

# WORD AT THE WOODS

FEBRUARY 2022

## At A Glance



Microwave Mac 'n' Cheese is a must!



Valentine's Day History and Heart Health

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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!



# 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).

## Recipe Corner 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

## Resident Birthdays:

Dave S. 2nd  
Chuck H. 3rd  
Darlene S. 6th  
Paula B. 9th  
Jim C. 10th  
Naomi G. 11th  
Natalie V. 12th  
Rom B. 21st  
Laure N. 22nd

## Welcome New Staff:

Klyne Dietary  
Savannah Dietary  
London Dietary



## A Note from the Administrator: Greg Douglas

Well, 2022 started off with a bang. A few Covid cases, but nothing we couldn't get through. Everyone did a great job following all precautions and looking out for each other. On a positive note, everyone can look forward to the dining room to open up for dinner service this month. It will be nice to get everyone back in the dining room full time. Exciting things happening in the activity department with a introduction of the new interactive computer system iN2L. It looks like a lot of fun and will be easy to navigate for the beginner user. Check your activity calendar for the date and time of this new systems informational meeting. Let's continue what we have been doing regarding Covid and as always if anyone has any questions, feel free to see me.

## Event you don't want to miss!!

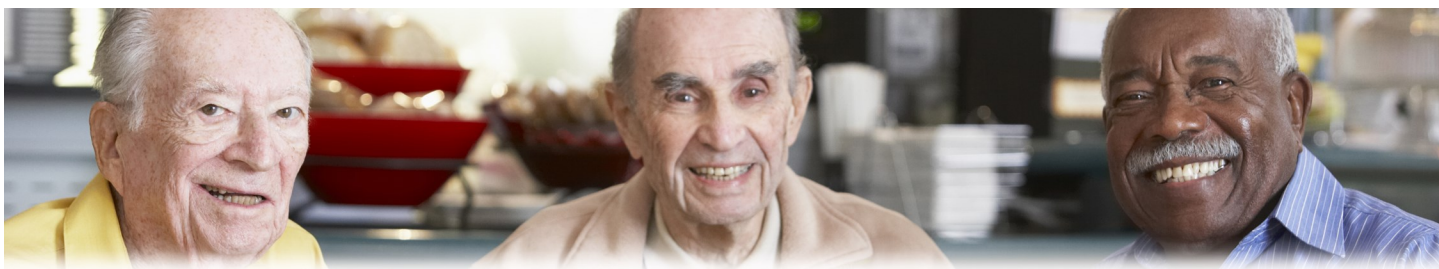
Event Name: Health Jeopardy

Date: Tuesday, Feb. 15th      Time: 2:00

Join us for a fun way to learn about your health! Hosted by HealthPro Heritage Therapy!

## Reminders

Activities are subject to change. Masks and social distancing are still required at all activities, events and outings. Please make sure to sign yourself out and back in when planning to leave the building.



# LIFESTYLE

## The Month in Pictures



## 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.



# 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