

Notable Quotable

“There is a shade of red for every woman.”

~ Audrey Hepburn, actress and humanitarian



February Horoscopes and Birthdays

In astrology, those born from February 1–18 are the Water Bearers of Aquarius. Just as water gives life to the land and its creatures, Aquarians are the humanitarians of the zodiac. Their empathy compels them to help those in need. Those born from February 19–28 are Pisces’ Fish. Pisces are sympathetic and selfless friends. Their intuitive natures also make Fish creative and expressive artists.

Frederick Douglass – February 1, 1818
 Norman Rockwell – February 3, 1894
 Rosa Parks – February 4, 1913
 Bob Marley – February 6, 1945
 Chris Rock – February 7, 1965
 Laura Dern – February 10, 1967
 Jennifer Aniston – February 11, 1969
 L.L. Bean – February 13, 1873
 Michael Jordan – February 17, 1963
 Ansel Adams – February 20, 1902
 Jordan Peele – February 21, 1979
 Rashida Jones – February 25, 1976
 Levi Strauss – February 26, 1829

Polynesian Culture Clash

Easter Island’s Tapati Rapa Nui Festival is one of the island’s most important cultural events. With the arrival of February, locals quit their work, dress in traditional garb, and prepare for the spectacular. Competition is central to the celebration. Two candidates are nominated for Queen of the Festival. The potential queens then create their teams, reminiscent of the warring clans of old. The teams then compete in a triathlon at a lake

inside the crater of the Rano Rakaru volcano: rowing, running around a lake carrying bunches of bananas, and swimming. But the most exciting tradition is the Haka Pei, where men race at breakneck speeds down a hill on sleds made of banana trunks. The winning clan crowns their queen, and all competitive grudges are forgotten with a night of feasting and dancing.

Roll Call

About 64 million Tootsie Roll candies will be manufactured on February 23, Tootsie Roll Day. On this day in 1896, inventor Leo Hirschfeld first began selling the chewy chocolate confections out of his small Brooklyn candy shop. The candies grew so popular that Hirschfeld distributed them throughout New York using a horse and buggy. The candy’s unique name was a no-brainer for Hirschfeld. He had been calling his five-year-old daughter Clara by the nickname “Tootsie” all her life. Or had he? Some historians

claim that the quaint story of the candy being invented by Hirschfeld in a small Brooklyn shop is nothing but a clever marketing ploy. Rather, “Leo Hirschfeld” was a longtime employee of the Stern & Staalberg candy company. He applied for the patent of his unique, melt-resistant chocolate candy in 1907. “Tootsie” was the name of a child actress hired by the company to hawk its products, a name that savvy company marketers then applied to the new candy.

The Trumpeter

February 2023

Asbury Towers Retirement Community



Celebrating February Birthdays

Residents

- 2/06 Billy S.
- 2/06 Betty G.
- 2/08 Carolyn B.
- 2/12 Debbie F.
- 2/15 Nancy A.
- 2/16 Janet H.
- 2/16 Peggy S.
- 2/18 Peggy M.
- 2/19 Marge C.
- 2/19 John A.



Staff

- 2/08 Randy L.
- 2/09 Donna H.
- 2/10 Josie B.
- 2/12 Rachel C.
- 2/13 Cathy S.
- 2/13 Marty F.
- 2/17 Rod J.
- 2/22 Caron Y.
- 2/23 Skyla H.
- 2/28 Callie S.

REHAB NEWS Submitted by: Therapy Department at Healthcare Therapy Services, Inc.



Responsible for moving about 2,000 gallons of blood every day, the heart is one of the most important muscles in the body. A strong, healthy heart can help lower blood pressure and cholesterol, improve blood flow, and prevent heart disease and stroke.

What is the best exercise for your heart? The American Heart Association recommends combining aerobic exercise (walking, gardening, swimming) with strength training (weight lifting, resistance training) to produce the greatest benefit for overall heart health. According to Dr. Levine at UT Southwestern Medical Center, he recommends just keep moving and varying the type and intensity of your exercises each day.

Weekly Workout for a Strong Heart

Making exercise part of your daily routine and finding activities you enjoy can help keep you motivated and moving more every day. *Consult with your doctor about the best way to add activity to your lifestyle.

