

WHAT'S COMING UP

February 1st

National Freedom Day

February 1st

Chinese New Year

February 1st

Black History Month Begins

February 2nd

Groundhog Day

February 4th

National Wear Red Day

February 12th

Lincoln's Birthday

February 14th

Valentine's Day

February 21st

Presidents' Day -
Washington's Birthday

February 25th

Carnival



FEBRUARY 2022 NEWSLETTER



Greetings Residents and Family Members,

2022 has gotten off to a great start here at Riverwood! Already residents are creating new memories and staying active with events that keep them (and us) moving during this colder time of year. We hope everyone welcomed the new year with great hope and positivity!

February is a month full of love. We look forward to not only a wonderful Valentine's Day celebration but also an entire month filled with music, decorations, great food, and our loving staff. Love is always in the air at Riverwood!

We are excited about the upcoming calendar of events and welcome you to join us throughout the month. The residents look forward to seeing you in the community as often as you can visit, and we appreciate seeing you too.

May you and your family be surrounded by love this February. We thank you for the opportunity to care for your loved one.

Sincerely,
Your Regency Riverwood Team

QUICK FACTS ABOUT VALENTINE'S DAY



People started exchanging cards and handwritten letters to both lovers and friends during the 17th century, but it was in the 1840s that the first Valentine's Day cards were mass-produced in the U.S.

About 55% of Americans celebrate Valentine's Day, spending an estimated \$19.6 billion per year, with \$1.8 billion spent on candy alone.

Americans send approximately 145 million Valentine cards each year.



More than 5 million American households also gave their dogs valentine gifts last year.

Richard Cadbury, son of Cadbury founder, introduced the first heart-shaped chocolate box for Valentine's Day in 1861.

In many Latin American countries, in addition to celebrating couples, this holiday shares focus on showing gratitude to friends.

BLACK HISTORY MONTH

Ways to Celebrate Black History Month

February is Black History Month, and there are a lot of little ways we can celebrate. Here are a few ideas:

- » Support a black-owned business.
- » Spend time reading about black history and civil rights.
- » Donate funds to a black organization.
- » Read a book by a black author.
- » Learn about a hero of black history.
- » Read the biography of an influential black figure.



HAPPY NATIONAL CAREGIVERS DAY!

Hello Regency family! National Caregivers Day is observed on the third Friday in February, which is on February 18th this year. This day honors individuals who selflessly provide personal care, physical, and emotional support to those who need it most. Sound like anyone you know? Please be sure to thank a Regency team member who has given you extra special care!

This day of recognition is for both paid and unpaid caregivers. We believe unpaid caregivers, like your family and loved ones, deserve special recognition! They give their time freely and often spend their own money in doing so.

It can be a thankless task sometimes, and they often do it without other relatives helping them. According to the U.S. Department of Labor, over 40 million Americans, age 15 or older, provide unpaid care to their grandparent or parent by themselves.

Most caregivers do not seek or expect any form of recognition. They do what they do, simply because it needs to be done, and it is the right thing to do. Please consider giving a simple thank you to everyone you know who is a caregiver!

We think the special kindness and patience of caregivers should be celebrated year-round. Their importance is especially honored on National Caregivers Day when we should be there for them just as they are there for our loved ones.



LOVE LANGUAGE BREAKDOWN

The 5 Love Languages

Acts of service

Gift-giving

Physical touch

Quality time

Words of affirmation

You may already be familiar with the concept of love languages, but this concept is a fascinating one that can help us better understand the ways in which we (and others) give and receive love. In his 1992 book, Gary Chapman outlines five general ways in which people express and experience love, which he refers to as “love languages.”

Chapman asserts that each person has a primary and secondary love language, and tapping into and understanding this about ourselves and our romantic partners can lead to better understanding and more overall success in relationships.

Do you know what your love language is?

5 Things You Didn't Know About Chinese New Year

Chinese New Year is celebrated by more than 20% of the world. It's the most important holiday in China and to Chinese people all over. Here are 5 interesting facts that you probably didn't know about Chinese New Year.



