

# Sterling Snippets

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).

## 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

## HAPPY BIRTHDAY

- Keith H.(13)

-Jean O. (20)

-Sharon M.(23)

-Harry W. (24)

-Ron M. (26)

- Mary Ann B(28)



## A Note from the Administrator

Kathryn May

Happy February Friends,

February may be the shortest month of the year, but it is the month of love. This ties into our mission statement, which is touching lives by providing dignified lifestyles that are enhanced by the values of love, compassion, and dignity. We strive to promote a supportive and loving environment. We always appreciate and welcome your input to help provide the best care and services possible. We love our residents at Heritage Woods!

February is also American Heart Month. Tips to promote heart health include: exercise/being active, maintaining a healthy diet, avoiding tobacco and alcohol, and knowing your numbers (have your cholesterol and triglyceride levels checked regularly). Our menus are evaluated by a Registered Dietician, and we can meet heart healthy diets. Our nursing team can also answer any questions you may have regarding your health. Please remember to communicate with the nurses if you visit your doctor and have any new orders as well.

February 2<sup>nd</sup> is also Groundhogs' Day, the day we find out whether winter will last six more weeks or not. Here is to hoping Punxsutawney Phil doesn't see his shadow so we can have an early spring! Stay warm and safe friends!

Kathy May, RN, Administrator

## Community Partner in the News

Janelle Loos

It's National Haiku Month! Time to stretch your brain and create one in February. Enjoy mine below! The haiku is a Japanese poetic form that consists of three lines, with five syllables in the first line, seven in the second, and five in the third.

Community Driven  
Heritage Woods of Sterling  
Live Affordably  
-Janell Loos

## Reminders

**Community Council** will be hosted on Wednesday February 2 at 2:00pm in the Dining Room. We encourage you to join us and bring your neighbor!

**Sweetheart Swing**-you do not need a sweetheart, nor do you need to swing, join us on Valentine's Day for some music and fun!



# LIFESTYLE

## Event You Don't Want to Miss!

February 14                      2:00pm  
 Dining Room  
**SWEETHEART SWING!** Break out some of your Reds, Pinks or Purples and JOIN us for Music by Eileen Quest, refreshments and some afternoon fun. \*Please note\*\* you do not need to wear your Red Pink or Purple to attend! Your presence is the only requirement



Congratulations to Anne A, for her wonderfully, welcoming door decorations. She was our overall winner. We appreciate all that took part in this holiday event.



Judy says what better to warm yourself up on a cold winter day, than with hot tea, manicure, and visiting with friends.



## 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