SOCIAL EXERCISE	DAY 1 1 HOUR	STRENGTH TRAINING	DAYS 2 & 3 30-40 MIN	HIGH-INTENSITY CARDIO	DAY 4 20-30 MIN	FLEXIBILITY EXERCISE	DAY 5 30 MIN
	pickleball, dancing, golf, tennis, horseshoes		group exercise class, weight machines, hand weights		stationary bike, walking, water aerobics, climbing stairs		tai chi, yoga, stretching

Therapy Can Help You Stay Active

Exercise is extremely important in managing your health and many common symptoms of aging. Physical therapists can help teach you how to exercise appropriately for joint mobility, muscle strength, and fitness. Occupational therapists can help you safely do the things you want to do, stay active and live well despite limitations.

Talk to Your Doctor Today About the Benefits of Physical and Occupational Therapy!

Sources: www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-infographic and utswmed.org/medblog/heart-cardio-workouts



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Seeing Red

Red hearts. Red roses. Red lipstick kisses. These are all popular symbols of Valentine's Day. While there is no record of St. Valentine ever wearing red, the holiday that bears his name is full of the color. Red appears again on February 4 for Wear Red Day. Today, red symbolizes love, beauty, power, and passion, but humans have been fascinated by the color for millennia.

After black and white, red is the first color of the spectrum that babies can identify. Perhaps our adoration of the color comes from this strong first impression. Speaking of firsts, 40,000 years ago, prehistoric humans painted their bodies in red clay. Burial rites included covering the dead in red powder to ward off evil spirits. Prehistoric cave paintings discovered across the globe from Asia to Africa and Australia were all made with red ochre. Our Stone Age ancestors certainly thought red possessed power.



When did red specifically earn its association with love? Many historians point to the ancient Greeks. Aphrodite, the goddess of love and beauty, fell in love with Adonis. When Adonis was killed by a wild boar, Aphrodite rushed to his aid and was stuck by the thorn of a white rose. The goddess' blood fell on the white petals, turning them red. In this manner, the red rose came to symbolize Aphrodite's love for Adonis, and both the color red and the red rose became symbols of Aphrodite herself, as well as love, beauty, and passion. This myth also demonstrates the mixed symbolism presented by the color red: the heart and blood, passion and anger, allure and danger, love and war. Cultures all over the world use red to different effects. Chinese brides wear red wedding dresses to symbolize love and good fortune. American drivers are warned to "STOP" with red stop signs and lights. Good or bad, the color red has long asserted power over the human psyche.

From the Desk of Sharon:

The Benefits of Aging

Hey, you Guys – I don't know about you, but nobody ever told me I'd be spending so much time being an "Old Lady." Oh, not that it's such a bad thing; it's just that my body seems so much older than my mind! Know what I mean? And remember when we were in grade school, and we thought our teachers were older than dirt?

One day my 8-year-old son complained that his teacher was grouchy. He said it was because she was so old. When I asked how old she was he said, "Well gosh, she must be at least 25!"

And what if we "Senior Citizens" could start all over again? Do you guys ever think about that? And what would you change? Anything? Everything? Nothing? I guess we shouldn't waste time on this, since we can't do it, anyway.

In fact, I don't even know why I brought this subject up. But that's one of the benefits of aging – nobody expects you to explain yourself! It's a good thing, too, because I wouldn't know where to begin! Would you? Don't answer that. Just go on about your day and forget you ever read this. That's what I'm gonna do! Take care and keep the Faith, and I'll see you next month – OK?

God Bless Us Every Single One!
Sharon Sheridan
February 2022

Reclaim Your Rhythm

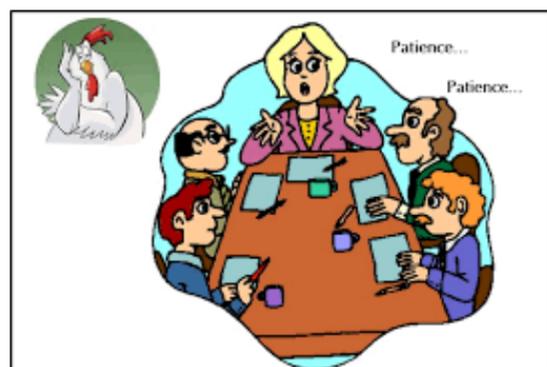
FRIDAY, FEBRUARY 4, 2022

NATIONAL WEAR RED DAY®

WearRedDay.org #WearRedDay

American Heart Association
Go Red for Women

Erica, Heart Disease & Stroke Survivor



February Food Committee will meet on February 13th at 10:30 a.m. in the Founders Lounge.
All are welcome to attend!



