

**Residents Birthdays!**

Elizabeth R.	2/2
Ella N.	2/4
Richard H	2/8
Robert W.	2/8
John I	2/9
Pearl N.	2/15
Agnes G	2/19
Nancy K.	2/20
Florence	2/25

**Staff Birthdays!**

Katrina Korbel	2/1
Mary Vang	2/2
Elsie H. Bongabong	2/4
Linda Kurtti	2/7
Sarah Richardson	2/17

**Happy Birthday to all of residents and staff at the Shores!**



**February Birthdays**

In astrology, those born between February 1–18 are the Water Bearers of Aquarius. As the water of life heals the land, so Aquarians are the humanitarians of the zodiac. Free-spirited, nonconformist, compassionate, and visionary, they support giving “power to the people.” Those born between February 19 and 29 are the Fish of Pisces. Fish feel things deeply, as in under-the-sea deep. These intuitive, creative, and intelligent people have strong feelings of right and wrong and also love to help others.

- Ayn Rand (author) – February 2, 1905
- Gertrude Stein (writer) – February 3, 1874
- Rosa Parks (activist) – February 4, 1913
- Laura Ingalls Wilder (writer) – February 7, 1867
- Thomas Edison (inventor) – February 11, 1847
- Galileo (astronomer) – February 15, 1564
- Michael Jordan (athlete) – February 17, 1963
- Sidney Poitier (actor) – February 20, 1927
- Nina Simone (singer) – February 21, 1933
- George Washington (president) – February 22, 1732
- Elizabeth Taylor (actress) – February 27, 1932
- Dennis Farina (actor) – February 29, 1944

**Note from the Office Manager**

This month Paula, our Business Office Manager will be sending an updated Bill of Rights. This will be sent with your billing statement for the month of February. Please read it and then sign and return it to the front desk or the office manager.



# The Pebbles of Lake Phalen

The Shores of Lake Phalen Senior Living\* 1870 East Shore Drive\* Maplewood MN\* 651)777-7784



**Valentine's Day!**

*As we all know that the month of February is for sweethearts, lover's and close friends. Here at The Shores, we are asking that you bring your old or new photograph, or wedding picture, to Keila, so that we can share these lovely pictures with our Shores family, friends, and neighbors. The pictures will be in the lobby area on the Credenza.*

*Valentine's Day is a day for caring, sharing, and acknowledging someone that you care about. We will have a Valentine's Day Party with entertainment and refreshments. We will also have a voting ballet for our new King and Queen of The Shores. Our last year's King and Queen chosen was Ray Petschel and Sally Boo.*

*Come and enjoy the festivities on Valentines Day Friday February 14<sup>th</sup> in the Community Room 2-4:00pm*



**Coffee with the Veterans**

This month we will start a coffee and conversation group with our Veterans at The Shores. This group will be held every other month on a Wednesday @ 10:30am in the Club Room. This will be led by Steve & Brett from Moments Hospice Care Consultants. You may remember these two from our Veteran Day Celebration or visiting throughout the facility with a resident.



**Celebrating February**

Library Lovers Month

Mend a Broken Heart Month

Black History Month

Groundhog Day  
February 2

Westminster Dog Show  
February 10–11

Valentine's Day  
February 14

Presidents' Day: U.S.  
February 17

Mardi Gras  
February 25

Leap Year Day  
February 29

### Note from the Nurses

This is flu season and handwashing is very important. If you're not feeling well please let the nurse know and try to confine your illness to your apartment and not socialize with others until you're well. You are able to have room trays with the nurse's approval to be delivered to your apartment. There will be regular room checks to make sure that you don't need any extended medical attention. Remember, Handwashing is important!



### February 's Vital Clinic

February 4<sup>th</sup> 8:30-10:00am,



Fitness Room 2<sup>nd</sup> Floor

### Welcome Neighbor

The Shores like to make everyone feel welcomed. Being a new resident, you might feel lonely and lost. We are looking for an Ambassador to meet and greet the new resident, taking them around to meet your neighbors and have a few meals with them until they get adjusted and familiar with the way things are done in the dining room and the facility. Making them feel comfortable in their new home.

