

February Newsletter

February 2024

**Celebrating
February**

**Bird Feeding
Month**

**Women
Inventors
Month**

**Spunky Old
Broads Month**

**Engineers
Week**
February 18–24

Liberace Day
February 4

**Periodic Table
Day**
February 7

**Chinese Lunar
New Year's Day**
February 10

Hippo Day
February 15

Presidents' Day
February 19

**For Pete's Sake
Day**
February 26

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Is Love In The Air? Maybe Not..

On February 14th, sweethearts of all ages will exchange cards, flowers, candy, and more lavish gifts in the name of St. Valentine. But, maybe St. Valentine was no lover or patron of love?

Ancient sources reveal that there were several St. Valentines who died on the 14th, two of them executed during the reign of Roman Emperor Claudius Gothicus in 280 A.D. How do we know this? Because an order of Belgian monks spent three centuries collecting evidence for the lives of saints from manuscript archives around the world.

The volume encompassing

February 14th contains the stories of a handful of “Vantini”, including the earliest three whom died in the third century. The earliest is said to have died in Africa, although more information could not be found. Sometimes all that the monks could find of the saints was a name and day of death. The third 3rd century Valentinus was a bishop of Terni in Italy. He had died after debating a potential convert and healing his son. It is likely that there weren't different Valentines, but that two different versions of one legend appeared in different locations. Nonetheless, their stories show maybe neither of the Valentines were romantic.

Don't Be A Grouch

Is there someone in your life who is a perpetual grouch? Are they forever grumpy? Is every day a bad day? February 16 may be your day to help them. It's Do a Grouch a Favor Day.

Hunger is a definite biological cause of grouchiness. Perhaps the best favor you can do for a grouch is bake them a treat or buy them lunch. Some people are grouchy first thing in the morning.

The grouch might say they're “nota morning person,” but this grouchiness may have a biological cause. Some suffer a groggy period after waking up that is called the “sleep inertia” phase. It takes from five to 30 minutes for a person to feel awake. Or, if someone is an interminable grouch, perhaps the biggest favor you can do them, and yourself, is leave them alone.

Pucker Up



During Victorian times, it was considered bad luck to sign a Valentine's Day card.

Valentine's Day always falls on February 14, but in the south of France, people are still planting kisses until the Saturday after Valentine's Day.

The residents of Roquemaure call it the Festival of the Kiss, and kiss they do. They smooch from sunup to sundown in honor of their favorite saint, Saint Valentine. According to legend, Valentine became the patron saint of love when, on February 14 around the year 270, he was caught performing illegal marriage ceremonies for Roman soldiers and was martyred by Roman emperor Claudius II Gothicus.

In 1868, the supposed remains of Saint Valentine were purchased in Rome and transferred to Roquemaure. The French village was renowned for its winemaking, but in 1868, its vines were

diseased. Villagers and winemakers believed that the arrival of the saint's remains would cure their ailing vines. Miraculously, within four years, the vineyards had recovered.

And so, during the Festival of the Kiss, Roquemaure returns to the year 1868. Residents wear costumes from that era, while horses and carriages clop down the streets. Storefronts boast 19th-century decorations. Even the street names are rewritten, bearing the names of France's most lovesick poets and artists. Everyone drinks wine and kisses until they can't feel their lips. The local winery is named Cave Saint Valentine and produces specialty wines for the occasion. The local post office even gets in on the fun, sealing every letter with a kiss. This is why Roquemaure is known as "La Capitale des Amoureux," the Capital of Lovers.

Upcoming Events

For Birkwood Village, February is the month of love and fun. With many different activities going on through the month, we always have some that stand out more than others.

We have Groundhogs day, and the hopes that Punxsutawney Phil doesn't see his shadow.

Mardi Gras day is on February 13th, with a Mardi gras party and entertainment by Rick Marshall.

The following day on February

14th, we'll have our "Lovers Social" to celebrate Valentines Day for staff and residents.

On February 17th, Our Activities Director and Dietary Manager are hosting a Pancakes and Pajamas Breakfast. The residents will have the pancakes cooked directly in front of them with several toppings for it!

