

Heritage Woods of Centralia

FEBRUARY 2022

At A Glance



Microwave Mac 'n' Cheese is a must!



Valentine's Day History and Heart Health

Managed by



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From the Desk of the CEO

Rod Burkett

Not too long after writing last month's article about the importance of maintaining optimism during challenging times, I read an article that offered a different slant on the optimism concept.

This article featured a concept discussed in Jim Collin's bestselling book, "Good to Great", entitled the 'Stockdale Paradox'. US Navy Admiral Jim Stockdale was the highest-ranking officer held captive during the Vietnam War. He was repeatedly tortured during his eight years in prison, and he had no idea of when this captive hardship would end.

In the book Collins questions Stockdale as to how he was able to not only survive this elongated horrible ordeal, and even thrive after he returned to the States. Stockdale's answer was straightforward. "I never doubted not only that I would get out, but also that I would prevail in the end and turn the experience into the defining event of my life, which, in retrospect, I would not trade." "This is a very important lesson. You must never confuse faith that you will prevail in the end—which you can never afford to lose—with the discipline to confront the most brutal facts of your current reality, whatever they may be."

Collins further asked Stockdale to elaborate on those who did not fare so well. It was the prisoners who were overly optimistic...those who counted on being set free by the next holiday...or the next holiday...or the next. Many of these perished due to the cumulative toll of such serial disappointments.

Therefore, looking forward into the remainder of the year, none of us are assured as to where the COVID finish line will be. It is important to maintain a positive attitude, but not fall prey to blind optimism. Balance a strong faith that you will have the stamina to prevail in the end, with the reality of what is on your plate today and tomorrow.

Wishing you Strength and Peace in 2022!

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IN THE NEWS

About Love, Hearts and Kindness

Rick Banas

Valentine's Day

A common practice here in the U.S. is to celebrate Valentine's Day on Feb. 14 with chocolates, flowers, fancy dinners in restaurants, and cards and love letters decorated with hearts, red roses, and images of Cupid. It is a popular day for proposals of marriage and for weddings.

In Roman mythology, Cupid is the son of Venus, the god of love and beauty. Legend tells us that Cupid is armed with a bow and arrow that enables him to pierce people's hearts, causing them to fall in love.

The origins of Valentine's Day date back more than 1,500 years. It is believed that in the year 496 Pope Gelasius created Valentine's Day as a way to celebrate the life of St. Valentine, who was martyred around the year 270.

St. Valentine was a priest in Rome who arranged for couples to be married in secret. He also was the patron saint of beekeepers.

He was jailed and killed by the Roman Emperor Claudius II, who had banned marriage because he believed married men made bad soldiers.

As the story goes, St. Valentine fell in love with his jailer's daughter while in prison. When he was being taken from the prison to be executed on Feb. 14, he sent her a love letter signed "from your Valentine."

American Heart Month

February is American Heart Month. According to the Heart, Lung and Blood Institute, heart disease ranks as the #1 killer of men and women in the U.S.

Fortunately, you can take steps to reduce your risk. The steps include monitoring your cholesterol and blood pressure; maintaining a healthy weight; managing stress; engaging in regular physical activity; getting enough good quality sleep; and quitting smoking.

Random Acts of Kindness

Feb. 17 is Random Acts of Kindness. The theme this year is "Make Kindness the Norm."

I encourage you to engage in acts of kindness – random or otherwise - each and every day.

P.S. A big part of our mission is to enrich the lives of residents by providing them with the Love, Compassion, and Dignity they deserve in addition to the personal assistance and support services they need.



WELLNESS

Core Strengtheners

Deborah Denham RN, MSN, CPPS, CPHRM

I hope all of you are still doing your deep breathing. It is still a daily conscious exercise for me. I still have to remember to exhale. As a lifelong learner, I love to share things that I learn along the way. Yoga, although I cannot do most of the positions—yet, is teaching me other skills that I will share with you.

One of the things my mother always stressed was posture. “Stand up straight” “Put your shoulders back”. All of you have probably had that mentioned at one time or another by a parent or caring aunt. My sisters and I would walk around the living room with books on our heads. Posture is important as it comes from core strength. Core strength is the support system for the rest of the body. It is your internal balancing system. All movements come out from that point. If your core is strong, it makes doing physical activities easier and reduces pain.

During this journey with my YouTube Yoga teachers, I have learned a new way to address my posture, thus addressing my core strength. In the 1970’s and 80’s, the exercise gurus like Jane Fonda and Richard Simmons would use the reference of visualizing pulling a string up through the top of your head, straightening your spine and lengthening the central body cavity. I have learned a new trick.

Think of the body as two halves divided through the center. Your front is on one half and your back is on the other. Now, standing, or sitting, shift the weight of the back half towards the ground. Rooting yourself. This is a small movement, changing the pressure point of your stance or seating. Then raise the front half up (think of your sternum lifting), again, a very small movement, this opens the chest cavity and the abdominal cavity. I was very surprised at the amount of movement I was able to incorporate doing this simple 2-part realignment. I was delighted that I am using new muscles which indicated I had some strengthening to do.

