

Searching for February

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



- AMETHYST  
AQUARIUS  
BLACK HISTORY  
FEBRUARY  
FISH (Pisces)
- FLAG DAY  
(Canada and Mexico)  
GROUNDHOG DAY  
MARDI GRAS  
PISCES  
PRESIDENTS' DAY
- SUPER BOWL  
VALENTINE'S DAY  
VIOLET  
WATER BEARER  
(Aquarius)  
WINTER

PRAIRIE PUBLISHING

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~EMPLOYEE INTERVIEW~

MEET TERESA NESS: Culinary Server

**WHERE ARE YOU FROM:**  
I was born Dec 21<sup>st</sup> in Rochester MN to Francis & Eileen O'Brien. I grew up on a dairy farm with 5 sisters & 4 brothers. I graduated from Kasson/Mantorville High School.

**TELL US ABOUT YOUR FAMILY:**  
My husband Randy & I have been married 47 years this coming May. We have 3 children, 2 girls and 1 boy. We also have 9 grandchildren.

**WHAT DID YOU DO FOR A LIVING:**  
I went to college in the cities to become a lab Technologist. I worked full time for over 40 years, 35 of those years being at Mayo Clinic. My husband & I also farmed and milked cows until 1995. We then sold the milk cows and just raised crops & had a beef herd. In 2022 we sold the farm to our daughter and bought a town home here in Kasson.

**WHAT IS A FUN FACT ABOUT YOURSELF:**  
I love to work or play in the dirt. There is nothing like the smell of overturned earth in the spring!

**IF YOU WERE STRANDED ON AN ISLAND & COULD ONLY BRING 3 THINGS, WHAT WOULD THEY BE?**  
My bible  
A survival kit  
Toilet paper  
(maybe a deck of cards for solitaire! HAHA)

## Heart vs. Head

When it comes to making decisions, must we always choose between listening to our heads and following our hearts? In 2007, inspirational speaker Deb Kulkula decided that she no longer wanted to choose one over the other, so she declared February Renaissance of the Heart Month, an entire month dedicated to making decisions with the heart as well as the intellect.



Many people insist that the best decision-making is data-driven and entirely logical, emphasizing the importance of keeping a “cool head.” Emotions (sometimes called *intuition* or *instinct*) are often seen to cloud or muddy the decision-making process. Society also tends to influence our decision-making. When it comes to finding a job, people will often follow their heads rather than their hearts. Attractive incentives like higher pay, more prestige, and better benefits take precedence over a low-paying dream job that might satisfy a lifelong passion. And yet when it comes to finding a life partner or choosing a pet, we let our hearts guide us. Culture has told us that when it comes to jobs, we follow our heads, but when it comes to relationships, it's okay to follow our hearts. The scientific truth is that decision-making almost always requires both cognitive and emotional thinking.

Studies show that almost every decision is really a struggle between our emotions and intellect. Studies of individuals with damage to the emotional centers of their brains show that these people struggle mightily with decision-making. This is because we use both our intellect and emotions to calculate risk and reward, the primary drivers of decision-making.

Relying solely on emotion or intellect to make decisions often drives us to make poor choices. As brains develop from childhood and people amass both good and bad life experiences, we fine-tune our abilities to calculate risk and reward. The wisdom that comes with old age develops from the hard-won lessons taught to both our heads and our hearts.

## An Inconvenient Truth

Convenience plays a powerful role in our day-to-day lives. New technologies often rely on promises of convenience: dishwashers replace handwashing, search engines replace encyclopedias, text messages replace emails and snail mail, Amazon replaces the department store. To resist these convenient options in life sometimes means being called quaint, eccentric, or even a fanatic.

But has life become too convenient? That is a question worth asking on February 22, Inconvenience Yourself Day. Convenience frees us from toil and gives us more free time, but should we instead enjoy physical labor? Shopping on Amazon means we never need to leave the house or interact with others. But have we become too isolated? Inconvenience certainly requires more effort, but effort can lead to great benefits, like socializing with friends or learning a worthwhile new hobby. Effort creates feelings of self-worth. Perhaps a little inconvenience is a good thing.

## Flannel Favorites

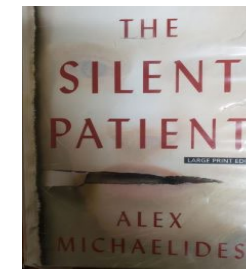
Is flannel the perfect fabric? On February 10, Flannel Day, you can either praise its softness, warmth, and durability, or don a flannel shirt and enjoy all those qualities. What makes this



fabric so cozy and warm? It has a napped, fuzzy finish, the result of combing the fabric to raise its fine, soft fibers. The first flannels came from Wales, where the word *gwalanen* referred to “woolen cloth.” In the 17th century,

Welsh textile workers began the process of *carding* sheep's wool, a method of combing that both disentangled and softened the yarns. The new carded fabric proved both strong, warm, and soft, and became a favorite of Welsh farmers. Flannels made from both wool and cotton soon spread around the globe, first as a favorite garment of the working class, and today worn by just about everybody.

## FEBRUARY BOOK CLUB



### The Silent Patient

Alecia Berenson's life is seemingly perfect: she's a famous painter married to a fashion photographer, and they live in a grand house in London.

But one evening, Alecia shoots and kills her husband. Then she never speaks another word.

The mystery captures the public imagination and casts Alecia into notoriety. She, the silent patient, is held at the grove, a secure forensic unit in North London.

Theo Faber is a criminal psychotherapist determined to get Alecia to talk and explain her crime. But this takes Theo down a twisting path into his own motivations – a search for the truth that threatens to consume him.

If you are interested in joining our monthly book club, please see Teri for more information.

## REFERAL BONUS



Receive \$500 off for 3 months of rent if you or a family member refers a new resident to Prairie Meadows. Reach out to Jason for more information.

## FEBRUARY BIRTHDAYS



Brenda Bartel-Udenburg – February 10th

Darlene Boardman – February 17th

Shirley Chapin – February 28th

Joan Paulson – February 28th

## ACTIVITY SPOTLIGHT

**-Feb 1<sup>st</sup> - Karaoke with Larry Hegna at 2:00**

**-Feb 17<sup>th</sup> - Sing along with Char Derksen at 2:00**

**-Feb 22<sup>nd</sup> – Afternoon Matinee “Where the Crawdads Sing” at 1:00**

**-Feb 24<sup>th</sup> – Sippin with seniors from 2 – 4 pm**