

*Everyone Deserves
a Great Life*

February 2017

Letter From Howard

February Greetings,

Since this month includes Valentine's Day, I would like to send a special Valentine to our care staff this month. Our caregivers feature RN Monica Loftis, who recently completed her first year with us. We are thankful for our back-up RN, Lucy Clauter, who just joined us in November, 2016. Monica and Lucy lead an experienced group of CNA staff who work 3 shifts a day to provide 24-hour care to our residents. We have an all-inclusive care package that provides bathing and dressing assistance, medication reminders, 24-hr emergency response, as well as housekeeping and laundry services.

Happy Valentine's Day and THANK YOU to our excellent care team.

Sincerely,
Howard Saver



VILLAS OF HOLLY BROOK HERRIN

505 RUSHING DRIVE · CARTERVILLE, IL 62918 · (618) 993-1997

Better With Age

A sharper insight and perspective on life, increased compassion for others, and the confidence and freedom to be your true self—these are just a few of the ways that getting older actually means getting better, according to seniors quoted by Country Living magazine.

Tune Up Your Activities With Jazz

Before you cast on for a knitting project or take a swing at your golf putting, cue up some jazz music to accompany you. Of all the many musical genres, jazz has been shown to be the most effective at enhancing the fine motor skills used in activities such as golf putting, knitting, sewing and painting. Researchers say the music's calming effect can improve performance skills and frees the mind to focus on creativity.



Sweets to the Sweet

The tradition of gifting chocolate candy in heart-shaped boxes can be traced back to Victorian times. Richard Cadbury, of England's famous family of chocolate makers, began packaging their sweets in decorated boxes shaped like a heart, which Cadbury himself designed. The artful containers were often saved to hold keepsakes. Today, 36 million heart-shaped boxes of candy are sold each year for Valentine's Day.

Schedule a Tour!!!!

At this time we are at full capacity. We are always eager to show our facility and invite anyone to come for a tour and lunch.

*Every family has a story.
Welcome to ours.*
618-993-1997

Check Us Out!!

You can always check us out at
www.meridiansenior.com or
Facebook: **The Villas of Holly
Brook HERRIN**

Want to receive monthly
newsletter and calendar?
Send your email address to:
vher.scc@meridiansenior.com





Trivia Whiz

The Human Heart

Not only is the heart a familiar symbol of Valentine’s Day, but it’s also the focus of another February observance:

American Heart Month. Celebrate this incredible organ with these facts:

Every day, the heart beats around 100,000 times. During the average person’s lifespan, the heart may beat 3 billion times.

A healthy adult heart beats 60 to 100 times a minute at rest.

Make two fists and hold them together. This is roughly the size of your heart.

The average heart weighs between 8 and 10 ounces, or about the same weight as an apple.

The heart does the most physical work of any muscle during a lifetime, pumping 1.5 gallons of blood every minute.



Simple Ways to Spread Kindness

“No act of kindness, no matter how small, is ever wasted,” wrote the ancient Greek storyteller Aesop. Random Acts of Kindness Week, the second full week in February, was created to encourage thoughtful gestures toward others. Here are a few ideas to spread joy:

Do you enjoy writing letters? Pen thank-you notes for local police and fire departments or those serving in the military. Make cards for patients at a children’s or veterans hospital as a cheerful surprise. Or jot a note to a friend, recalling a favorite moment you shared with them.

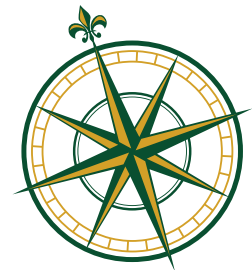
Do you like getting compliments? Everyone does, so make a point to say something positive to people you encounter. Wish passersby a good morning or tell someone you like their outfit. Praise a server, nurse or aide for the work they do. A smile and a few



Counting Birds for a Cause

Every February, nature lovers across the globe have the chance to help out scientists by participating in the Great Backyard Bird Count.

Created in 1998 by the Cornell Lab of Ornithology and the National Audubon Society, the project collects real-time data on wild bird species over four days. You don’t have to be a bird-watching expert to take part—in fact, Audubon scientists recommend the project as a fun and worthwhile



ME

SE

kind words can brighten a person’s day.

Do you like connecting with younger generations? Get involved with a day care, school or youth organization and read to the youngsters, share stories about your life or teach them a game or skill.



way to introduce yourself or someone else to birding.

After creating a free account at GBBC.BirdCount.org, simply tally the numbers and kinds of birds you see for at least 15 minutes on one or more days of the count and submit the results. Experts suggest familiarizing yourself with the key bird identification categories—size and shape, color pattern, behavior, and habitat—and consulting a field guide specific to birds in your region.

