



February 2010

The Carlton Times

Love ♦ Honor ♦ Provide



In This Issue
A Day of Indulgence



Nuts and Hearts



Also known as "fat Tuesday," this pre-Lenten festival was celebrated in Roman Catholic countries and communities. In a strict sense, Mardi Gras, or Shrove Tuesday, is celebrated by the French as the last of the three days of Shrovetide and is a time of preparation immediately before Ash Wednesday and the start of the fast of Lent. Mardi Gras is thus the last opportunity for merrymaking and indulgence in food and drink. In practice, the festival is generally celebrated for one full week before Lent. Mardi Gras is marked by spectacular parades featuring floats, pageants, elaborate costumes, masked balls, and people dancing in the streets.

Mardi Gras originated as one of the series of carnival days held in all Roman Catholic countries between Twelfth Night, or Epiphany, and Ash Wednesday; these carnivals had their origin in pre-Christian spring fertility rites. The most famous modern Mardi Gras festivities are those held in New Orleans, La.; Rio de Janeiro, Brazil; Nice, France; and Cologne, Germany.

The first American Mardi Gras was celebrated near modern-day New Orleans on March 3, 1699. It wasn't until the mid-1800s did official parade organizations start to form with the Mystick Krewe of Comus in 1856 and the Krewe of Rex in 1872. The tradition is still carried on in New Orleans with many other krewes represented on floats in a myriad of parades. The official colors of Mardi Gras are purple, green and gold (representing justice, faith and power).

Mardi Gras celebrations can start as early as January 6, on the feast of Epiphany. The festivities end at midnight on Tuesday--the day before Ash Wednesday and the beginning of Lent. Mardi Gras day falls on any Tuesday between February 3 and March 9. Like Ash Wednesday, the date Mardi Gras falls on depends on the date of Easter--always occurring 46 days before Easter.







Even though Mardi Gras traditions began with Religious purpose, they have grown to be a practice of indulgence for all around the world. Merry Mardi Gras!

Health Corner

Nuts for Health

Eating nuts as part of a healthy diet can be good for your heart. Nuts, which contain unsaturated fatty acids and other nutrients, are a great snack food, too. They're inexpensive, easy to store and easy to take with you. The type of nut you eat isn't that important, although some nuts have more heart-healthy nutrients and fats than do others. If you have heart disease, eating nuts instead of a less healthy snack can help you more easily follow a heart-healthy diet. Most studies on people who eat nuts as part of a heart-healthy diet have found that nuts lower the LDL, low-density lipoprotein or "bad," cholesterol level in the blood. High LDL is one of the primary causes of heart disease, so nuts' ability to lower LDL cholesterol seems to be quite beneficial. Eating nuts reduces your risk of developing blood clots that can cause a fatal heart attack. Nuts also improve the health of the lining of your arteries.

Researchers think most nuts contain at least some of these heart-healthy substances:

-  **Unsaturated fats.** It's not entirely clear why, but it's thought that the "good" fats in nuts — both monounsaturated and polyunsaturated fats — lower bad cholesterol levels.
-  **Omega-3 fatty acids.** Many nuts are also rich in omega-3 fatty acids. Omega-3s are a healthy form of fatty acids that seem to help your heart by, among other things, preventing dangerous heart rhythms that can lead to heart attacks.
-  **L-arginine.** Nuts also have lots of l-arginine, which is a substance that may help improve the health of your artery walls by making them more flexible and less prone to blood clots that can block blood flow.
-  **Fiber.** All nuts contain fiber, which helps lower your cholesterol. Fiber is also thought to play a role in preventing diabetes.
-  **Vitamin E.** Researchers still aren't sure, but it's thought that vitamin E may help stop the development of plaques in your arteries which can narrow them, leading to chest pain, coronary artery disease or a heart attack.
-  **Plant sterols.** Some nuts contain plant sterols, a substance that can help lower your cholesterol.

Monday, February 1

9:15 - 9:45 Fireside Morning News (LR) 
 9:45 - 10:15 Fabulous Fitness (LR) 
 10:00 - 11:00 Ceramics with Ellen (AR)
 1:00 - 2:00 All Denominational Bible Study (TVR3)
 1:00 - 2:30 Brain Games (LR) 
2:30 - 3:00 Balance Bar Fitness (AR) 
 3:00 - 4:00 Bingo (AR)
 6:20 - 8:20 Evening Movie (TV3)
 7:00 - 8:00 Mexican Train Dominoes (GR3)



