

## The Year of the Tiger



February 1 rings in China's Year of the Tiger. In one myth, the Jade Emperor dictated that the order of the Chinese zodiac would correspond to the order in which the animals arrived at his birthday party. Diligent Ox departed early and arrived first. Tiger, so quick and competitive, arrived second. When the Jade Emperor noticed that Rat had hitched a ride atop Ox and jumped down to reveal himself, clever Rat was reordered first to arrive, with Ox second. Tiger had to accept his place as third.

Just as Tiger was content with becoming third, in life Tigers never give up despite setbacks. They are considered courageous and adventurous, kind and benevolent, and, of course, competitive. Rich in emotion and imagination, art is a common calling for those born in the Year of the Tiger. They are also seen as the guardians of children. For this reason, babies and kids often wear tiger-themed clothes for protection against evil spirits. Women born in the Year of the Tiger are often considered to be great mothers.

The Chinese New Year marks a wonderful new beginning with high hopes for good fortune and prosperity. For this reason, one should never utter anything negative. To speak negative words such as *poor*, *pain*, *break*, or *sick* might jinx your entire year! Likewise, try not to break anything. Doing so might shatter your connection to prosperity. If a plate or bowl is dropped and broken, one should wrap it in red paper, the color of good fortune and happiness. It is traditional to sweep and clean before the new year, removing all bad luck from the house. However, once the new year arrives, sweeping is bad luck. Any type of cleaning or removing garbage might inadvertently remove good luck from the home.

One of the most important traditions is to gift red envelopes of money. This "money to anchor the year" is a means of wishing someone an entire year of good fortune. The elderly give such tokens to the young and vice versa. The middle-aged must honor both the old and young. How much do you give? How much is a year of prosperity worth?

## February Birthdays

In astrology, those born from February 1–18 are the Water Bearers of Aquarius. Just as water gives life to the land and its creatures, Aquarians are the humanitarians of the zodiac. Their heightened compassion and empathy compel them to help those in need. Those born from February 19–28 are Pisces' Fish. Pisces are sympathetic and selfless, making them compassionate friends. Their intuitive nature also make Fish creative and expressive artists.

Tim F - February 7<sup>th</sup>

Patricia Z - February 9<sup>th</sup>

Victor W - February 10<sup>th</sup>

Bonnie R - February 19<sup>th</sup>

Martha H - February 26<sup>th</sup>

Marcella O - February 29<sup>th</sup>

## A Little Birdie Told Us

This individual has been noted for going the extra mile to help our residents and staff members. We appreciate their effort, determination, and diligence to providing exceptional red-carpet service. We would like to give a big thank you to **Katie (Concierge)** for going above and beyond for our community and lending a helping hand to our residents.



## Resident Referrals

Did you know that any current residents can receive a \$500 referral concession if they refer someone to make The Preserve of Roseville their new home? Residents would receive the concession once the referred resident has lived at The Preserve for 30 days. So, tell your friends, neighbors, and family about all that The Preserve has to offer!

# The Preserve Post

The Preserve of Roseville | 2600 Dale St | 612-202-0708 |

## Staff Directory

**Main Number**  
(612) 202-0708

**Karla Reiser**  
**Community Director**  
(612) 540-7640

**Healthcare Coordinator**  
(612) 540-7641

**Wendy Rischmiller**  
**RN Supervisor**

**Amanda Russell**  
**LPN Supervisor**

**Justin Hukriede**  
**Maintenance Coordinator**

**Megan Beck**  
**Life Enrichment Coordinator**  
(612) 540-7645

**Jeramy Cain**  
**Community Relations**  
**Coordinator**  
(612) 450-7642

**Keith Simmons**  
**Culinary Coordinator**

## News and Updates

The Superbowl has been pushed back this year and will air on February 13<sup>th</sup> with kick-off at 5:30pm. Make sure to tune in to see this year's champion.

The winter Olympics will begin on February 4<sup>th</sup> and end on February 20<sup>th</sup>. They will be hosted in Beijing, China this year. The events will be aired on NBC, make sure to catch your favorite winter sport.

What is your favorite winter Olympic sport?

- A. Ice Skating
- B. Skiing
- C. Snowboarding
- D. Hockey

The Preserve welcomes our new nursing supervisor, Wendy R. Wendy joined us in the month of January, so you may have already seen her around. She works hard each day to ensure all our residents are having their medical needs met. She brings a lot of wonderful experience to our team, and we're excited for her adventure at the Preserve.

