

The Gazette



OFFICIAL NEWSLETTER: LIBBY BORTZ ASSISTED LIVING CENTER

February 2019

How Did Valentine's Day Start

Valentine's Day is a fixed day on the calendar (be sure to tell that to the next person who asks *what day is Valentine's Day*) and the ancient Roman calendar included a mid-February holiday even before Saint Valentine's time. That holiday, called Lupercalia, celebrated fertility, and may have included a ritual in which men and women were paired off by choosing names from a jar. Across the region, in Ancient Greece, that culture observed a mid-winter celebration for the marriage of the god Zeus and the goddess Hera. Some historians wonder if these traditions may have influenced the way we now celebrate February 14.



Who Was Saint Valentine

Who was Saint Valentine, exactly, and what does he have to do with chocolate hearts? Not much, it turns out. Saint Valentine's Day was a feast day in the Catholic religion, added to the liturgical calendar around 500 AD. The day was commemorated for two martyred Roman priests named—you guessed it—Valentine. However, very little was known about these two priests, and, because there were conflicting reports on the



Saint Valentine Day story, the feast day was removed from the Christian liturgical calendar in 1969.

But even though not much is known about the real history of the two Saint Valentines on which the holiday is based, the legend of Saint Valentine has several tellings. One legend says that Saint Valentine refused to convert to paganism and was executed by Roman Emperor Claudius II. Prior to his death, he was able to miraculously heal the daughter of his jailer, who then converted to Christianity along with his family.

But according to others—and this is how Saint Valentine became affiliated with a love-focused holiday—Saint Valentine was a Roman priest who performed weddings for soldiers forbidden to marry, because of a Roman emperor edict decreeing married soldiers did not make good warriors. He wore a ring with a Cupid on it—a symbol of love—which helped soldiers recognize him. And, in a precursor to greeting cards, he handed out paper hearts to remind Christians of their love for God.

Because of this legend, St. Valentine became known as the patron saint of love. The Saint Valentine prayer asks Saint Valentine to connect lovers together, so that two become one, and the couple remembers their

devotion to God. While the Saint Valentine story set the groundwork for establishing the day as a holiday for romantic love, what truly solidified the connection between Saint Valentine and love was a poem by medieval author Geoffrey Chaucer in 1381, which historians consider the origin of the "modern" celebration of Valentine's Day, where we celebrate our romantic partnership with one other person.

Reminder:

Dining Room Hours of Service

Breakfast:	7:00 a.m. until 8:00 a.m.
Lunch	12:00 p.m. until 1:00 p.m.
Dinner	5:00 p.m. until 6:00 p.m.

Shortest Month of the year and Busy!

2nd - Ground Hog Day

Will he see his shadow for six more weeks of winter or will we have spring soon?

3rd - Super Bowl Sunday-3rd Floor TV area will have snacks and refreshments available for super bowl game at 4:30 p.m. Also Boxed dinner will be delivered to all residents apartments.

4th - Mail Carriers Day

If you see our carrier - Say Thank You!

14th - Valentine Dance

Golden Tones Band playing for your enjoyment of the Valentine Holiday.

18th - President's Day

Mail Carriers Appciation Day

Monday, February 4th. There is mail in your mailbox six days a week so let's take time out of our day to thank the mail person who is responsible for getting it there! Thank A Mail Carrier Day!



Common Area Refrigerators

Residents are welcome to utilize the refrigerators in the common areas on the second and third floors. Food/containers must be labeled with the resident's name and date. The refrigerators are cleaned by the staff every Friday night. Food items in the refrigerator that do not have a resident's name, date, or have exceeded the expiration date will be thrown away. Please do not help yourself to food/beverages in the refrigerator if it does not belong to you.



Time to Stretch

Come enjoy and socialize as you participate in chair based stretch movements designed by physical therapists. Class is taught by staff on Wednesdays & Fridays at 10 am on the 3rd floor. Join the fun of chatting, laughing and exercising all at the same time.....



Employee of the month **February**

Diane Djumbong is our employee of the month for February. Diane has been an employee at Libby Bortz for a year now. Diane states that she loves to spend time with her family and stated that Libby Bortz is her second home,



and really likes it here. Diane was raised in Cameroon Central Africa. She speaks four different languages. Diane has studied Marketing for two years, and immediately started her own electronic store back home. Diane, her husband and two children moved to the United States 3 years ago. Congratulations Diane.

February Calendar of Events

Keeping you "On the Move"!



Tuesday, February 5th "Birthday Party with TNT" - Come and have some cake and ice cream and celebrate all the February birthdays with some good entertainment by Gino in the Main Dining Room at 2:30 p.m.

Tuesday, February 12th "Baking with Mandy" - Come and make some homemade Valentine's chocolate covered strawberries in the 2nd floor Activities Room at 2:30 p.m.

Thursday, February 14th "Valentine's Day Dance with the Golden Tones" - Come and help us celebrate Valentine's Day and have some refreshments and cookies. We will also have some volunteers here to dance with everyone so make sure you have your dancing shoes on. Hope to see you all there.

Food Committee Meeting

Attend the **FOOD COMMITTEE** meeting Friday, February 15th at 2:00 pm in the Main Dining Room.

Food Safety for Older Adults

Adults 65 and older are at higher risk for hospitalization and death from foodborne illness. For example, older adults residing in nursing homes are ten times more likely to die from bacterial gastroenteritis than the general population. As data shows, food safety is particularly important for adults 65 and old.

This increased risk of foodborne illness is because our organs and body systems go through changes as we grow. These changes include:

- The gastrointestinal tract holds on to food a longer period of time, allowing bacteria to grow.
- The liver and kidneys may not properly rid our bodies of foreign bacteria and toxins.
- The stomach may not produce enough acid. The acidity helps to reduce the number of bacteria in our intestinal tract. Without proper amounts of acid, there is an increased risk of bacterial growth.
- Underlying chronic conditions, such as diabetes and cancer, may also increase a person's risk of bacterial growth.
- Underlying chronic conditions, such as diabetes and cancer, may also increase a person's risk of foodborne illness.

In Assisted Living Communities it is highly recommended that residents do not take food back to their apartments from the dining room for the reasons stated above. It does not take long for bacteria to form when food is not stored or held properly. Food is also only recommended to be kept for no more than 3 days once it is cooked. When "leftovers" are reheated there are also standards at which food should be reheated to alleviate the bacteria in the food.

Valentine's Day Trivia Questions

1. What is the term when a male and female each pay for their own meal or entertainment on a date?
A) Having a Square Meal
B) Going Dutch
C) Even Steven

2. Asking for a women's hand in marriage goes back to the Greeks?

True or False?

3. What percent of Valentine cards are romantic as compared to the humorous?

- A) 90%
- B) 50%
- C) 75%

4. Wives & girlfriends receive the most Valentine cards each year?

True or False?

5. The average cost for a dozen roses today is how much?

- A) \$10
- B) \$30
- C) \$50

6. February is chosen as the month for Valentine's Day because St. Valentine was born on February 14th 1204?

True or False?

7. What percent of women send themselves flowers on Valentine's Day?

- A) 30%
- B) 15%
- C) 50%

8. What is the most common shape for Valentine's Day?

9. Kissing the bride at the end of the wedding ceremony is custom used to express to all witnesses that the couple promise to be faithful to each other?

True or False?

10. Back in the early 19th century, humorous Valentine's stated. They were originally called what?

- A) Vulgar Valentines
- B) Vinegar Valentines
- C) Vixen Valentines

11. Valentine's Day is celebrated worldwide?

True or False?

How did you do? Answers are on the back of the newsletter by department names.