



Hi-Lites



VALENTINE'S DAY FEBRUARY 14, 2013

Who was St. Valentine and how did he become associated with this holiday. One legend contends that Valentine was a priest who lived during the third century in Rome. When Roman Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young men (his potential soldiers). Valentine continued to perform marriages for young lovers in secret, since he thought that the decree was an injustice, defying Claudius. When Valentine's actions were discovered, Claudius ordered that he be put to death.

Another legend has it that Valentine sent the first "valentine" greeting himself. While in prison, it is believed that Valentine fell in love with a young girl (some say it may have been the jailer's daughter) who visited him during his confinement. Before his death, it is alleged that he wrote her a letter, which he signed "From Your Valentine," an expression that is still used today.

Valentine's Day is celebrated in the middle of February to commemorate the anniversary of Valentine's death or burial which probably occurred around 270 A.D.

VALENTINE'S DAY TRIVIA

- 1) Where does Valentine's Day come after Easter?
- 2) What do you call two birds in love?
- 3) Approximately how many boxes of chocolate were sold for St. Valentine's Day in 2003
- 4) Approximately what percentage of Valentine's Day cards are purchased by women?
- 5) Approximimently what percentage of Valentine's Day flowers are purchased by men?
- 6) Cupid is whose son?

Contributors to Newsletter
Bellin Health, Doug Vista

Distribution and Assembly
Helen Genunzio, Diane Wagner,
Jann Albert

Document Production
Daniel J Lindstrom

Editors
Nikki Aderholdt, Ka Vang

VALENTINE'S DAY FACTS

Roses and Flowers

- 110 million roses, the majority red, will be sold and delivered within a three-day time period.
- Valentine's Day is the big time of year for red roses; Mothers' Day means more pastel roses.
- California produces 60 percent of American roses, but the vast number sold on Valentine's Day in the United States are imported, mostly from South America.
- 15% of U.S. women send themselves flowers on Valentine's Day.

Chocolate & Candy

- Conversation Hearts: In 1866, candy manufacturer NECCO made the first "Conversation Hearts" — then called "Motto Hearts." According to NECCO, eight billion of these little candies are sold between January 1 and February 14.
- More than 35 million heart-shaped boxes of chocolate will be sold for Valentine's Day.

Cards

- About 1 billion Valentine's Day cards are exchanged each year. That's the largest seasonal card-sending occasion of the year, next to Christmas.
- One-third of all Valentine cards are accompanied by gifts.
- Romantic cards are the best-sellers. Victorian era-influenced cards are prominent this year.
- An estimated 25 percent of Valentine's Day cards are humorous
- More than 50 percent of cards are sold the week of the holiday, with the largest and most elaborate Valentine cards sold 48 hours before February 14.
- 70 percent of those celebrating the holiday give a card, followed by a telephone call (49 percent), gift (48 percent), special dinner (37 percent), candy (33 percent) restaurant meal (30 percent), and flowers (19 percent).
- Teachers will receive the most Valentine's Day cards, followed by children, mothers, wives, and then, sweethearts. Children ages 6 to 10 exchange more than 650 million Valentine's cards with teachers, classmates, and family members
- Hallmark has over 1330 different cards specifically for Valentine's Day.

PRESIDENTS' DAY FEBRUARY 20

The day originally celebrated the birth anniversaries of Presidents George Washington (February 22, 1732-1799) and Abraham Lincoln (February 12, 1809-1865) and now honors all former Presidents. The Monday Holiday Law, which took effect in 1971, moved the holiday from February 22, Washington's birth anniversary to the third Monday in February. The day is sometimes called Washington's Birthday.



NATIONAL PANCAKE DAY - FEBRUARY 21

Shrove Tuesday (also known as Pancake Day, Pancake Tuesday, Fat Tuesday, and Mardi Gras) is a term used in English-speaking countries, especially in Ireland, United Kingdom, Canada, Australia, New Zealand, Philippines, Germany, and parts of the United States for the day preceding Ash Wednesday, the first day of the season of fasting and prayer called Lent.