## In Loving Memory

This valentine's day we would like to pay tribute to our friends who passed away last year:  
William G., Judith O., Peggy E., Al O., Donald D., Dorothy B., William L., Judy C., Ruby S., Elfrieda H., George Y., Mary Pat W., August M., Peggy G., Janice K., Virginia M.





Life Enrichment

There has been a bit of a lull in life enrichment, but we are ready to get back into action with our new life enrichment director, Megan B. She joined us during January, so you may have already noticed some activities scheduled. She’s been hard at work planning activities for this month, and we’re excited to see what fun things she schedules for us.

Check your mailboxes for this month’s new activity calendar. We have a month planned full of activities and fun events!

Although last month was cut short with activities, we still had fun participating in movie nights while munching on popcorn, playing bingo to win lots of candy, and creating fun arts and crafts. With a full new activities team we are anticipating this month’s jam-packed activity schedule.

Repeating Activities:

- Monday:** Daily Chronicle, Puzzles, Live 2B Healthy, manicures, card games, coffee & cookies/ wine and snacks,
- Tuesday:** Daily Chronicle, Puzzles, Walking Group, POKENO, Movie
- Wednesday:** Daily, Chronicle, Puzzles, Live 2B Healthy, Creative Coloring, Movie,
- Thursday:** Daily Chronicle, Puzzles, Walking Group, BINGO, hangman
- Friday:** Daily Chronicle, Puzzles, Live 2B Healthy, Arts and Crafts, Social Hour
- Saturday:** Daily Chronicle, Walking Group, Bananagrams, Board Games, Resident Movie Night
- Sunday:** Daily Chronicle, Walking Group, BINGO, Resident Movie Night

Celebrating February

Worldwide Renaissance of the Heart Month

Women Inventors Month

Black History Month

Chinese New Year:  
Year of the Tiger  
February 1

Groundhog Day  
February 2

Winter Olympics Begin  
February 4

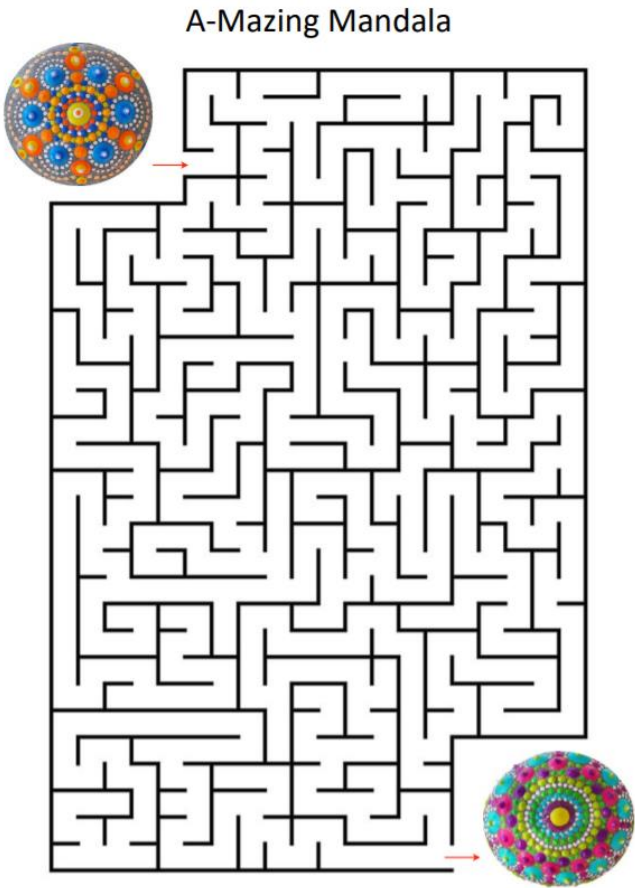
Valentine’s Day  
February 14

World Day for Social Justice  
February 20

Presidents’ Day (U.S.)  
February 21



Brain Teasers



Searching for February

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



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

AMETHYST	FISH (Pisces)	SUPER BOWL
AQUARIUS	FLAG DAY (Canada and Mexico)	VALENTINE’S DAY
BLACK HISTORY (Month)	GROUNDHOG DAY	VIOLET
CHINESE NEW YEAR	PISCES	WATER BEARER (Aquarius)
FEBRUARY	PRESIDENTS’ DAY	WINTER

Matching Football Items

Find the two football items that are exactly alike.