You can incorporate this movement while standing in line or waiting for the elevator. Anytime you have 30 seconds of “me time”. I doubt it will make me taller, but I feel taller when I make this adjustment. I hope you try it and find that you can feel the difference in your center (core).

Microwave Mac ‘n’ Cheese

- 1/2 cup small elbow macaroni
 - 1/2 cup water
 - 1/2 cup finely shredded cheddar cheese
 - salt and pepper, or hot sauce optional, adds more flavor



Directions

1. Add water and macaroni into an extra large mug (I recommend at least 20 ounce mug/2.5 cups).
2. Place the mug on a large plate (this is to catch the overflow of water that occurs when cooking). Your macaroni should only rise to 1/3 or at the most 1/2 of the mug.
3. Microwave at full power for 1 minute. Remove mug and stir macaroni, making sure to loosen any macaroni that may be stuck to the bottom of the mug.
4. Microwave for an additional 1 minute and stir again. Macaroni should be almost cooked after the 2nd minute mark and most of the liquid should be almost gone, but your macaroni should still be moist. Working quickly, add in cheese and stir until cheese completely melts and evenly coats the macaroni. Add salt, ground black pepper or hot sauce if desired. Eat immediately



LIFESTYLE

Birthdays/Anniversaries

Resident Birthdays:

- 2/5 Lorene W.
- 2/16 Shirley B.
- 2/19 Nancy M.
- 2/19 Butch W.
- 2/20 Frieda P.

Staff Work Anniversaries:

- Easton T (Dietary Aide) 1 year
- Melody P (Housekeeping) 2 years

Let's welcome our new Residents!

- Monty B.
- Raymond W.
- Shirlean G.

Welcome, we are so glad to have you here!

A Note from the Administrator

Mandy Albers

There is a quotation about the month of February and it states that February is the border between Spring and Winter. It is a lovely thought that February will help bridge us over the winter months into a beautiful spring. As I write this, I am also very much aware of the upcoming weather reports for a very snowy first week of February, so it is hard to believe that February is simply a border between Winter and Spring because it seems to be favoring the winter weather right now. My hope is that we enjoy this time in February and even if the weather is cold and not cooperating with us, we can take a sigh of relief because after all February is the shortest month out of the year and soon we will be enjoying some beautiful Spring weather. With that said, we do have a lot of fun things planned for February and will be introducing new technology to help us incorporate more activities into our activity schedule. I know that our Resident Services Coordinator, Taylor Brown, will be sharing more information on that in the month of February. In the meantime, let's enjoy this month together (after all February does have Valentine's day) while we patiently wait for some of that warm Spring weather.

Reminders

- Resident Council will be Thursday, February 10th @ 10am in the Dining Room.
 - Food Committee will be the Thursday before Resident Council, February 3rd @10am
- ⇒ On the calendar you will notice an activity that I have added and you may wonder what it is. Each month we will receive a snack box from "Universal Yums" and explore different parts of the world. First we will be trying snacks from Poland! Come see how their snacks and food differ from ours! Stay tuned to see where we will be traveling next month!





LIFESTYLE

Events You Don'Want to Miss!

- **Music with Denmark**
⇒ **Monday, February 14th @ 6pm in the Front Lobby**
- **Misfits Entertainment**
⇒ **Friday, February 25th @ 2pm in the Front Lobby**



Horoscope

- Aquarius (1/20-2/18)**
May find some challenges in career and finances this month.
- Pisces (2/19-3/20)**
Focus more on the things that bring your happiness, peace, and joy.
- Aries (3/21-4/19)**
Life will take a turn for the better for you this month.
- Taurus (4/20-5/20)**
Things will start working in your favor towards the end of the month
- Gemini (5/21-6/20)**
Follow your heart and always do the right thing
- Cancer (6/21-7/22)**
This month is a good time to right all the wrongs in your life. Stay focused!
- Leo (7/23-8/22)**
Ensure that you are on good terms with your loved ones.
- Virgo (8/23-9/22)**
February is the month of blessings for you. Everything will become better.
- Libra (9/23-10/21)**
Get back on track and restore your health!
- Scorpio (10/22-11/21)**
Work towards reaching your highest potential.
- Sagittarius (11/22-12/21)**
Love and relationships will be great this month.
- Capricorn (12/22-1/19)**
The stars are aligned in your favor. Health, finances, and education will take a turn for the better.

Exciting Announcement!!

Our community has received a new system that will be used for resident engagement. I will be incorporating this new technology and getting the residents more comfortable with the system, as I'm still learning about it myself. It is a big touch screen computer and it has tons of games and music, trivia, bingo, etc. I am so excited to have this in our community for the residents to enjoy and engage in!



WORD SEARCH

FEBRUARY

ABE LINCOLN	BURROW	CHOCOLATE	CUPID
DOLLAR BILL	GROUNDHOG	HEART	LEAP YEAR
LOVE	PENNY	PRESIDENTS DAY	PUNXSUTAWNEY
ROSES	SHADOW	SWEETHEART	VALENTINE
WOODCHUCK			

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



WORD SEARCH ANSWERS

February Puzzle

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