The word shrove is the past tense of the English verb to shrive, which means to obtain absolution for one's sins by way of confession and doing penance. During the week before Lent, sometimes called Shrovetide in English, Christians were expected to go to confession in preparation for the penitential season of turning to God. Shrove Tuesday was the last day before the beginning of Lent on Ash Wednesday, and noted in histories dating back to 1000 AD. The popular celebratory aspect of the day had developed long before the Protestant Reformation, and was associated with releasing high spirits before the somber season of Lent. It is analogous to the continuing Carnival tradition associated with Mardi Gras (and its various names in different countries) that continued separately in European Catholic countries.

In the United States, the term Shrove Tuesday is less widely known outside of people who observe the liturgical traditions of the Episcopal, Lutheran, Methodist, and Catholic churches. Because of the increase in many immigrant populations and traditions since the 19th century, and the rise of highly publicized festivals, Mardi Gras has become more familiar as the designation for that day.

In the United Kingdom and many other countries, the day is often known as Pancake Day. Making and eating such foods was considered a last feast with ingredients such as sugar, fat and eggs, whose consumption was traditionally restricted during the ritual fasting associated with Lent.

Easy Pancake Recipe

Ingredients

2 cups milk	1 tsp veg oil
3/4 cup white sugar	1 tsp vanilla extract
2 eggs	2 cups all-purpose flour
	1 1/2 tbsps baking powder

MARDI GRAS FEBRUARY 21

The celebration of Mardi Gras, French words that mean "Fat Tuesday," began during Medieval times in Europe. This French-Catholic tradition came to America with Jean-Baptiste Le Moyne and his brother, Pierre, when the French settled in Louisiana. Today, the Mardi Gras celebration in New Orleans is the largest in the United States.

The Carnival season begins on Epiphany or Twelfth Day, January 6, the time when the three Wise Men visited the baby Jesus. This is a time of feasting and celebration.

Mardi Gras is the last day of Carnival, and it is the last day of feasting. The next day, Ash Wednesday, is the beginning of the period of Lent which among Catholic and some Christian churches is a period of 40 days for fasting and penance to prepare for the celebration of Easter.

Mardi Gras is celebrated in New Orleans by society balls and parades. Men's societies, called "krewes," organize elaborate costume balls, build floats, and parade in costume. Beads and doubloons, or coin-like aluminum pieces, are thrown from the parade floats to the spectators. The parade krewes also vote on who will be the King of the Carnival, Rex. Mardi Gras ends with the Rex Parade.

A King Cake is commonly served during Carnival or at a Mardi Gras Party. A plastic baby figure (representing baby Jesus) is placed inside of the cake. The person who gets the slice of cake with the baby in it hosts the celebration next year.

The colors of Mardi Gras, purple, green and gold, were chosen in 1872. Purple represents justice, green represents faith, and gold represents power.

Directions

Place milk, sugar, eggs, oil and vanilla in the blender. Add flour and baking powder. Blend until smooth.

Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

NATIONAL TOOTH FAIRY DAY FEBRUARY 28

The tooth fairy is a fantasy figure of early childhood. The folklore states that when a child loses a baby tooth, if he or she places it beneath the bed pillow, the tooth fairy will visit while the child sleeps, replacing the lost tooth with a small payment.

Unlike Santa Claus and, to a lesser extent, the Easter Bunny, there are few details of the tooth fairy's appearance that are consistent in various versions of the myth. A 1984 study conducted by Rosemary Wells revealed that most, 74 percent of those surveyed, believed the tooth fairy to be female, while 12 percent believed the tooth fairy to be neither male nor female and 8 percent believed the tooth fairy could be either male or female. When asked about her findings regarding the tooth fairy's appearance, Wells explained - "You've got your basic Tinkerbell-type tooth fairy with the wings, wand, a little older and whatnot. Then you have some people who think of the tooth fairy as a man, or a bunny rabbit or a mouse." One review of published children's books and popular artwork found the tooth fairy to also be depicted as a child with wings, a pixie, a dragon, a blue mother-figure, a flying ballerina, two little old men, a dental hygienist, a potbellied flying man smoking a cigar, a bat, a bear and others. Unlike the well-established imagining of Santa Claus, differences in renderings of the tooth fairy are not as upsetting to children.