1. Chinese New Year is also known as the Spring Festival

In China, you'll hear it being called chunjie, or the Spring Festival. It's still very wintry, but the holiday marks the end of the coldest days. People welcome spring and what it brings along: planting and harvests, new beginnings and fresh starts.

You can also call it the Lunar New Year, because countries such as North and South Korea and Vietnam celebrate it as well. And because the Spring Festival goes according to the lunar calendar.

2. There's no set date for Chinese New Year

According to the Lunar calendar, the Spring Festival is on January 1st and lasts until the 15th (the full moon). Unlike western holidays such as Thanksgiving or Christmas, when you try to calculate it with the solar (Gregorian) calendar, the date is all over the place.

Chinese New Year ranges from January 21 to February 20. In 2022, it occurs on February 1st.

The lunar calendar is still really important in China, even though it has officially moved to the Gregorian calendar like the rest of the world. All traditional holidays and days such as the Winter Solstice are celebrated. Some people still calculate their birthdays and ages according to the lunar calendar too!

3. It is a day for praying to gods

The Spring Festival was originally a ceremonial day to pray to gods for a good planting and harvest season. As an agrarian society, the harvest was everything. People also prayed to their ancestors, as they were treated as gods (see Mulan for reference).

4. The most fireworks are set off in the world that night

As in the myth about Nian, firecrackers are supposed to scare off monsters and bad luck. So people stay up on Chinese New Year's Eve and set off firecrackers at midnight. In the morning, firecrackers are used again to welcome the new year and good luck.

That same night, families also burn fake paper money and printed gold bars in honor of their deceased loved ones. Similar to the Korean Chuseok holiday or the Mexican Day of the Dead traditions, they believe the offerings will bring fortune and good luck to their ancestors in the afterlife.

5. (but sometimes it's illegal)

Due to safety reasons and concerns for air pollution, many Chinese cities have banned fireworks. More than 500 cities have restrictions too.

But...many people don't care and they do it anyway. Beijing had banned fireworks for 13 years. The ban was lifted in 2006 because of the angry public.

If you're in China during this time, you'll probably be able to hear and see the explosions for at least 3 nights (and it can go on for weeks).

SOURCE: CHINESENEWYEAR.NET

SUDOKU

PUZZLE 1

9	1	6		4		7	2	
8			6	2		5		
5				8	9	3		
	6				2			
			2	7				
		5				9		
	9	7	8				3	
	8			7	6		9	
4	5		1			6	8	7

PUZZLE 2

3		2					8	9
	6	8		5	2	7	3	4
		9						
4					7			
	8	3	2		1	5	9	
			5					2
							2	
2	1	4	7	8			3	5
5	3						9	8

PUZZLE 3

4		2				3	8
1		9	6		7	4	
		8	3			1	6
	9			3			4
	2	3	9	6	4	7	1
8				1			6
9		7			6	5	
		5	8		9	6	2
4	6					8	9

ANSWER KEY

6	7	8	3	5	1	9	2	4	6
2	4	6	1	5	3	8	7	9	
3	1	5	8	7	9	6	4	2	
9	8	7	4	2	5	3	1		
8	7	4	2	1	5	9	6	3	
5	2	3	9	6	4	7	1	8	
6	9	1	7	3	8	2	5	4	
7	5	8	3	4	2	1	9	6	
1	3	9	6	8	7	4	2	5	
4	6	2	5	9	1	3	8	7	

PUZZLE 3

5	3	6	1	2	4	9	7	8
2	1	4	7	8	9	3	5	6
8	9	7	3	6	5	2	4	1
9	7	1	5	3	8	4	6	2
6	8	3	2	4	1	5	9	7
4	2	5	6	9	7	8	1	3
7	4	9	8	1	3	6	2	5
1	6	8	9	5	2	7	3	4
3	5	2	4	7	6	1	8	9

PUZZLE 2

4	5	2	1	9	3	6	8	7
3	8	1	5	7	6	4	2	9
6	9	7	8	4	2	5	1	3
2	3	5	4	6	1	7	9	8
1	4	9	2	8	7	3	6	5
7	6	8	9	3	5	2	4	1
5	2	4	7	1	8	9	3	6
8	7	3	6	2	9	1	5	4
9	1	6	3	5	4	8	7	2