Tuesday, February 2



Doctor Shuttles

9:15 - 10:15 Stretch & Relax w/ Ellen (LR) 
 10:15 - 10:45 Fireside Morning News (LR) 
 10:45 - 11:30 Brain Games (LR) 
 1:00 - 2:00 Table Topic (LR) 
1:30 - 2:00 Balance Bar Fitness (AR) 
2:00 - 3:00 Carlton Crooners Sing-A-Long (LR)
 3:00 - 4:00 Bingo (AR)
 6:20 - 8:20 Evening Movie (TV3)
6:00 - 7:30 Dementia Support Group (PDR)

Wednesday, February 3

9:15 - 9:45 Fireside Morning News (LR) 
 9:45 - 10:15 Fabulous Fitness (AR)
10:30 - 11:15 Activities Meeting (LR)
 1:00 - 2:30 Shopping Shuttle: Marshall's (LOB)
 1:00 - 2:00 Table Talk (LR) 
2:30 - 3:00 Balance Bar Fitness (AR) 
 3:00 - 4:00 Bingo (AR)
 6:20 - 8:20 Evening Movie (TV3)

Thursday, February 4

Doctor Shuttles

9:15 - 9:45 Fireside Morning News (LR) 
 9:45 - 10:15 Fabulous Fitness (AR) 
 10:30 - 11:30 Brain Games (LR) 
 1:00 - 1:45 Catholic Mass (TV3)
 1:00 - 2:00 Brain Quest (LR) 
 2:00 - 3:00 Brain Games (LR) 
 3:00 - 4:00 Bingo (AR)
 6:20 - 8:20 Evening Movie (TV3)
 7:00 - 8:00 Mexican Train Dominoes (GR3)

Friday, February 5

9:15 - 9:45 Fireside Morning News (LR) 
 9:30 - 10:15 Fabulous Fitness (AR) 
10:15 - 11:15 Vital Signs Clinic (Beauty Salon)
 10:00 - 11:00 Carlton Banking Hour (LOB)
 10:00 - 11:15 Christian Worship Service (TV3)
 10:30 - 11:30 Brain Games w/ Patricia (LR) 
 1:00 - 2:30 CVS and Lucky's Outing (LOB)
 1:30 - 2:30 Brain Quest (LR) 
 3:00 - 4:00 Bingo (AR)
 6:20 - 8:20 Evening Movie (TV3)
 7:00 - 8:00 Mexican Train Dominoes (GR3)



Saturday, February 6

9:15 - 9:45 Fireside Morning News (LR) 
 9:45 - 10:15 Fabulous Fitness (AR) 
 10:15 - 12:30 Mexican Train Dominoes (GR3) 
 10:30 - 11:30 Brain Games (LR) 
 1:00 - 2:30 Scenic Drive (LOB)
 1:00 - 1:45 Brain Quest (LR) 
2:00 - 2:45 Wii Hour! (LR) 
 3:00 - 4:00 Bingo (AR)
 6:00 - 7:00 Card Playing Hour (LR)
 6:20 - 8:20 Evening Movie (TV3)



Sunday, February 7

8:00 - 12:00 Church Shuttles (LOB)
 9:30 - 10:15 Catholic Mass (TV3)
10:15 - 11:00 Doughnut Social (CAFE) 
 1:15 - 2:15 Puzzle Hour! (LR) 
 1:15 - 2:15 Brain Games (LR) 
 2:15 - 2:45 Table Talk (LR)
 3:00 - 4:00 Bingo (AR)
 6:20 - 8:20 Evening Movie (TV3)
 7:00 - 8:00 Mexican Train Dominoes (GR3)

Cute Valentine Jokes!

**What did the stamp say to the envelope
 on Valentine's Day?
 I'm stuck on you!**



**What do you call a very small Valentine?
 A Valentiny!**



Monday, February 8

9:15 - 9:45 Fireside Morning News (LR) 🧠
 9:30 - 10:00 Fabulous Fitness (LR) 🧘
 10:00 - 11:00 Ceramics with Ellen (AR)
 1:00 - 2:00 All Denominational Bible Study (TVR3)
 1:00 - 2:30 Brain Games (LR) 🧠
2:30 - 3:00 Balance Bar Fitness (AR) 🧘
 3:00 - 4:00 Bingo (AR)
6:00 - 8:00 Grief Support Group (PDR)
 6:20 - 8:20 Evening Movie (TV3)



Tuesday, February 9



Doctor Shuttles

9:15 - 10:15 Stretch & Relax w/ Ellen (LR) 🧘
 10:15 - 10:45 Fireside Morning News (LR) 🧠
 10:15 - 11:15 Jewish Fellowship Service (TV3)
 10:45 - 11:30 Brain Games (LR) 🧠
 1:00 - 2:00 Table Topic (LR)
1:30 - 2:00 Balance Bar Fitness (AR) 🧘
2:00 - 3:00 Carlton Crooners Sing-A-Long (LR)
 3:00 - 4:00 Bingo (AR)
 6:20 - 8:20 Evening Movie (TV3)
6:00 - 7:30 Dementia Support Group (PDR)