Join us on February 12th at 6:30 p.m. in the Lobby For a Super Bowl Party.

Well, the groundhog has spoken, so it's official: Six more weeks of winter, according to Punxsutawney Phil, the world's most famous weather-prognosticating groundhog.

The Punxsutawney Groundhog Club's Inner Circle – a group that organizes the event and cares for Phil – brought Punxsutawney Phil out of his den in front of a large crowd as cameras beamed his image around the world.

The group reported that Phil communicated in "groundhogese" that he saw his shadow, meaning we'll see at least a month and a half more of miserable cold and snow.

So how much can we trust Phil's forecast?

Unfortunately, based on weather data, "there is no predictive skill for the groundhog during the most recent years of the analysis," according to a report last year by the National Oceanic and Atmospheric Administration.

In fact, on average, Phil has gotten it right only 40% of the time over the past 10 years.

February Events Highlighted

- 1st Walmart Shopping Trip at 1pm
- 2nd Groundhog Social in Main at 2pm
- 3rd Crafty Fingers in the Main at 2pm
- 4th Wear Red Day for Heart Association Day
- 5th Bingo in Main at 1:30 pm
- 6th Worship Service in Main at 1pm
- 7th Yahtzee in Main at 3pm
- 8th Tom Wright performing in Main at 2pm
- 9th Beatle Social in Main at 2pm
- 10th Out to Lunch to the Fairway at 11 am
- 11th Gold Rush Day in the Main at 2pm
- 12th Bingo in Main at 1:30 pm
- 13th Superbowl Game at 6:30 pm
- 14th Valentine Social in Main at 2pm
- 15th Walmart Shopping Trip leaving at 1pm
- 16th Snow Moon Social in Main at 2pm
- 17th Let's Plan March in Main at 1:30 pm
- 18th Got Milk Social in Main at 2pm
- 19th Bingo in Main at 1:30 pm
- 20th Worship Service in Main at 1pm
- 21st President's Day Trivia in Lobby at 11 am
- 22nd Dollar Tree Trip leaving at 1pm
- 23rd Tootsie Roll Social in Main at 2pm
- 24th Lanny Ferguson in Main at 1pm
- 25th Banana Social in Main at 2pm
- 26th Bingo in Main at 1:30 pm
- 27th Worship Service in Main at 1pm
- 28th Rose Quotes in Lobby at 11 am

These are just a few of our Monthly activities, please see your calendar or Channel 2 for more of our daily activities. If you have any questions, please call Julie at Extension 117.



One of Potential Things to watch out for on Elder Phone Scams.

Robocalls/phone scams

Robocalls take advantage of sophisticated phone technology to dial large numbers of households from anywhere in the world. Robocallers use a variety of tactics to cheat their victims. Some may claim that a warranty is expiring on their car/electronic product and payment is needed to renew it. One popular robocall is the "Can you hear me?" call, where when the senior says yes, the scammer hangs up after recording their voice, thus obtaining a voice signature to authorize unwanted charges on items like stolen credit cards.

If you suspect you've been the victim of a scam...Don't be afraid or embarrassed to talk about it with someone you trust. You are not alone, and there are people who can help. Doing nothing could only make it worse. Keep handy the phone numbers and resources you can turn to, including the local police, your bank (if money has been taken from your accounts), and Adult Protective Services. To obtain the contact information for Adult Protective Services in your area, call the Eldercare Locator, a government sponsored national resource line, at: 1-800-677-1116, or visit their website at: <https://eldercare.acl.gov>.

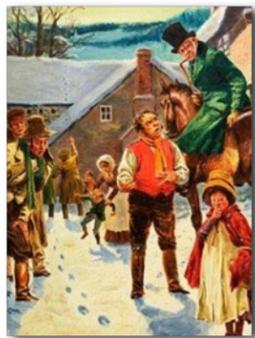


The peace symbol has never been copyrighted and is free for all to use.

A Picture of Peace

The threat of nuclear war was very real during the Cold War of the 1950s. As a form of protest against Britain's testing of hydrogen bombs, the Direct Action Committee (DAC) Against Nuclear War made a 52-mile march from London to an atomic weapons research center in Aldermaston. Participants in the march carried signs bearing a unique symbol, a nuclear disarmament (ND) logo that is now known as the peace sign.

