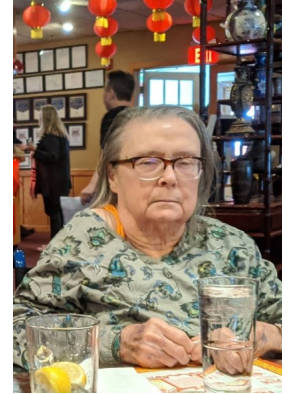


The Arbors at Amherst

FEBRUARY 2020



DID YOU KNOW...

Hallmark has over 1330 different cards just for Valentine's Day. 144 million cards are exchanged every year.

The red rose was the favorite flower of Venus, the Roman goddess of love. Red symbolizes strong feelings, which is why a red rose is the flower of love.

Teachers receive the most Valentine's cards, followed by children, mothers, wives, and then sweethearts.

In the middle ages, young men and women drew names from a bowl to see who their Valentine would be. They would wear the name on their sleeve for a week. To "wear your heart on your sleeve" now means it is easy for others to know how you feel.

Only the U.S., Canada, Mexico, Australia, and the U.K. celebrate Valentine's Day



Evidence that Chocolate IS Good for You!

Chocolate is derived from cocoa beans. Beans = Vegetable. Sugar is derived from either sugar cane or sugar BEETS. Both are plants, in the vegetable category, thus chocolate is a vegetable. To go one step further, chocolate candy bars also contain milk, which is dairy. So, candy bars are a healthful food. Chocolate covered raisins, cherries, orange slices, and strawberries all count as fruit. So...eat as many as you want!

HAPPY VALENTINE'S DAY!

DOOR DOOR

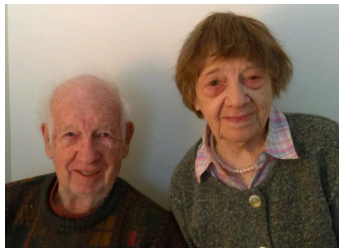
The Arbors at Amherst



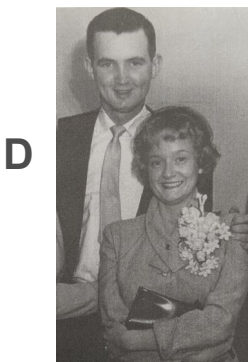
1



2



3



4



5



THAT'S AMORE'



She said yes, and they lived happily ever after.... In celebration of love, we have our married couples (1. Dave & Betty, 2. Laura & Jim, 3. Nancy & Paul, 4. Cam & Theresa, and 5. John & Marion) as you know them today, and how they were when they married (or were younger). Can you match our couples? If you look closely....they still look very much like their younger selves. Find out how well you did by peeking at the answers on the back page.

THAT'S A FACT JACK!

Wedding rings date back thousands of years. The ancient Romans and Egyptians both believed that a vein called the *vena amoris* ran directly from the ring finger to the heart.

Percentage of American men who say they would marry the same woman if they had to do it all over again: 80%. Percentage of American women who say the same: 50%.

The German language has words to describe 30 kinds of kisses, including *nachkissen*, which are kisses that make up for those that have been omitted.

On average, women utter 7000 words a day; men manage just over 2000.

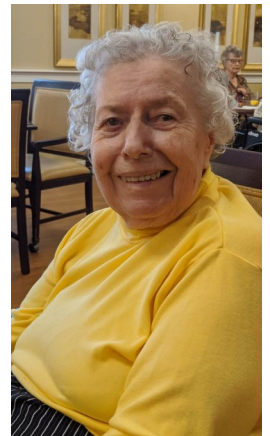
"It was not into my ear you whispered, but into my heart.

It was not my lips you kissed, but my soul."

- Judy Garland

GREETINGS FROM REFLECTIONS

Life on our Reflections community has been busy under the guidance of Sharon, our new Program Director. Residents have been enjoying a variety of physical, mental, spiritual, social, and fun activities. Many of our Traditional residents have also stopped off in the great room to join in the festivities and shenanigans! They will be looking forward to hitting the road this month for country rides and lunches out as well, and a number of social events are on the calendar to look forward to.



DOOR DOOR

February is...

American Heart Month, Black History Month, National Bird Feeding Month, National Blah Buster Month, and National Return Shopping Carts to the Supermarket Month!



THAT'S AMORE ANSWERS:

A-3 B-5 C-4 D-1 E-2

Foot Clinic

2/2

Hairdresser

Tuesdays

Welcome Home New Residents

Veronica L. (Apt 222)



Birthstone - Amethyst

(Sincerity)

Flower - Violet

Happy Birthday

2/5 Monika V.

2/12 Lalita R.

2/15 Carol M.

2/19 Bette M.

2/20 Alvin F.

2/22 Adriana C.

2/26 Hazel W.

2/26 Dawn C.

To Your health...

If you are feeling sluggish, tired, and a little depressed, you're not alone. Shorter days and colder weather can cause a serious case of the "blahs". A dip in feelings of physical, mental, and emotional wellbeing that lasts until the longer, warmer days of spring return. There is a lot you can do to feel better right away.

1. If you find yourself feeling sluggish, maximize the light that is available by opening curtains and blinds first thing in the morning and keep them open throughout the day. Turn your lights on and keep regular hours, getting up and going to sleep at the same time every day, will help your circadian rhythms adjust to help you feel more energetic through the day.
2. The endorphins that are released during exercise are natural mood elevators that can make you feel happier and more relaxed. Join the morning stretch class, chair chi sessions, or take a walk!
3. Stay engaged. Socializing is an important aspect of wellness and shouldn't be overlooked. Get out of your apartment and mingle; join an activity or sit over coffee and enjoy a chat, it's good for you!
4. Studies have suggested that moderate amounts of caffeinated coffee can help people avoid depression. But don't forget, drink plenty of water too!
5. Pamper yourself. Do the little things that make you happy. Reading a favorite book or watching a cherished old movie with a friend can make the winter months a lot less dark.