We would like to have a resident for each floor that would be honored to be ambassador of The Shores of Lake Phalen. If you are interested, please see Jodi or Keila.



### Do a Grouch a Favor



You probably know someone who is a grouch. Maybe it's your friend, neighbor, parent, or even spouse! February 16 is the day to forgive them for their sullen and grumpy attitudes and do something nice, for it is Do a Grouch a Favor Day. What favors could possibly satisfy the irritable nature of a grouch? Psychologists believe that the most common sources of irritability are often little things throughout the day, small annoyances that come with everyday tasks such as driving or shopping at the grocery store. Compassion, they say, is necessary for forgiving those around us for their minor transgressions and annoyances. So perhaps the biggest favor we can do for a grouch is to show them compassion. Understanding others' emotions is the first step we can take toward alleviating their suffering and dispelling loneliness.

### From Your Valentine

On February 14 each year, sweethearts celebrate Valentine's Day by exchanging cards, chocolates, and other tokens of love. But do these sweethearts know who they are celebrating? The true identity of St. Valentine is murky and there are differing stories detailing his role in the church and the acts that inspired the popular holiday bearing his name.



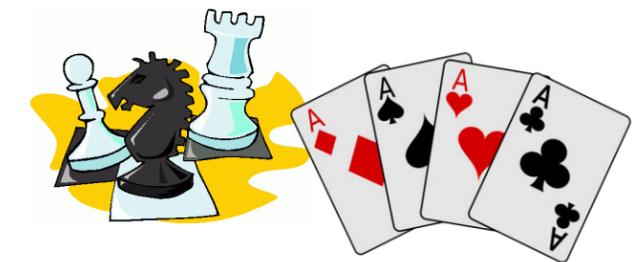
Competing stories depict St. Valentinus (the Latin version of the name) as either a priest from Rome or the Bishop of Terni during the reign of Emperor Claudius II. Legend has it that Valentinus aided Christians who were persecuted under Claudius II's reign. Eventually, Valentinus, too, was put under house arrest at the home of Judge Asterius. It so happened that Asterius had a blind daughter. The judge asked Valentinus to prove the power of Christ by restoring the girl's sight. When Valentinus performed the miracle, the judge thanked him by freeing him and all the Christians he had imprisoned. But Valentinus did not remain free for long. He was again arrested and brought before Emperor Claudius II himself. When Valentinus attempted to convert Claudius to Christianity, he was executed on February 14, AD 270, but before his martyrdom, he is said to have written a note to the daughter of Asterius, which he signed "From your Valentine."

Another story details how Claudius II outlawed marriage for young men in the belief that single men made better soldiers than those with wives and families. Valentine defied Claudius and performed marriages in secret, purportedly cutting hearts of parchment and gifting them to the couples as a sign of God's eternal love. When Valentine's secret was discovered, Claudius executed him.

These stories are different yet they both illustrate Valentine's devotion to his faith and his people. As these legends spread, so did Valentine's reputation for heroic love and devotion, inspiring a holiday dedicated to the ideals he died for.

### Attention Residents Are You Bored????

Residents are you bored and looking for something to do? Well, why not join your neighbors in a friendly game of Bridge or Chess. We have a beautiful chess board in the library on the 2<sup>nd</sup> floor and feel free to put it to good use. Some residents are looking for bridge players. If you are interested in any of the above, please contact Norm & Bernice Sessing to have a fun game of Bridge or Chess going.



### Note from Maintenance

Residents if you have a light bulb out, please be sure to notify the front desk to do a work order to have your light bulb replaced right away.



Our maintenance Director will have simulated fire drills. So, don't be alarmed by the flashing lights and the automatic closing doors during these alarms and fire drills. We have these drills for safety precautions incase of a real fire.

