



# The Scene at Summer's Landing

## February's Forecast: What's Going on in 2010??

With the least amount of days in its month, February stands with substance when comparing it to the other eleven months. Though there are only twenty-eight days; twenty-nine every four years, we seem to disregard the month as merely a gap between winter and spring. However, if you really think about it, February allows a smooth transition into the highly anticipated t-shirt wearing months to come. Simply because without winter, we would not appreciate spring.

On February 2nd the forecast for the month will be predicted through someone other than Glenn Burn's and his Doppler radar. As the legend lives on, it is up to Punxsutawney Phil to determine whether we will see an early spring or expect a late winter.

Super Bowl XLIV will be hosted at Dolphin Stadium in Miami on February 7, 2010. game.



Far from the warm weather of Miami and onto the slopes of Vancouver, British Columbia, Canada, The Winter Olympics take off on February 12th. For seventeen days, eighty countries will battle it out on the ice and snow for the chance at gold.

Mardi Gras, also known as "fat Tuesday," is celebrated on February 16th. This pre-Lenten festival is mainly commemorated in Roman Catholic countries and communities. In 1699 the celebration reached America. Ever since we all enjoy participating in the Mardi Gras festivities.

The month of February has a lot of historic moments. Among the many, Black History is the most well known and celebrated. Black History month was established in 1976. The month was chosen to coincide with the birthdays of Frederick Douglass and Abraham Lincoln.

National Cherry Month is also

observed in February. While not officially a national holiday, the celebration of Cherry Month has been practiced for many decades. It honors the research of the fruit; capable of easing the pain of arthritis and gout, as well as helping to fight cancer and heart disease. While Cherries promote a healthy heart it is ironic that American Heart Month also occurs in February. It is a time for the health industry to raise awareness of staying fit through exercise and good nutrition.

Inadvertently, February celebrates cherries that provide nutrition for a healthy heart, heart month to raise awareness of how to maintain a strong heart, Valentine's day keeps are hearts warm as we give thanks to our loved ones. The notorious St. Valentine will be celebrated on the 14th in honor of the Saint who sacrificed his life for love. The 20th is another opportunity to give gratitude to those we adore. It is a time dedicated to encouraging family togetherness as Bake for Family Month.

## Valentine's Day, National Cherry Month, & National Heart Month: Coincidence?

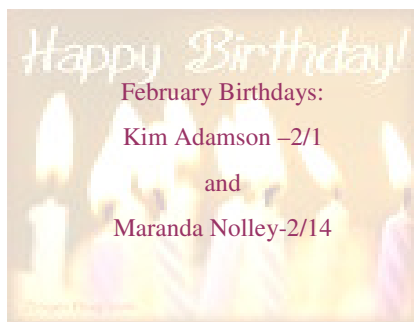
Every February across the country; candy, flowers, cards, and gifts are exchanged between loved ones. Apart from the "hallmark holiday" the 14th is a celebration of St. Valentine who sacrificed his life all in the name of "love."

So, it is only appropriate that February would promote heart awareness as it is also "National Heart Month." On the 25th Guardian Hospice is coming to have a "heart to heart talk" about guarding are hearts from cardiovascular disease and strokes. This month The



American Heart Association urges Americans to join together. By raising funds for research and education, we can fight back against heart disease and help provide education on the topic. One way to prevent heart disease is through antioxidants in tart cherries.

Coincidental? Maybe? But, February is a month dedicated to keeping our cardiovascular muscle circulating through heart warming cards, preventative nutrition, and health promotion.



### February Activities at a Glance:

- 2/5 DM Lee Birthday Bash @ 2:30
- 2/8 Crazy Marty @ 2:30
- 2/9 Mike Bienlenberg on the Piano @ 3:30
- 2/11 Craig Gleason @ 1:30
- 2/14 Sweetheart Luncheon @ 12:00
- 2/16 Mardi Gras Party w/ Raquel @ 2:30
- 2/18 Resident Council @ 11:00
- 2/24 "Heart to Heart" w/ Guardian Hospice @ 2
- 2/25 Alan Weisenberg @ 2

# Groundhog's Day: The Immortal Phil

Every year on February 2<sup>nd</sup> the redundant question “did Phil see his shadow?” is often asked in anticipation of an early spring. However, the question should be “can Phil even see his shadow?” The average lifespan of a Groundhog is 6 to 8 years and according to Phil’s top hat posse (aka “The Inner Circle”) he is well over 123 years old. It appears that Phil has been drinking from the fountain of youth, a potion that excludes him from the norm entirely! Funny enough, Phil drinks the elixir of life every summer adding 7 more years to his lifespan.



