calendar like the one the Egyptians used. The Julian Calendar added a little more than 10 days to each year, making each month either 30 or 31 days long, except for February. To account for the entire 365.25 day-long year, one day was added to February every four years, now known as a "leap year." During most years, this left February with just 28 days.



Happy Holidays

We had a wonderful time celebrating the different holidays back in December — a time to reflect on the year and make resolutions for the year to come. Thank you to the Culinary team for making each of the holidays special!



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It's always Warm at

CAMELLIA GARDENS
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We invite you to experience the warmth of our community. Our caring staff is here for you any time, day or night. We take care of the cooking, cleaning, and maintenance, leaving you more time to enjoy your lifestyle. We'll even drive you to appointments, shopping and other outings.

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