Friday, February 12

9:00 - 9:30 Fireside Morning News (LR) 🧠
 9:30 - 10:15 Fabulous Fitness (AR) 🧘
 10:00 - 11:00 Carlton Banking Hour (LOB)
 10:00 - 11:15 Christian Worship Service (TV3)
10:30 - 11:30 Brain Games w/ Jayne! (LR)
 1:00 - 2:30 CVC and Lucky's Outing (LOB)
 1:00 - 2:30 Brain Quest (LR) 🧠
 3:00 - 4:00 Bingo (AR)
 6:20 - 8:20 Evening Movie (TV3)

Saturday, February 13

9:15 - 9:30 Fireside Morning News (LR) 🧠
 9:45 - 10:15 Fabulous Fitness (AR) 🧘
10:15 - 11:30 Patricia's Knitting Class (AR)
 10:30 - 11:30 Puzzle Hour! (LR)
 1:00 - 2:30 Scenic Drive (LOB)
 1:15 - 2:00 Brain Quest (LR) 🧠
2:00 - 2:45 Wii play! (LR)
 3:00 - 4:00 Bingo (AR)
 6:20 - 8:20 Evening Movie (TV3)
 7:00 - 8:00 Mexican Train Dominoes (GR3)

Wednesday, February 10

9:15 - 9:45 Fireside Morning News (LR) 🧠
 9:30 - 10:15 Fabulous Fitness (AR) 🧘
9:30 - 11:00 Podiatrist Visit (Beauty Salon)
11:30 - 1:30 Lunch Outing: BJ's (LOB)
2:00 - 2:45 Wii Play! (LR)
2:30 - 3:00 Balance Bar Fitness (AR) 🧘
 3:00 - 4:00 Bingo (AR)
 6:20 - 8:20 Evening Movie (TV3)
 7:00 - 8:00 Mexican Train Dominoes (GR3)

Sunday, February 14

8:00 - 12:00 Church Shuttles (LOB)
 9:30 - 10:15 Catholic Mass (TV3)
 1:00 - 2:00 Puzzle Hour! (LR)
1:15 - 2:00 Table Talk on Love! (LR)
2:00 - 3:00 Love Potion Social! (Cafe)
 3:00 - 4:00 Bingo (AR)
 3:00 - 4:00 Card Game Hour! (LR) 🧠
 6:20 - 8:20 Evening Movie (TV3)
 7:00 - 8:00 Mexican Train Dominoes (GR3)



🧡 **Valentines Day!** 🧡

Chinese New Year! Year of the Tiger!

Thursday, February 11

Doctor Shuttles

9:15 - 9:30 Fireside Morning News (LR) 🧠
 9:30 - 10:15 Fabulous Fitness (AR) 🧘
 1:00 - 1:45 Catholic Mass (TV3)
 1:00 - 2:00 Brain Quest (LR) 🧠
2:00 - 2:45 Wii Play! (LR)
 2:00 - 3:00 Card Game Playing Hour! (LR)
 3:00 - 4:00 Bingo (AR)
 6:20 - 8:20 Evening Movie (TV3)

Valentine's Day Statistics



🧡
73% of flowers are bought by men, and only 27% are by women.



Chocolate and candy sales reach profits of \$1,011 billion during Valentine's



Monday, February 15







9:00 - 9:30 Fireside Morning News (LR) 
 9:30 - 10:15 Fabulous Fitness (LR)
 1:00 - 2:00 All Denominational Bible Study (TVR3)
1:00 - 2:00 Cupcake Decorating with Steph!(LR)
 1:00 - 2:00 All Denominational Bible Study (TVR3) 
2:30 - 3:00 Balance Bar Fitness (AR)
 3:00 - 4:00 Bingo (AR)
 6:20 - 8:20 Evening Movie (TV3)
 7:00 - 8:00 Mexican Train Dominoes (GR3)

Friday, February 19





9:00 - 9:30 Fireside Morning News (LR) 
 9:30 - 10:15 Fabulous Fitness (AR) 
 10:00 - 11:00 Carlton Banking Hour (LOB)
 10:00 - 11:15 Christian Worship Service (TV3)
 10:30 - 11:30 Brain Games w/ Patricia(LR) 
 1:00 - 2:30 CVC and Lucky's Cutting (LOB)
 1:30 - 2:30 Brain Quest (LR) 
 3:00 - 4:00 Bingo (AR)
 6:20 - 8:20 Evening Movie (TV3)
 7:00 - 8:00 Mexican Dominoes (GR3)