In early Europe, it was a tradition to bury baby teeth that fell out. When a child's sixth tooth falls out, it is a custom for parents to slip a gift or money from the tooth fairy under the child's pillow, but to leave the tooth as a reward. Some parents also leave trails of glitter on the floor, representing fairy dust.

In northern Europe there was also a tradition of tann-fé or tooth fee, which was paid when a child lost their first tooth. This tradition is recorded in writings as early as the Eddas, which are the earliest written record of Norse and Northern European traditions.

The reward left varies by country, the family's economic status, amounts the child's peers report receiving and other factors. A 2011 study found that American children receive \$2.60 per tooth on average

Belief in the tooth fairy is viewed in two very different ways. On the one hand, children's believing is seen as part of the trusting nature of childhood. Conversely, belief in the tooth fairy is frequently used to label adults as being too trusting and ready to believe anything.

While parents are often unsure of themselves when promoting the fiction of the tooth fairy, the majority of children report positive outcomes. Upon learning the tooth fairy is not real, 75% of children reported liking the custom; 20% were neutral and 3% were not in favor and said they did not intend to continue the practice when they became parents.

Parents tend to view the myth as providing comfort for children in the loss of their tooth. Research finds that belief in the tooth fairy may provide such comfort to a child experiencing fear or pain resulting from the loss of a tooth. Mothers especially seem to value a child's belief as a sign that their "baby" is still a child and is not "growing up too soon". By encouraging belief in a fictional character, parents allow themselves to be comforted that their child still believes in fantasy and is not yet "grown up".

Children often discover the tooth fairy is imaginary as part of the 5- to 7-year shift, often connecting this to other gift-bearing imaginary figures (such as Santa Claus and the Easter Bunny).

Author Vicki Lansky advises parents to tell their children early that the tooth fairy pays a whole lot more for a perfect tooth than for a decayed one. According to Lansky, some families leave a note with the payment, praising the child for good dental habits

CANDLE SAFETY

Many people use candles throughout their homes to decorate and to project a relaxing atmosphere. Here is some information that was put out by The National Fire Protection Association (NFPA), The National Candle Association (NCA), and a local insurance company. The National Candle Association (NCA) states that candles are used in seven out of ten households, nationwide.

Most people don't consider candles as an open flame or a hazard, but the number of fires caused by candles is increasing. The National Fire Protection Association (NFPA) reports that in 2005, candles in the home caused an average of:

- 15,600 fires,
- 150 civilian deaths,
- 1270 injuries,
- An estimated property loss of \$539 million.

The NFPA offers the following advice:

- Use candles only with constant adult supervision.
- Extinguish all candles when leaving a room or going to sleep.
- Keep candles away from items that can catch fire, such as Christmas trees, clothing, paper or curtains.
- Place candles and candle holders on a secure piece of furniture. Make sure candleholders are non-combustible and large enough to collect dripping wax.
- Do not place lighted candles in windows, where blinds or curtains can close over them.
- Keep wicks trimmed to $\frac{1}{4}$ inch, and extinguish candles when they burn to within two inches of the holder.
- Do not use candles in places where they can be knocked over by children or pets.

During power outages:

- Use flashlights or battery generated lights.
- Avoid carrying a lighted candle.
- Don't use a candle when looking for items in a closet.
- Never use a candle for light near a kerosene heater or lantern.

Well hopefully this advice will help all of us use safety and common sense when it comes to burning candles. Remember although most people don't think of it this way, a candle is an open flame. It can be just as dangerous as or worse than a match or a lighter.

