



This February marks the 58th consecutive American Heart Month. It is no secret February is all about hearts – but not just the candy kind.

The federally designated event reinforces the importance of heart health and communities involved. It's a tradition that I over half a century strong. The first proclamation was issued by President Lyndon B. Johnson in February, 1964, nine years after he had a heart attack. Since then, the president has annually declared February American Heart Month.

With organizations such as the American Heart Association and others working together, millions of people are enjoying longer, healthier lives. But despite all the progress, heart disease remains the single largest health threat to Americans – just as it was when LBJ was alive.

Cardiovascular disease (heart disease and stroke combined) kills about 2,300 day. Obesity in both youth and adults is at an all-time high, youth are being diagnosed with heart disease earlier than ever and people just ZIP codes apart can live 25 years less than their neighbors because of disparities in health. American Heart Month is vital for awareness, but the American Heart Association urges people to take care of their hearts year-round. Consider the facts:

- Heart disease kills more people than all forms of cancer combined.
- Heart attacks affect more people every year than the population of Dallas, Texas.
- 83% believe that heart attacks can be prevented, but aren't motivated to do anything
- 72% of Americans don't consider themselves at risk for heart disease.
- 58% put no effort into their heart health.

While science is advancing medicine in exciting new ways, unhealthy lifestyle choices combined with rising obesity rates in both kids and adults have hindered progress fighting heart disease.

The good news is that heart disease is preventable in most cases with healthy choices which include not smoking, maintaining a healthy weight, controlling blood sugar and cholesterol, treating high blood pressure, getting at least 150 minutes of moderate-intensity physical activity a week and getting regular checkups.

The first Friday of the month, February 3rd, is National Wear Red Day. Coast to coast landmarks, news anchors and neighborhoods will go red to raise awareness and support for heart disease.



Presidents' Day, formally known as Washington's Birthday, is a federal holiday observed in the United States on the third Monday of February. It is a day that celebrates all U.S. presidents (past and present) specifically George Washington (born on February 22), the first President of the United States.

In the late 1870s Washington's Birthday became a federal holiday. Senator Stephen Wallace Dorsey was the first to propose the measure, and in 1879 President Rutherford B. Hayes signed it into law. The holiday originally only applied to the District of Columbia, but in 1885 it was extended to the entire country. The shift from Washington's Birthday to Presidents' Day began in the late 1970s when Congress proposed a measure known as the Uniform Monday Holiday Act. This law sought to shift the celebration of several federal holidays from specific dates to a series of predetermined Mondays. This act was passed in 1968 and officially took effect in 1971.

Traditionally, Presidents' Day is viewed as a time of patriotic celebration and remembrance. Schools in a number of states are required to spend the days leading up to this day teaching students about the accomplishments of U.S. presidents, specifically focusing on Washington and Lincoln.



The Super Bowl is held on the first Sunday in February. It is the season final championship game of National Football League (NFL) in the United States of America. The matchup for this game is the winning teams of the National Football Conference (NFC) and the American Football Conference (AFC). Super Bowl 1 was held in February of 1967. This season game will be Super Bowl 57. The Super Bowl is one of the most watched television events in the United States.

Super Bowl LVII will see the game return to State Farm Stadium Glendale, Arizona, a familiar site for NFL championship games. This will be the fourth time the Super Bowl has been played in Arizona and the first since 2015, when the New England Patriots took down the Seattle Seahawks in Super Bowl 49. Mark your calendars for Sunday, February 12th at 6:30 (ET).

Arbor Oaks News!!!

Arbor Oaks at Lakeland Hills * 4141 Lakeland Hills Blvd., Lakeland, FL 33805
* Phone: (863) 0101 * FAX: (863) 687-8302



Celebrating February



American Heart Month

Groundhog Day

February 2

Super Bowl LVII

February 12

Valentine's Day

February 14



Presidents' Day (U.S.)