Tuesday, February 16

Doctor Shuttles

9:15 - 10:15 Stretch and Relax with Ellen (AR) 
 10:15 - 10:45 Fireside Morning News (LR) 
 10:45 - 11:30 Brain Quest (LR) 
 1:00 - 2:00 Brain Games (LR) 
 1:00 - 2:00 Wheelchair & Walker cleaning!(LOB) 
1:30 - 2:00 Balance Bar Fitness (AR) 
2:00 - 3:00 Carlton Crooners Singing Group(LR)
 3:00 - 4:00 Bingo with (AR)
6:00 - 7:30 MARDI GRA PARTY w/ JAZZ BAND (LR)
 6:20 - 8:20 Evening Movie (TV3)

Saturday, February 20

9:15 - 9:30 Fireside Morning News (LR) 
 9:30 - 10:15 Fabulous Fitness (LR) 
10:15 - 11:15 Vital Signs Clinic (Beauty Salon)
 10:30 - 11:30 Brain Games (LR) 
 1:00 - 2:00 Puzzle Hour! (LR)
 1:00 - 2:30 Scenic Drive (LOB)
2:00 - 2:45 Wii Hour! (LR) 
 3:00 - 4:00 Bingo (AR)
 6:20 - 8:20 Evening Movie (TV3)
 7:00 - 8:00 Card Game Hour! (LR)

Wednesday, February 17


9:00 - 9:30 Fireside Morning News (LR) 
 9:30 - 10:15 Fabulous Fitness (AR) 
9:30 - 11:00 Podiatrist Visit (Beauty Salon) 
10:00 - 11:30 Grief and Support Group (TV3)
 1:00 - 2:30 Shopping Shuttle:Tj Max(LOB)
 1:00 - 2:00 Table Topic (LR) 
2:00 - 2:45 Wii Hour! (LR) 
2:30 - 3:00 Balance Bar Fitness (AR) 
 3:00 - 4:00 Bingo (AR)
6:00 - 8:00 Grief Support Group (PDR)
 6:20 - 8:20 Evening Movie (TV3)
 7:00 - 8:00 Mexican Train Dominoes (GR3)

Sunday, February 21

8:00 - 12:00 Church Shuttles (LOB)
 9:30 - 10:15 Catholic Mass (TV3)
 10:30 - 11:30 Origami with Hadeko (AR) 
10:30 - 11:30 Morning News w/ Maria (LR)
 1:00 - 2:30 Scenic Drive (LOB)
 1:00 - 2:00 Card Playing Hour! (LR)
2:00 - 3:00 Ice Cream Social (Cafe) 
 3:00 - 4:00 Bingo (AR)
 6:20 - 8:20 Evening Movie (TV3)
 7:00 - 8:00 Mexican Dominoes (GR3)

Thursday, February 18

Doctor Shuttles

9:00 - 9:30 Fireside Morning News (LR) 
 9:30 - 10:00 Fabulous Fitness (LR) 
 10:30 - 11:30 Arts & Crafts (AR) 
 1:00 - 1:45 Catholic Mass (TV3)
 1:00 - 1:45 Brain Games (LR) 
 2:00 - 3:00 Brain Quest (LR) 
 3:00 - 4:00 Bingo (AR)
 6:20 - 8:20 Evening Movie (TV3)
 7:00 - 8:00 Card Playing Hour (GR3)

The word Love in different Languages...

Spanish.....Amor



Italian: amore



Romanian: dragoste

Monday, February 22

- 9:00 - 9:30 Fireside Morning News (LR) 
- 9:30 - 10:00 Fabulous Fitness (LR) 
- 10:00 - 11:00 Ceramics with Ellen (AR)
- 1:00 - 2:00 All Denominational Bible Study (TVR3)
- 1:00 - 2:30 Brain Games (LR)
- 2:30 - 3:00 Balance Bar Fitness (AR)** 
- 3:15 - 4:00 Hearing Aide Cleaning (PDR)
- 3:00 - 4:00 Bingo (AR)
- 6:20 - 8:20 Evening Movie (TV3)
- 7:00 - 8:00 Mexican Train Dominoes (GR3)







Friday, February 26




- 9:00 - 9:30 Fireside Morning News (LR) 
- 9:30 - 10:15 Fabulous Fitness (AR) 
- 10:00 - 11:00 Carlton Banking Hour (LOB)
- 10:00 - 11:15 Christian Worship Service (TV3)
- 10:30 - 11:30 Brain Games w/ Patricia(LR) 
- 1:00 - 2:30 CVC and Lucky's Outing (LOB)
- 1:00 -2:30 Brain Quest (LR) 
- 3:00 - 4:00 Bingo (AR)
- 6:20 - 8:20 Evening Movie (TV3)
- 7:00 - 8:00 Mexican Train Dominoes(GR3)