RECIPE OF THE MONTH

Spanish Lasagna

- 3 tablespoons extra-virgin olive oil
- 2 pounds ground chicken breast, available in the packaged meats case
- 2 tablespoons chili powder
- 2 teaspoons ground cumin
- 1/2 red onion, chopped
- 1 (15-ounce) can black beans, drained
- 1 cup medium heat taco sauce or 1 (14-oz) can stewed or fire roasted tomatoes
- 1 cup frozen corn kernels
- Salt
- 8 (8 inch) spinach flour tortillas, available on dairy aisle of market
- 2 1/2 cups shredded Cheddar or shredded pepper jack
- 2 scallions, finely chopped

Directions

Preheat the oven to 425 degrees F. Preheat a large skillet over medium high heat. Add 2 tablespoons extra-virgin olive oil - twice around the pan. Add chicken and season with chili powder, cumin, and red onion. Brown the meat, 5 minutes. Add taco sauce or stewed or fire roasted tomatoes. Add black beans and corn. Heat the mixture through, 2 to 3 minutes then season with salt, to your taste.

Coat a shallow baking dish with remaining extra-virgin olive oil, about 1 tablespoon oil. Cut the tortillas in half or quarters to make them easy to layer with. Build lasagna in layers of meat and beans, then tortillas, then cheese. Repeat: meat, tortilla, cheese again. Bake lasagna 12 to 15 minutes until cheese is brown and bubbly. Top with the scallions and serve.

CELEBRATING BIRTHDAYS IN FEBRUARY

Have a great birthday!

2 Janice Fonder
3 Ka Vang
4 Shirley Van Spankeren
5 Gerald Cartwright
5 Janet Albert
8 Gary Hakola
10 Gladys Bellaire
13 George Nemitz
14 Terry Reeder
15 Ada Robinson
15 Nancy Dingman
15 Elise Dudley
21 Shirley Lealiou

UP COMING EVENTS

Monday	Thursday	Nurse Julie
4, 11, 18, 25	7, 14, 21, 28	Fourth Floor Nurse's Office
12:00PM	12:00PM - 2:00PM	Fourth Floor Nurse's Office

BINGO

Bingo every Tuesday night, 6:30, Cost \$1.00 first card, \$.25 for each additional card; please bring you own chips if possible.

FOOT CLINIC

The Foot Care Clinic for February is Monday, February 18th. If you would like to sign up, the signup sheet is now located outside of the Nurse's Office.

HAIRDRESSER

Dona will be here Saturday, February 2nd. If you are interested in a haircut, please stop in the Office to make an appointment. If you are interested in any special services (perms, color, etc.), please stop in the 3rd Floor Exercise Room when she is here to consult with her.

BOOKMOBILE

The bookmobile will be here Friday, February 15th at 12:30PM to 3:00PM on 2nd floor.

ENTERTAINMENT

Tom's Tunes will be here on Thursday, February 7th at 6:00PM.

BIRTHDAY CLUB

Mason Manor's Birthday Club for February will be on Friday, February 8th at 2:00 P.M. Everyone is welcome. You don't have to be celebrating a birthday to attend. Come enjoy friends, sweet treats, good old sing-along, games and prizes in the Community Room. Hope some of our new residents will come and enjoy the fun!

HEALTH CORNER

Eat Right

Eating right doesn't have to be complicated. Start with the following recommendations from the Dietary Guidelines for Americans.

A Healthy Eating Plan:

- Emphasizes fruit, vegetables, whole grains and low-fat or fat-free milk and milk products.
- Includes lean meats, poultry, fish, beans, eggs and nuts.
- Is low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars.

Make Your Calories Count

Think nutrient-rich rather than “good” or “bad” foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients --- and lower in calories. Older adults need fewer calories than in younger years. Making smart food choices can help you stay healthy, manage your weight and be physically active.

Focus On Variety

Eat a variety of foods from all the food groups to get the nutrients your body needs. Fruits and vegetables can be fresh, frozen or canned. Include more dark green vegetables such as leafy greens and broccoli and orange vegetables like carrots and sweet potatoes. Vary your protein choices with more fish, beans and peas. And, eat at least 3 ounces of whole grain cereals, breads, crackers, rice or pasta every day.