With this being only a small showing of what the activities have to offer, don't forget to grab an activities calendar!



Punxsutawney Phil at the Groundhogs Day Ceremony, 2023 in Pennsylvania .

Staff Anniversaries And Meet The Team

All staff anniversaries this year are celebrating one year with us!

We have:

Anna Hernandez, CNA

Lisa Long, CNA

Courtney Graves, CNA

Elijah Hernandez, Dietary

Felicia Weinrich- Staffing Specialist

Paige Carson- Dietary

Ellie Lake- Dietary

Alexis Hall- CNA

Deb Milligan- CNA

Abigail Milligan- CNA

Vanessa Rea- CNA

Galyn Stotlar- CNA

Tessa Waterman- CNA

Melissa Carter- Housekeeping

We always make sure to have a warm welcome to all new staff at Birkwood Village! This month we welcomed:

Please help us welcome to the team!

Assisted Living Open House

On Thursday, January 18th, our Assisted Living/Memory Care building hosted their Open House to the public. We hosted the event to over 100 guests, showing them various rooms available, discussing the food, and showing all of the amenities available to all residents.

Birkwood Village served food and drinks, offered by notorious Chef Kevin; as well as many speeches from Birkwood Village owner, Mark Holtkamp, and Assisted Living Director, Renee Hudnut.

With the Open House and ribbon cutting, we thank all parties who helped get the Birkwood Village community to where it is today. Pebbles Schnieder, with Schickedanz Construction, and her crew built a beautiful building in addition to our Long-Term Care/Skilled Nursing facility.

Birkwood Village of Fort Madison can't wait to 'step up' the expectations for Assisted Living, Memory Care, Ventilation Care, Skilled Nursing, and Long-Term Care in the community!





Notable Quotable

“I firmly believe that respect is a lot more important—and a lot greater—than popularity.”

~ Julius Erving (born February 22, 1950)



February Horoscopes and Birthdays

If you were born between February 1–18, you are an Aquarius, the Water Bearer. Aquarians are loyal and smart humanitarians who want to make a difference in the world. They are energetic, have inquisitive minds, and come up with creative solutions. Those born from February 19–29 are Pisces, the Fish. Like fish, Pisces like to go with the flow in an easygoing

Our January Birthdays for residents are:
Nancy Strunk- February 4th
Beverly Warner- February 16th

Our Staff Birthdays are:
Belinda Gresham- February 1st
Ella Ashmore- February 9th
Amy Kettle- February 10th
Caroline Gastelum- February 17th
Katrina Horn- February 27th

The Year of The Dragon

Chinese New Year, also known as Spring Festival or Lunar New Year, is celebrated from February 10th to the 24th this year. It is one of the most important and widely celebrated festivals in Chinese culture. It marks the beginning of the lunar new year and is a time for reunions, cultural festivities, and the welcoming of a new year.

This year is the Year of the Dragon according to the Chinese Zodiac. Each year in the

Chinese zodiac, an animal sign is associated, and the Dragon is considered a symbol of strength, courage, and good fortune.

Some ways to participate are: Family Reunions, Decorating with Red (Red is the primary color associated with good luck and happiness in Chinese Culture), Enjoying traditional foods, Give Red Envelopes, and watch Dragon and Lion Dances. Chinese New Year has been deeply rooted for 3,000 years and has evolved over the centuries to become what it is today.

The Art of Being Humble

February 22 prefers not to call attention to itself. It is Be Humble Day, a day not to brag, boast, or call attention to your accomplishments. The words *humble* and *humility* come from the Latin word *humus*, which means “earth,” literally the dirt beneath our feet. To be humble is to have a modest estimate of one’s own worth and to never have a superior attitude.

In our loud, proud, and power-driven society, humility can be

viewed as a weakness. However, humility has often proven to be a leader’s greatest strength. A good and humble leader will sacrifice personal gain for the benefit of the entire group. Humble leaders also do not create their identity from their accomplishments. When their choices are criticized, they do not take it personally but rather are willing to learn from their mistakes. Taking a day to be humble may make us all stronger leaders, whatever our tasks.