Punxsutawney Phil

So far, he has been the one and only groundhog since the celebration established in North America. The festival was organized in Punxsutawney, Pennsylvania. The state was populated predomi-

nantly by German settlers who wanted to commemorate the European tradition of Candlemas. According to an old supposition, a sunny Candlemas day would mean “another 6 weeks of winter.” Candles for sacred uses were

blessed on this day in order to honor the purification of Virgin Mary. Gradually, the Germans added the belief of an animal, initially a hedgehog, who if frightened by his shadow on Candlemas day

world foretell 6 more weeks of winter. The belief was brought to America in the 18<sup>th</sup> Century and the groundhog was adopted.

Since 1887 this magical rodent has been making Groundhog’s day predictions. Unlike most meteorologists who are 70% correct, Phil ironically overshadows them as he is 100% dead on with every forecast. So, it seems that Phil’s age is irrelevant when discussing weather prognostications and immortality might just be reality... at least in Phil’s case.



# Mardi Gras! What is “Fat Tuesday?”

Mardi Gras originated as one of a series of carnival days held in all Roman Catholic Communities between the twelfth night, or Epiphany, and Ash Wednesday. These carnivals had their origin in pre-Christian spring fertility rites. The most famous modern Mardi Gras festivities are those held in New Orleans, La; Rio de Janeiro, Brazil; Nice, France; and Cologne, Germany.

The pre-Lenten festival of Mardi Gras is celebrated in Roman Catholic countries and communities. It is also known as “Fat Tuesday.” In a strict sense, Mardi Gras,

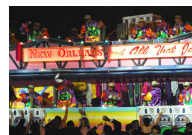
or shrove Tuesday, is celebrated by the French as the last of three days of Shrovetide. It is a time of preparation immediately before Ash Wednesday and the start of the fast of Lent. Mardi Gras is the last opportunity for “merrymaking and indulgence in food and drink.”

In practice, the festival is generally celebrated for one full week before Lent. Mardi Gras is marked by spectacular parades featuring floats, pag-



eants, elaborate costumes, masked balls, and people dancing in the streets.

On March 3, 1699 the first American Mardi Gras was celebrated near modern-day New Orleans. Today, between February 3<sup>rd</sup> and March 9<sup>th</sup> the tradition continues in New Orleans. “Fat Tuesday” occurs 46 days before Easter.



Purple, green, and gold are the colors of Mardi Gras. They represent justice, faith, and power.

# February’s Birthstone: The Amethyst

Traditionally the birthstone for February is the amethyst. Properties of the amethyst are associated with stability, peace, balance, courage, inner strength, sincerity, and calm disposition. As February is associated with the heart, the amethyst is said to reflect healing characteristics effective for heart problems. Other assets of the stone are said to help mend any sort of problems

*“The February born shall find serenity and peace of mind, Freedom from passion and from care. If they, the amethyst they shall wear.”*

related with addiction, headaches, insomnia, arthritis, pain relief, circulatory issues, and general healing.

The stone illuminates a pale lilac to deep rich purple color. The meanings behind the color have been represented in social, religious,



biblical, and Christian aspects of life. Originally the color purple had symbolic connotations for penitence and mourning. However, it was also related to wealth and power. Purple was strongly tied to this social stance because it was connected with Royalty. Dyes used for purple materials were extremely expensive to produce.

## Wise Words for February:

"Compassion may be first learned through kindness to all creatures great and small." William J. Bennett

"When I was young, I admired clever people. Now that I am old, I admire kind people." Abraham Herschel

"A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty." Winston Churchill

"If the day and the night are such that you greet them with joy, and life emits a fragrance like flowers and sweet-scented herbs, is more elastic, more starry, more immortal - that is your success. All nature is your congratulation, and you have cause momentarily to bless yourself." Henry David Thoreau

"Keep your faith in beautiful things; in the sun when it is hidden, in the Spring when it is gone." Roy R. Gibson

"Away in a meadow all covered with snow the little old groundhog looks for his shadow the clouds in the sky determine our fate if winter will leave us all early or late." Don Halley

"Love is a stepping stone to new beginnings." Thomas Kinkade

"Announced by all the trumpets of the sky, arrives the snow, and, driving o'er the fields, seems nowhere to alight: the withered air hides hills and woods, the river, and the heaven, and veils the farmhouse at the garden's end.