Tuesday, February 23






Doctor Shuttles

- 9:15 - 10:15 Stretch & Relax w/ Ellen (LR) 
- 10:15 - 10:45 Fireside Morning News (LR)
- 10:30 - 11:30 Kitchen Tour with Allan! (Meet in Cafe)**
- 10:45 - 11:30 Brain Games (LR) 
- 1:00 - 2:00 Table Topic (LR)
- 1:30 - 2:00 Balance Bar Fitness (AR)** 
- 2:00 - 3:00 Carlton Crooners Sing-a- Long (LR)** 
- 3:00 - 4:00 Bingo (AR)
- 6:20 - 8:20 Evening Movie (TV3)

Saturday, February 27

- 9:15 - 9:30 Fireside Morning News (LR) 
- 9:45 - 10:15 Fabulous Fitness (AR) 
- 10:15 - 11:30 Patricia's Knitting Class (AR)**
- 10:30 - 11:30 Puzzle Hour! (LR)
- 1:00 - 2:30 Scenic Drive (LOB)
- 1:15 - 2:00 Brain Quest (LR) 
- 3:00 - 4:00 Bingo (AR)
- 6:20 - 8:20 Evening Movie (TV3)
- 7:00 - 8:00 Mexican Train Dominoes(GR3)

Wednesday, February 24

- 9:00 - 9:30 Fireside Morning News (LR) 
- 9:30 - 10:15 Fabulous Fitness (AR) 
- 9:30 - 11:00 Podiatrist Visit (Beauty Salon)** 
- 10:30 - 11:30 Brain Games (LR)
- 1:00 - 2:30 Shopping Shuttle:Target (LOB)
- 1:00 - 2:00 Table Talk with Roxanne (LR) 
- 2:30 - 3:00 Balance Bar Fitness (AR)** 
- 3:00 - 4:00 Bingo (AR)
- 6:20 - 8:20 Evening Movie (TV3)

Sunday, February 28

- 8:00 -12:00 Church Shuttles (LOB) 
- 9:30 - 10:15 Catholic Mass (TV3)
- 1:00 - 2:00 Puzzle Hour! (LR)
- 1:15 - 2:00 Table Talk with Roxanne (LR) 
- 2:15 - 2:45 HOT Chocolate Social (Cafe)**
- 3:00 - 4:00 Bingo (AR)
- 3:00 - 4:00 Card Game Hour! (LR)
- 6:20 - 8:20 Evening Movie (TV3)
- 7:00 - 8:00 Mexican Train Dominoes(GR3)

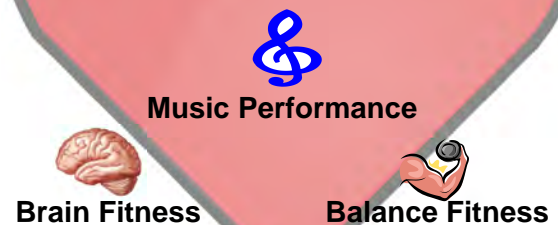
Thursday, February 25

Doctor Shuttles

- 9:00 - 9:30 Fireside Morning News (LR) 
- 9:30 - 10:15 Fabulous Fitness (AR) 
- 10:30 - 11:30 Brain Games (LR) 
- 1:00 - 1:45 Catholic Mass (TV3)
- 1:00 - 2:00 Brain Quest (LR) 
- 2:00 - 3:00 Brain Games (LR)
- 3:00 - 4:00 Bingo (AR)
- 6:20 - 8:20 Evening Movie (TV3)
- 7:00 - 8:00 Mexican Train Dominoes (GR3)

NOTES

Key: LR: Living Room ❖ AR: Activity Room
 LOB: Lobby ❖ DR: Dining Room ❖
 TV3: TV Room 3rd Floor ❖ BB: Balance Bar
 PDR: Private Dining Room ❖ GR: Game Room 3rd Floor ❖
 HWC: Health & Wellness Office 2nd Floor



Doctor Shuttle

Tuesday 8am-3pm
North Side : Good Samaritan, O'Connor Hospital.

Thursday 8am - 3pm
South Side: Kaiser Santa Teresa, San Jose Medical Ctr and Downtown San Jose

Shopping Shuttle

Wednesday, Feb. 3
1:00 - 2:30 pm
Marshall's

Wednesday, Feb. 17
1:00 - 2:30pm
TJ Max

Fridays,
1:00 -2:30 pm
CVS and Lucky's

Please Sign up 24 hours in advance to help guarantee your spot .