Know Your Fats

Look for foods low in saturated fats, trans fats and cholesterol to help reduce the risk of heart disease. Most of the fats you eat should be polyunsaturated and monounsaturated fats. Check the Nutrition Facts panel on food labels for total fat and saturated fat.

Physical Activity For Fitness And Health

Balancing physical activity and a healthful diet is your best recipe for managing weight and promoting overall health and fitness. Set a goal to be physically active at least 30 minutes every day. You can break up your physical activity into 10 minute sessions throughout the day. If you are currently inactive, start with a few minutes of activity such as walking. Then gradually increase the minutes as you become stronger.

How Many Calories To I Need?

The number of calories you need each day depends on your age, gender and activity level. The estimated calorie needs for adults age 51 and older are listed in the chart below:

For women who are:

Sedentary (not active)	1600 calories per day
Moderately active	1,800 calories per day
Active	2,000 calories per day

For men who are:

Sedentary (not active)	2,000 calories per day
Moderately active	2,200 to 2,400 calories per day
Active	2,400 to 2,800 calories per day

STAFF DUTY

Relief Custodians for Week Nights, Weekends and Holidays

Terry Reeder

Monday, Saturday
Apt. 718
497-9011

Elridge Johnson

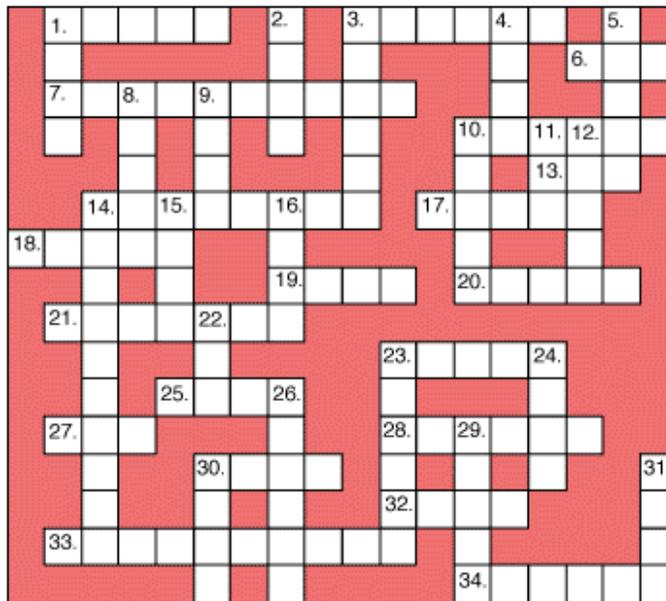
Tuesday, Wednesday, Thursday, Friday, Sunday
Apt. 509
71-4519

Jane Fitzpatrick

Lock Outs Only (Emergency)
Apt. 617

These relief custodians should **only be called for lockouts and/or emergencies when full-time staff is not working.** They will contact the maintenance staff person who is on call for any problems that need to be checked out or repairs needed to the building. **Jane is only to be called in an emergency when the relief custodian cannot be located.**

Valentine's Crossword



Across:

- Opposite of boys
- Valentine colour
- ___ goes there?
- St. _____ Day
- The targets of Cupid's arrows
- This little piggy is one
- Valentine month
- Tolls paid
- ___ change, pocket money
- Sign above door
- Donald's girlfriend
- Crayon maker
- He shoots love arrows

- Short form for animal doctors
- Valentine's colour
- Cupid shoots these
- Valentine colour
- Choose
- Sweet valentine gifts
- _____ admirer

Down:

- Bestow
- _____ the bottle
- Attractive
- Frilly trim
- Valentine colour
- Mickey _____ Minnie
- Close to
- Listened

- Past tense of eat
- Red flowers
- February ___ is Valentine's
- ___ valentine.
- Length x width
- Single, __, 2, 3, ...
- Winners
- Opposite of up
- First day of the week
- Speed contests
- Scheme
- Pepper _____ candy