February 20

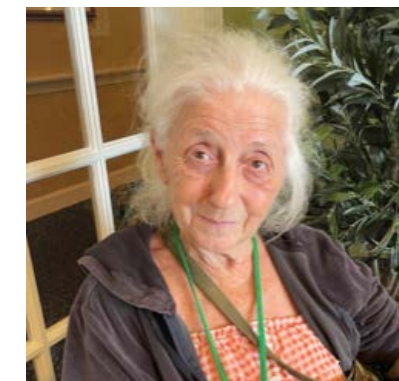
Mardi Gras

February 21

DIRECTORY

Mary Gaudet.....Executive Director
Joy Post..... Resident Care Director
Kaitlyn Askey.....Activities Director
Ramon Miranda.....Maintenance Director
Luis Casiano.....Food Service Director
Emmarie Gaudet.....Business Manager

Resident Spotlight On: Janet Girvin



Janet Girvin was born to John & Elva Garvin on April 5, 1949, in a Military Hospital in Jackson, Mississippi. Her Father was serving in the Air Force at time.

The family traveled frequently as her Father served his country. He was stationed at Musawa Air Force Base in Japan two times by the time Janet was three years of age.

After her father was discharged, the family moved to Lancaster, Pennsylvania, where Janet attended elementary school and high school. Following high school, Janet attended and graduated from Millersville State College in 1971.

The family moved to Lakeland, Florida in 1971. Janet taught in the Polk County School System and she taught typing at the Adult School in the evenings. In 1996, she graduated from the LPN Program at Travis Vocational School, thinking she could do some part-time nursing for extra income. However, her Mother became ill and she used the skills learned to take care of her Mother. For the last 8 years, she rode her bike for a half hour every day.

Janet joined our Arbor Oaks family on December 27, 2022. When asked how she settling in, she said, "It is a family atmosphere and it is easy to build a bond with people. Everyone looks out for each other. She loves to read and plans to check out our library often.

If you haven't met Janet yet, make it a point to do so. She is a very interesting lady!



HAPPY MARDI GRAS

Mardi Gras, also called Shrove Tuesday or Fat Tuesday, in English refers to events of the Carnival celebrations, beginning on or after the Christian feasts of the Epiphany (Three Kings Day) and culminating on the day before Ash Wednesday. Mardi Gras is French for “Fat Tuesday”, reflecting the practice of the last night of eating richer, fatty foods before the ritual fasting of the Lenten season.

The first French settlers brought Mardi Gras to New Orleans and the Louisiana territory. The “Galette des Rois”, or king cake came to become a symbol of New Orleans’ brand of Mardi Gras. It has been said the “King cake season is to New Orleans bakeries what Valentine’s Day is to florists and Chris is to retailers.”

The first Mardi Gras parade held in New Orleans is recorded to have taken place in 1837. The tradition in New Orleans expanded to the point that it became synonymous with the city in popular perception and embraced by residents of New Orleans beyond those of French or Catholic heritage. Mardi Gras celebrations are part of the basis of the slogan *Laissez les bons temps rouler* (“Let the good times roll”). On Mardi Gras Day, the Tuesday before Ash Wednesday, the last parades of the season wrap up and the celebrations come to a close with the Meeting of the Courts (known locally as the Rex Ball).

Mardi Gras, as a celebration of life before the more somber occasion of Ash Wednesday, nearly always involves the use of masks and costumes by participants and the most popular celebratory colors are purple (for Justice), green (for Faith) and gold (for Power).

In New Orleans, these often take the shape of fairies, animals, people from myths or various Medieval costumes as well as clowns and native American Indians. However, many costumes today are simply elaborate creations of colored feathers and capes.



February Birthdays

In astrology, those born between February 1-18 are Water Bearers of Aquarius. These deep thinking intellectuals have big and original dreams. The world is full of possibilities and Aquarians seek freedom in order to reach their greatest potential. Those born between February 19-28 are Pisces’ Fish. Pisces are friendly, wise and selfless, making them compassionate and generous friends. Their intuitive and romantic natures also make Fish creative and expressive artists.

**** Resident Birthdays ****

02/06	Patricia Busse	02/17	Erna Davis
02/15	Doris Stokes	02/23	Helen Chamiak

**** Employee Birthdays ****

02/13	Arabia Anderson	02/21	Alisha Davis
02/16	Haley Williams	02/23	Shanika Thirkield
		02/26	Ivonne Bencar



Punxsutawney Phil is a groundhog in Punxsutawney, Pennsylvania. On February 2 (Groundhog Day) each year, the borough of Punxsutawney celebrates the legendary groundhog with a festive atmosphere of music and food. During the ceremony, which begins well before the winter sunrise, Phil emerges from his temporary home on Gobbler’s Knob, located in a rural area about 2 miles southeast of town. According to the tradition, if Phil sees his shadow and returns to his hole, he has predicted six more weeks of winter-like weather. If Phil does not see his shadow, he has predicted an “early spring”. The date of Phil’s prognostication is known as Groundhog Day in the United States and Canada and has been celebrated since 1887. Punxsutawney Phil 1993 movie *Groundhog Day*.