PUZZLE 1

FUN FACTS

- » February fluctuates between having 28 and 29 days. The 29th day only occurs every 4 years during leap years.
- » The length of February was finalized when Julius Caesar remade the Roman calendar and assigned the month 28 days and 29 days. In 713 B.C., February was officially added to the Roman calendar.
- » If you were born in February, your birthstone is an amethyst and your flower is a primrose.
- » The western zodiac signs in February are Aquarius which is until February 19th, and Pisces, which is until March 20th.
- » Over time, the length of February kept changing. At one point, it had as little as 23 days.
- » In the Northern Hemisphere, February is the third month of winter. Meanwhile, in the Southern Hemisphere, February is the last month of summer. Between the Northern and Southern Hemispheres, February is the equivalent of August.
- » The name of February comes from the Latin word “februum” which means purification.
- » February was named after a purification ritual which was like an early Roman spring cleaning festival.
- » In Welsh, February is sometimes known as “y mis bach” which means “little month.”
- » February and January were the last months added to the Roman numeral calendar.
- » The Saxons called February “Sol-monath” which means “cake month” because they would offer cakes to the gods during February.
- » Of all the words you can misspell, February is one of the most misspelled words in the English language. Even the White House has misprinted the word “February” before in a press release!
- » February is the only month where it’s possible to go the entire time without having a full moon.
- » February has been Black History Month for over 40 years.
- » The odds of being born on February 29th are about 1 in 1,461. Those born on a leap day can be called a “leaper” or “leapling.”
- » February, March, and November always start on the same day of the week unless it is a leap year.
- » It was in February 1964 when The Beatles made their first American television appearance on the “Ed Sullivan Show.” Over 73 million Americans watched!
- » There are many U.S. states that entered the Union during the month of February. These include Massachusetts, Oregon, Arizona, and Mississippi, which was readmitted.
- » Sadly, on February 1, 2003, the Space Shuttle “Columbia” broke apart in flight, which killed all seven crew members. The accident was believed to be a result of damage that occurred during lift-off. The tragedy occurred only 16 minutes before the shuttle was scheduled to land.
- » On February 2, 1848, U.S. and Mexico signed the Treaty of Guadalupe Hidalgo which ended their war. The U.S. paid Mexico \$15 million in exchange for California, Nevada, Utah, Arizona, New Mexico, Colorado, Wyoming, and Texas.