Church Shuttle

Sundays
From
8:30 am to 12:00 pm
To Select Local Churches

Scheduled Transportation



Management Team

Jay Underwood - Executive Director

Sun-Thu. Schedule

Stephanie Buckelew - Associate Director

Sun -Thu Schedule

Jayne Frost - Director of Resident Services

Tue- Fri Schedule

Gaby Bustamante - Our House Manager

Tue- Sat Schedule

Maria Martinez - Med Room Manager

Sun- Thu Schedule

Roxanne Yurong - Personal Expressions Director

Sun - Thu Schedule

Allan Silver - Food Service Director

Sun -Thur Schedule

Joshika Ram - Dining Room Manager

Tue- Sat Schedule

Philip Thomas - Interim Plant Operations Manager

Tue- Sat Schedule

Lauren Powell- Retirement Counselor

Tue - Sat Schedule

Winter Graham - Retirement Counselor

Sun - Thu Schedule

Mandi Farrell - Resident Liaison

Sun - Thu Schedule

February Entertainers

Choir Group- Feb. 6

Ken Sosa - TBA

New Orleans' Band - Feb. 16

Bored?

Check out What's New To Do!!



Bridge Players?

We know there are
Quite a few Residents
That like playing card games!

This month we're looking
For all the Bridge players!

We know your out there!

Sign up in the Lobby and
Look to your Daily Activity
Sheet for when the card
players will be out & ready
to play Card Games!



Valentine's Candy Gram!

*Let someone special know how much they
are thought about this Valentine's Day!*

*The Activities Dept. Will be selling
Cards with a Valentine's lollipop for only \$2!
They will then be hand delivered to your
loved one or
special friend on Valentine's Day!*

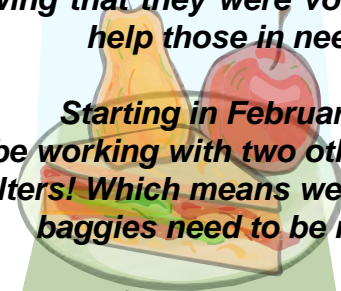
*Come to the Activities
Department and ask for
Roxanne or Patricia
To purchase your Valentine's Gram!*

Community Service Project!

*In November of 2009 we came together and
made PB&Jelly sandwiches for a homeless
shelter . It was such a Hit with everyone
knowing that they were volunteering to
help those in need!*

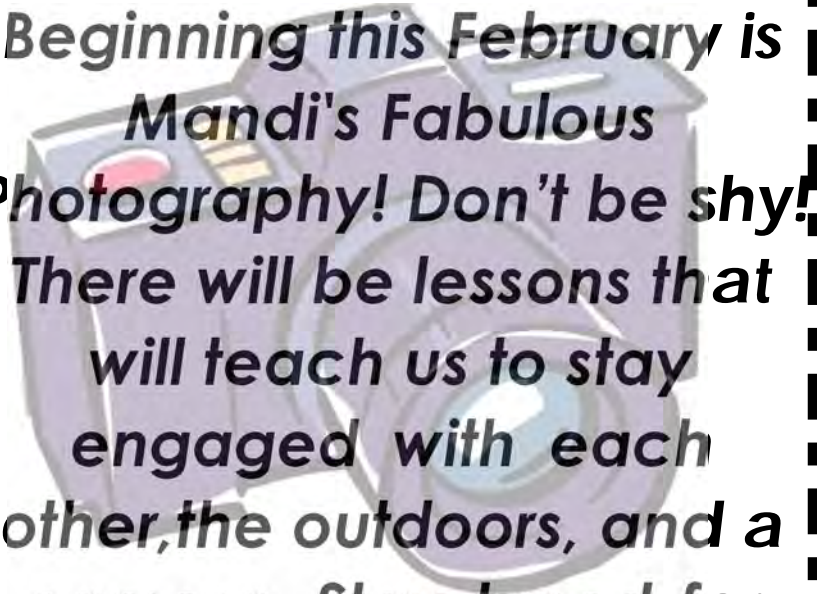
*Starting in February we
Will be working with two other homeless
shelters! Which means we more lunch
baggies need to be made!*

*Keep an eye for dates and come ready to
make those great lunch baggies!*



Photography

*Beginning this February is
Mandi's Fabulous
Photography! Don't be shy!
There will be lessons that
will teach us to stay
engaged with each
other, the outdoors, and a
camera. Stay tuned for
dates with more info.*





February Resident Birthdays



Feb. 1 - Margaret Brown

Feb. 3 - Wayne Storer



Feb. 9- Walt Waltner



Feb. 14 - Margarete Stratton

Feb. 16 - Lucile Markus



Feb. 20-Marie Stanic



February Employee Birthdays



Feb. 1 - Eliza Buundang

Feb. 11 - Jose Rivera

Feb. 14 - Diana Acosta

Feb. 27 - Roxanne Yurong



Meetings

Make your opinion count!