What is Love?

Love in its various forms is one of the most common themes in the creative arts. Love is the central theme for novels, movies, plays, poetry and music. Every movie has the romantic love interest. Every book has the beautiful heroine who falls madly in love with the ruggedly handsome hero. We sing “when I fall in love, it will be forever, or I’ll never fall in love.” Yet when we are met with unrequited love, our hearts are broken, but we eventually try again because it is our nature to pursue love.

All of us seek love whether we want to admit it or not. We were created to be cherished, affirmed and made to feel special. There are three little words that we all want to hear no matter what language we speak: I love you! Te Amo! Je t’aime! Ich liebe dich! Love in any language can change the world if we let it.

Love is a variety of different feelings, states, and attitudes that range from interpersonal affection (“I love my mother”) to pleasure (“I loved that meal”). It can refer to an emotion or a strong attraction and personal attachment. It can also be a virtue representing human kindness, compassion and affection—“the unselfish loyal and benevolent concern for the good of another”. It may also describe compassionate and affectionate actions towards other humans, one’s self or animals.

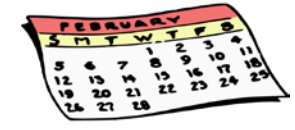
I believe that love in a relationship is a commitment. The word is an action verb and requires a lot of hard work and effort on the part of two individuals who come from different backgrounds and the determination to push through problems and sorrows to build a lifetime of joy. In today’s society it is too easy to throw in the towel at the first sign of a problem. Face it, we are naturally inclined to be selfish and only think of ourselves. True love is worth a fight and sometimes it is necessary to work out a compromise to get through a struggle. It is facing trials together, supporting one another through “sickness and in health”, laughter and tears, for better or worse and it is supposed to be “til death do us part” according to the wedding vows. Sadly, these words don’t mean much anymore.

At Arbor Oaks we have been privileged to see a generation of people who have believed in the commitment of love and the value of staying together through thick and thin. We have seen couples celebrate 60th and 70th anniversaries here. Now that, my friends, is commitment. These people stood through the storms of war, they built homes, raised families. Some faced the Great Depression when all they had was one another and stayed faithful through it all.

I think the best definition of true love is found in 1st Corinthians 13:1-7, 13 – the Love Chapter:

- ⁴ Love is patient and kind. Love is not jealous or boastful or proud⁵ or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged.
 - ⁶ It does not rejoice about injustice but rejoices whenever the truth wins out.
 - ⁷ Love never gives up, never loses faith, is always hopeful, and endures through every circumstance.
- 13 Three things will last forever – faith, hope and love – and the greatest of these is love!

- Submitted with love by Becki Ringleb



Activities & Events

Sundays 10:00 am – Church Service with Pastor Revell
2:00 pm – Sunday Cinema
Mondays 9:30 am – Morning Exercise
3:00 pm – Arts n Craft
Tuesdays 4:00 pm – Trivia in the Lobby
Wednesdays 10:15 am – Bible Study with June
2:45 pm – Ice Cream Social
Thursdays 9:30 am – Exercise with Legacy
Fridays 10:15 am – Short Story Club
Saturdays 3:30 pm – Classic Movie Matinee

Resident Council meets Tuesday, February 15th at 10:30 a.m. in the Community Center.

Join **John, Becki & Sandy** - February 19th at 1:30 p.m. in the Ice Cream Parlor for some good old gospel music.

Sign up at the Lobby Desk
For the following monthly services:
Beauty/Barber – 9:00 am – 12:00 p.m.
Pretty Nails – 2:45 pm Tuesdays in the Beauty Parlor
Onsite Dermatology – 1:00 pm 3rd Monday of the Month



Valentine’s day is celebrated on February 14th and since the 19th century, the heart symbol has often been used on Valentine’s cards, candy boxes and products. To us at Legacy Therapy, the heart is one of the most important organs and should be loved every day by giving it some exercise and good food. Did you know your heart is also a muscle? Through exercise, the heart can be strengthened and can lead to improved blood pressure and cholesterol?