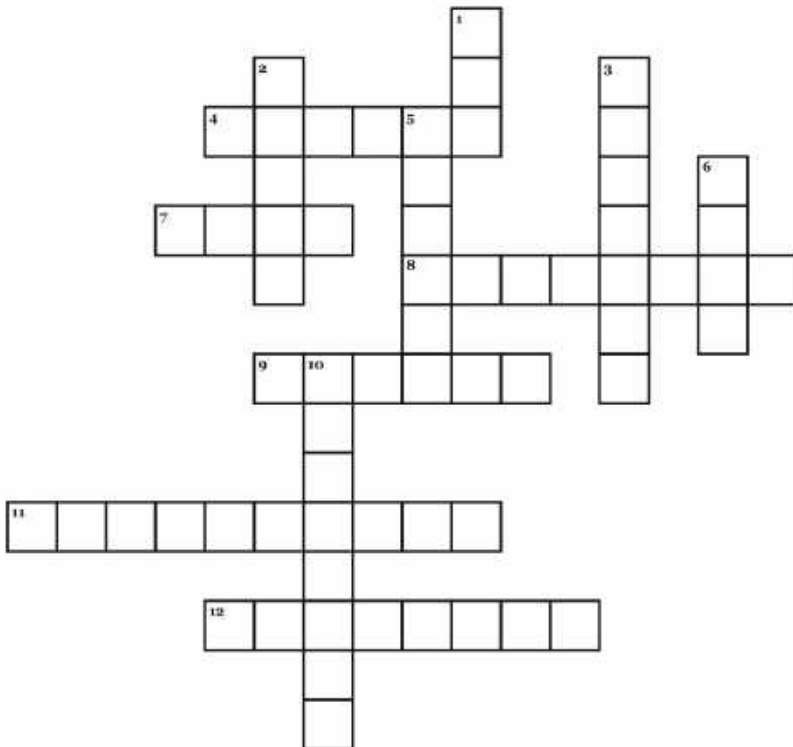


WORD FIND

D Y A Q J E A Q A Z F K E G A E Y I Q C T Z F R L
 K L R S R O P V A M M G P M P H W A B H W G V K I
 V X Y L T A O Z Y T E R K A T M Z V S U U R A P N
 X J O H O R I R D F F T G S K H D Z X Z Y O L R C
 V B X G T V O L D I L S H H Q D E T R P T U E I O
 Q Z Q R Q Y E N R O O Q P Y V X I A N M O N N M L
 U Y K X E L B J A O A X O H S A J F R O G D T R N
 E A Q U A R I U S U A A N T C T S Q R T P H I O A
 G L U S M Y E X A V T D F E B R U A R Y S O N S D
 B S R A I H O S P I S C E S K G R A M M Y G E E U

- | | | | | |
|-----------|----------|-----------|-----------|--------|
| FEBRUARY | AMETHYST | AQUARIUS | VALENTINE | MASH |
| GROUNDHOG | PRIMROSE | PISCES | RAILROAD | HEARTS |
| LINCOLN | OX | ASTRONAUT | LOVE | GRAMMY |

CROSS-WORD



Across

- 4. Receiver of thousands of letters every Valentine's Day
- 7. The central figure in the annual Groundhog Day celebration, familiarly
- 8. "Mobile _____ Army Hospital"
- 9. Sole winner of the Best Disco Recording Grammy
- 11. These can be found in heart-shaped boxes this time of year
- 12. Flower that expresses you can't live without someone

Down

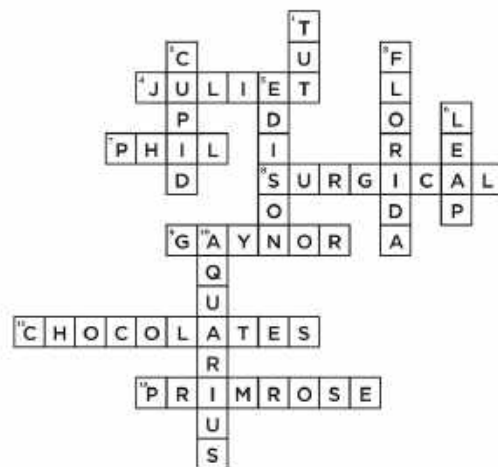
- 1. King whose burial chamber was unsealed in February 1923, familiarly
- 2. The ancient Roman god of love
- 3. Home state of Cape Canaveral
- 5. Inventor behind America's first motion picture studio
- 6. Year with an extra day
- 10. "This is the dawning of the age of _____"



Happy Valentines Day

ANSWER KEY

D	Y	A	Q	J	E	A	G	A	Z	F	K	E	G	A	E	Y	I	Q	C	T	Z	F	R	L
K	L	R	S	R	O	P	V	A	M	M	G	P	M	P	H	W	A	B	H	W	G	V	K	I
V	X	Y	L	T	A	O	Z	Y	T	E	R	K	A	T	M	Z	V	S	U	U	R	A	P	N
X	J	O	H	O	R	I	R	D	F	F	T	G	S	K	H	D	Z	X	Z	Y	O	L	R	C
V	B	X	G	T	V	O	L	D	I	L	S	H	H	Q	D	E	T	R	P	T	U	E	I	O
Q	Z	Q	R	Q	Y	E	N	R	O	O	P	Y	V	X	I	A	N	M	O	N	N	M	L	N
U	Y	K	X	E	L	B	J	A	O	A	X	O	H	S	A	J	F	R	O	G	D	T	R	N
E	A	Q	U	A	R	I	U	S	U	A	A	N	T	C	T	S	Q	R	T	P	H	I	O	A
G	L	U	S	M	Y	E	X	A	V	T	D	F	E	B	R	U	A	R	Y	S	O	N	S	U
B	S	R	A	I	H	O	S	P	I	S	C	E	S	K	G	R	A	M	M	Y	G	E	E	U



CONNECT WITH US

Facebook.com/RiverwoodRetirementRome

RiverwoodRetirement.com