Wellness & Care

Meeting

Wednesday
January 6, 2010
10:30 - 11:15
Living Room



All Residents

Wednesday
February 24, 2010
10:30 - 11:30
Living Room

Schedule may be changed due to staff availability

VALENTINE'S DAY

Sunday, February 14, 2010.

Don't miss our Valentine's Day Sunday Brunch!

Featuring Crimson Colored Mimosas

&

*Necco's World Famous Tiny
Sweethearts!*

Chinese New Year! Year of the Tiger!

Tiger has the potential to become vigorous, ferocious and cruel. So Tiger is a symbol of power and authority. This kind of personality is good for the leadership. With the inflexible and destructive personality.

Sunday, February 14, 2010

The year of the Tiger!

In celebration of Chinese New Year

Our Chef will be serving a Chinese theme meal

Along with added touches from Activities

To add to the Year of the Tiger!

Mardi Gras Party!

It's Mardi Gras Time!

***On Tuesday, February 16, 2010
We will be having a New Orleans
Jazz band come in the evening
To celebrate this festive day!***

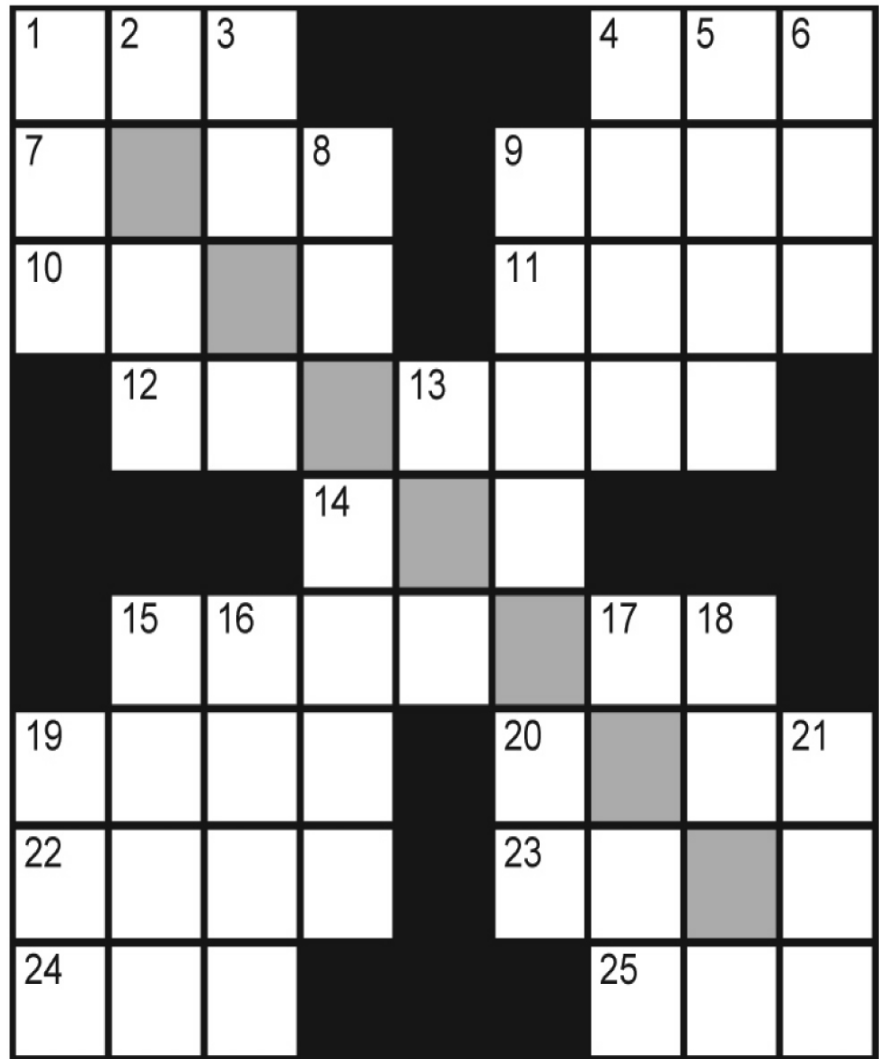
***Also come to Arts & Crafts
Earlier that day and make a Mardi Gras
mask to wear in the evening!***

***With mask on and beads worn
You won't want to miss out on the
Live music of New Orleans !!!***

Sixteenth President

Across

1. Mire
4. Buddy
7. Alliance
9. Radio operators
10. History Muse
11. Battery contents
12. Ticked off
14. TV agency
15. Stem the flow of
19. "Ah, me!"
20. Attired
22. Strengthen, with "up"
23. Giving
24. "Yikes!"
25. Rover, for one