The DAC enlisted artist Gerald Holtom to design a recognizable logo for the march, which he completed on February 21, 1958. Holtom incorporated letters from the flag semaphore alphabet, combining the downward diagonals of the *N* and the straight vertical line of the *D* within a circle representing the globe. Holtom was also inspired by Francisco Goya's painting *The Third of May 1808*,



In January of 1909, similar footprints were reported in New Jersey, contributing to the myth of the Jersey Devil.

Running with the Devil

February of 1855 brought heavy snowfall to South Devon, England. It also brought a terrible mystery. Residents awoke on February 9 to discover a disturbing trail of hoof-like prints in the snow covering 100 miles. The trail traveled over houses, rivers, and haystacks, climbed atop snow-covered roofs and high walls. Some even claimed to find the tracks leading out of drainpipes. While many could not fathom their origin, religious leaders declared that the tracks

which depicts a peasant with his arms upraised before a firing squad. Holtom admitted that the threat of nuclear war had caused him "deep despair. I drew myself... with hands palm outstretched outwards and downwards in the manner of Goya's peasant." Holtom's design was a success, and it soon became the symbol of the United Kingdom's nuclear disarmament campaign.

In 1960, the logo came to represent something more universal. An American student named Phillip Altbach traveled to England as a representative of the Student Peace Union (SPU). When Altbach saw Holtom's logo, he decided to use it as the symbol of the SPU. During America's tumultuous cultural upheaval during the '60s and '70s, Holtom's logo was transformed into a universally recognized sign of peace.

were left by the cloven hooves of Satan himself. Indeed, the incident has earned the name the "Devil's Footprints."

Many have dismissed the tracks as a hoax. Other investigators suggest that an experimental, low-flying balloon made the marks. Other theories suggest that the prints were made by hopping wood mice, a rogue kangaroo, and a badger. An 1840 newspaper report mentions similar strange animal prints found in the snow in Scotland.



The uke's four strings are tuned to the notes G, C, E, and A.

Ukulele Lore

February 2 is World Play Your Ukulele Day. In many elementary schools, the ukulele has become the instrument of choice for teaching music due to the uke's affordability and versatility, not to mention the fun that comes with strumming! The ukulele is most often associated with Hawaii thanks to Joao Fernandes, who immigrated to Hawaii from the Portuguese island of Madeira in

1879. Upon arrival, Fernandes leaped from his ship to the dock and began to strum a tune on his *braguinha*, a small, four-stringed guitar. Other Madeirans soon set up shop making the instruments. The word *ukulele* meant "cat flea." It was first used in 1906 to describe the way uke players rapidly strummed the instrument, with their fingers "jumping" all over the strings.

The Year of the Tiger

February 1 rings in China's Year of the Tiger. In one myth, the Jade Emperor dictated that the order of the Chinese zodiac would correspond to the order in which the animals arrived at his birthday party. Diligent Ox departed early and arrived first. Tiger, so quick and competitive, arrived second. When the Jade Emperor noticed that Rat had hitched a ride atop Ox and jumped down to reveal himself, clever Rat was reordered first to arrive, with Ox second. Tiger had to accept his place as third.

Just as Tiger was content with becoming third, in life Tigers never give up despite setbacks. They are considered courageous and adventurous, kind and benevolent, and, of course, competitive. Rich in emotion and imagination, art is a common calling for those born in the Year of the Tiger. They are also seen as the guardians of children. For this reason, babies and kids often wear tiger-themed clothes for protection against evil spirits.

Women born in the Year of the Tiger are often considered to be great mothers.

The Chinese New Year marks a wonderful new beginning with high hopes for good fortune and prosperity. For this reason, one should never utter anything negative. To speak negative words such as *poor*, *pain*, *break*, or *sick* might jinx your entire year! Likewise, try not to break anything. Doing so might shatter your connection to prosperity. It is traditional to sweep and clean before the new year, removing all bad luck from the house. However, once the new year arrives, any type of cleaning or removing garbage might remove good luck from the home.

One of the most important traditions is to gift red envelopes of money. This "money to anchor the year" is a means of wishing someone an entire year of good fortune. How much do you give? How much is a year of prosperity worth?



Tigers are the largest wild cat species in the world, weighing up to 670 pounds.