The sled and traveler stopped, the courier's feet Delayed, all friends shut out, and housemates sit Around the radiant fireplace, enclosed in a tumultuous privacy of storm." Ralph Waldo Emerson

"February is merely as long as is needed to pass the time until March." Dr. J. R. Stockton



"Kindness is a language which the deaf can hear and the blind can read." Mark Twain

"How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak and strong, because, someday in life you will have been all these." George Washington Carver

"We have to love those who are nearest to us in our own family. Love will then go out to all who need us." Mother Teresa

"Kindness gives birth to kindness." Sophocles

"The flowers of late winter and early spring occupy places in our hearts well out of proportion to their size." Gertrude S. Wister

## February Flower of the Month: The Violet

February's birth flower is the violet. Heart-shaped and purple in color, the violet signifies faithfulness in love and chastity. It also symbolizes humility. During the Middle Ages, violets were a symbol for humility and modesty. This was due in part to the blooming habits of the flower but also because of their association with the Virgin Mary. After the violet blooms it sends out tendrils and runners to set up new plants that cluster around the mother plant. As a result, violets



can be invasive. The ability to spread rapidly parallels the violet to Mary's determination to spread Christianity. The violet is also a symbol of immortality, resurrection, and spring.

These qualities are found in another story of Greek gods in which the violet plays a role. The god Hades fell in love with the maiden Persephone. One day while Persephone was walking through a field of violets, Hades



carried her away to his land of death. The world mourned her death and became barren until Hades relented and agreed that Persephone could walk on the earth from spring through fall.



In the language of flowers, the violet is given by a lover to his loved one to tell her that he will always stay true. This most applies to the purple-petaled violets. The white ones convey the message of taking the chance of giving her his heart.

## Celebrate Black History Month!

Beginning in 1915, Carter G. Woodson along with many friends, traveled from Washington, D.C. to Chicago to celebrate the fifteenth anniversary of emancipation sponsored by the state of Illinois. Thousands of African Americans traveled across the country to view exhibits highlighting progress since the destruction of slavery.

In 1926, Carter G. Woodson created "Negro History Week" as an inspira-

tion for all people to move forward in creating and popularizing black history.

And in 1976, the whole month was chosen to honor the significance of Black History. Woodson chose the month of February for reasons of tradition and reform. The month encompasses the birthdays of two crucial Americans who played a prominent role in shaping black history; Abraham

Lincoln and Frederick Douglass. Woodson asked for the public to embrace and extend the study of black history.





## SUMMER'S LANDING NORTHLAND

*Mike Sizemore- Executive & Regional Director*

*Lynn Neurath- Office Manager*

*Loren Montgomery-Director of Resident Services*

*Linda Cameron- Dietary Director*

*Kourtney Marcus- Activities Director*

*William Epps- Maintenance Director*

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**Summer's Landing Welcomes our  
newest residents:**

**Shirley Watts & Gloria Farber**

### **Resident of the Month: Dorothy Neal**



*Dorothy was born and raised in Alabama. For 25 years she worked as an office manager for Swift Meat Packing Company. She also worked for 20 years at the State of Alabama in the Department of Industrial Relations. Dorothy enjoys good books, cooking, corresponding with loved ones, and playing games. She loves to be around people and is a very personable individual with a big heart!*

## What's cookin' in the Kitchen with Kinte?

### Valentine's Day Chocolate Mousse :

#### Ingredients

- 6 (4-ounce) bars bittersweet chocolate
- 2/3 cup extra-strong black coffee
- 4 large eggs, at room temperature separated
- 1 cup sugar, plus 1/2 cup
- 2 cups heavy cream
- Whipped cream, for topping
- Shaved chocolate, for garnish
- Berries, for garnish



#### Directions

Break chocolate into smaller pieces and melt on top of a double boiler. When close to being melted add coffee and stir together.

In a separate bowl, beat 3 egg yolks and 1 cup of sugar, mixing well. Add mixture to melted chocolate and cook over heat. Stir well until sugar is dissolved. Remove from heat. Cool.

Using a handheld electric mixer, beat 4 egg whites until they form soft peaks. Fold into chocolate mixture.

Beat heavy cream with the remaining 1/2 cup sugar until soft peaks begin to form. Fold into chocolate mixture.

Serve in a beautiful crystal dish or glass. Garnish with dollops of fresh whipped cream, berries, and shaved chocolate.