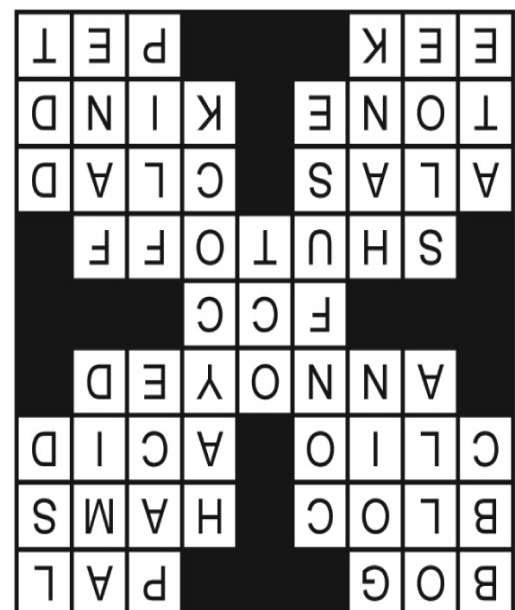


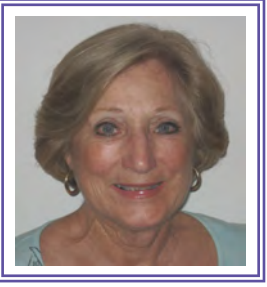
Down

1. "Monty Python" ainer
2. Earthen pot
3. Enter
4. Rate
5. During
6. "Acid"
8. Befuddle
9. Found in a farmer's field
13. Columbus Day mo.

15. ___ gin fizz
16. Aaron or Williams
17. Gymnast's feat
18. Temple: Arch.
19. Did lunch
21. Banned pesticide

The headline is a clue to the answer in the diagonal.





Over the years I have learned that my attitude is what directs my life and causes me to be happy, sad or mad. Most of us just take our attitudes for granted; we go along as though we have no control over how we feel about what happens to us or how we treat others, or about life in general. Yet, we can develop and live by a strong positive attitude that empowers us to handle life in a constructive manner. I want to tell you about one of those inspiring women.

As many of you know, I have belonged to a writing group of 10 that began back in the 80's when all of us lived in or near Vancouver, Washington. Since then, many of us have scattered but we use email to keep our close bond, emailing as often as needed. We also have an ongoing prayer chain which is tended to by one of our dedicated members. We are a diverse group with deep religious beliefs and commitments who continuously learn from each other.

With this many members, we are a typical slice of life and there is always some sort of trauma happening to or within our families. As I write this the last of December, one of our eldest members has been diagnosed with incurable stage IV melanoma and is undergoing chemo to slow it down. She also has other health issues, a husband who is not well and losing his memory for whom she is the sole caregiver. In addition, she has a son who is not well. This gracious woman, who I shall refer to as Hazel, is the absolute embodiment of how a positive attitude and a belief in the miracles of God, can help us through the worst of times.

This remarkable woman has shared some of her wisdom with us and I feel we can all learn from her. Upon learning of her condition she gathered her family together to talk about death and dying. She wanted to be open and honest and not have to worry about protecting the feelings of those closest of her. She says, "Looking and talking about death realistically, doesn't mean that I'm giving up. We are all praying for healing in God's way. But the truth is, I will not be free of cancer unless God miraculously makes it happen."

"Life is what we should all focus on. That's what I mean when I say that I want to live above and beyond what is happening to my body."

As Hazel continues with her chemo treatments, on the good days, she still paints and writes. She does both extremely well. She also visits with her friends, of whom she has many, goes to church, and continues living life in as normal a way as possible. One of her prayers is that God will keep her in good health as long as her husband needs her. She is always thinking of others. Since Hazel has made it a lifetime practice to live constructively and empowers herself with the power of positive thinking and a strong faith that has grown through the years, she now uses those tools to help her through one of the most challenging times of her life. She is an inspiration to each of us as she faces each uncertain day with the kind of peace that comes from Above. She faces death, not in fear, but the same way she faces life, with courage and faith in the God she knows loves her and wants the best for her.

My wish for all of us is that if a time comes when we must face some of life's most difficult challenges, we will keep a positive attitude and cling to a steadfast faith so that we can live life as Hazel has advised. "LIFE IS WHAT WE SHOULD ALL FOCUS ON. THAT'S WHAT I MEAN WHEN I SAY I WANT TO LIVE ABOVE AND BEYOND WHAT IS HAPPENING TO MY BODY."

