

Everyone Deserves  
a Great Life

February 2017



# ARCADIAN COVE

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**Arcadian Cove  
Administrative Team**  
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*Shelli Gross*  
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**Business Office Manager**  
*Tracey Noe*  
**Food Services Director**  
*Ella "Cissy" Williams*  
**CareTender Lead**  
*Tausha Abner*



## 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.



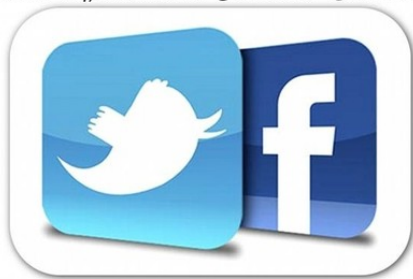
*Love is in the air...*

*...Visit our front lobby  
this month to see our  
grand display of love  
were putting on for...*

*Valentines Day*



Be sure to follow us on Twitter & Facebook!



## February Birthdays!

Linda Abrams 2/9  
Susan Sampson 2/12  
Lillie Brown 2/14



## February Forecast

Feb. 2 is Groundhog Day, when the furry forecaster from Pennsylvania emerges from his burrow. If Punxsutawney Phil sees his shadow, it means six more weeks of winter. If he doesn't, then spring is just around the corner.



### 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

### Tune Up Your Activities With Jazz

Before you cast on for a knitting project or paint a colorful picture, 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.



# ME

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## 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.

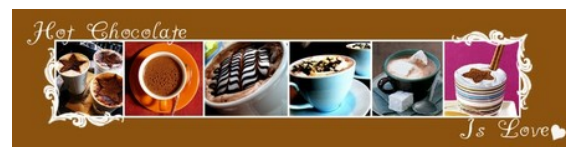
kind words can brighten a person’s day.

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.



### Hot Cocoa and Health

A cup or two of cocoa each day may do more than ward off a chill. Cocoa is rich in antioxidants, potassium, iron and other nutrients. Hot chocolate is also chock-full of flavonoids, powerful compounds that are being studied for their link to fighting cancer, preventing stroke and delaying dementia and other cognitive problems. Plus, sipping this sweet treat can make you feel better—not only because the drink is delicious, but also because it raises the body’s levels of serotonin, which produces endorphins and can banish a bad mood.





# ERIDIAN NIOR LIVING

## Look What We Have Been Up to!



Ms. Alice and Ms. Lana helping to put away Christmas decorations. Bye Bye Christmas, Hello New Year!



Ms. Cris pouring some sparkling juice, as residents look upon the delicious spread of food, prepared by Ms. Ella's kitchen.

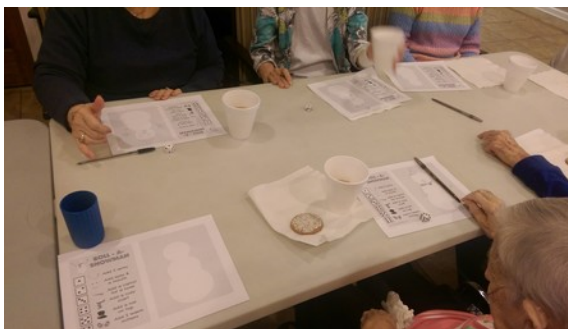


## Congratulations



Ms. Bonnie with Ms. Teresa Embree, winning the goodie basket provided by Caretenders Home Health Care. We are always excited when Caretenders come to see us.

## Fridays at the Cove!



Ms. Newman enjoying warm cider and a cookie while playing an afternoon game.

## Friday Night Flicks!



Residents remember to join us every Friday night at 6:00pm in the activity room for a viewing of a spectacular movie. Please bring any suggestions for movies to Ms. Javonna.

## 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

# Arcadian Cove

532 Cady Drive \* Richmond, KY 40475



*Those who hold love in  
their hearts are forever  
young!*