In addition to tallying species, the bird count also helps researchers study climate change, avian diseases and other factors that can affect bird populations and migration patterns.

This year’s Great Backyard Bird Count takes place Feb. 17–20.

Remembering Iwo Jima

The image of six U.S. Marines raising the American flag on Iwo Jima is one of history's most famous photographs, having "recorded the soul of a nation," as it was later described. Every year on Feb. 23, Iwo Jima Day is observed to honor that defining moment and the brave men who fought in the World War II battle.

Located about halfway between Japan and the Mariana Islands, the tiny island of Iwo Jima was needed as a strategic landing site for American B-29 bombers. Beginning Feb. 19, 1945, three Marine divisions totaling 70,000 men battled 21,000 Japanese troops who were entrenched in a sophisticated underground network of caves and tunnels.

On March 26, the U.S. declared the island secure after five weeks of fighting. During that time, nearly 7,000 Americans were killed and 20,000 wounded, with 27 men awarded the Medal of Honor, the country's highest military award for bravery.

The enduring image of the flag-raising on Mount Suribachi, captured by press photographer Joe Rosenthal, is immortalized as a sculpture at the U.S. Marine Corps War Memorial outside Arlington National Cemetery. It is one of the few official sites in which a presidential proclamation authorizes the flag to be flown there 24 hours a day.

Feb. 23 is Iwo Jima Day

Great Grains

Including grains in your diet provides many nutritional benefits, and there are now options available beyond the usual wheat, rice and oats. Get the scoop on the latest grains that are making their way into foods.

Quinoa. Pronounced KEEN-wah and originating from South America, this super food supplies all nine essential amino acids, making it a complete protein. It is actually a seed, so it's also gluten-free. Its popularity has it showing up in all types of dishes from breakfast to dinner and even beverages.

Bulgur. Known as "Middle Eastern pasta," this wheat product is best known as the staple ingredient in tabbouleh salad. One cup of bulgur provides a rich source of manganese, fiber and protein.

Wheat berries. These are whole kernel grains of wheat, before any processing or refining occurs. With a chewy texture and earthy, nutty flavor, they are often used in soups and salads and add crunch when baked into bread.

Freekeh. This grain with the funny name is young, green wheat that is harvested and roasted, which gives it a smoky flavor. It's loaded with fiber and selenium, and research suggests it may aid digestive health.

Farro. Also called emmer, this ancient plant has been found in the tombs of Egyptian kings and has been an ingredient in Italian dishes for centuries.



Wit & Wisdom

"Romance is the glamour which turns the dust of everyday life into a golden haze."
—Elinor Glyn






"In a great romance, each person basically plays a part that the other really likes."
—Elizabeth Ashley

"Romance is thinking about your significant other, when you are supposed to be thinking about something else."
—Nicholas Sparks

"Tradition wears a snowy beard; romance is always young."
—John Greenleaf Whittier

"To me, romance and suspense go hand in hand. What's more suspenseful than wondering how two wonderful people can manage to get together in spite of the world going crazy around them?"
—Maggie Shayne

February 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			 1	Groundhog Day 2	3	4
5	6	7	8	9	 10	11
12	13	 HAPPY Valentine's DAY	15	16	17 Anne L. Birthday	18
19 Priscilla M. Birthday	Presidents Day 20	21	22 Nancy H. Birthday	23	24	25
 26	27 Vernon G. Birthday	28 Pearl S. Birthday Alice A. Birthday				

"This Month In History" FEBRUARY

1789: George Washington is unanimously elected the first president of the United States.

1909: The NAACP, the nation's oldest and largest civil rights organization, is founded in New York City.

1910: With the motto "Be Prepared," the Boy Scouts of America is incorporated.

1925: A heroic five-day dog sled relay across Alaska saves the population of Nome from a deadly diphtheria outbreak.

1933: The first issue of Newsweek magazine is published.

1941: Providing a home away from home for U.S. military personnel, the United Service Organizations is chartered. The USO tradition of entertaining troops continues today.

1959: NASCAR's first Daytona 500 race is run at the new Daytona International Speedway in Florida.

1962: First lady Jacqueline Kennedy hosts a televised tour of the recently renovated White House.

1982: The comedy talk show "Late Night With David Letterman" premieres.

1995: In the driver's seat of the Discovery, astronaut Eileen Collins becomes the first female pilot of a space shuttle mission.

2000: The last original "Peanuts" comic strip appears in newspapers nationwide.

2005: At the Grammy Awards, singer Ray Charles wins eight posthumous awards for his final album, "Genius Loves Company."