

February 2023

# YOUR HOME AWAY FROM HOME

Mrs. Bush's Personal Care Homes | 610-381-1009 | [www.mrsbushcares.com](http://www.mrsbushcares.com)



## BIRTHDAYS

*Here's to celebrating YOU!*

**Feb. 9<sup>th</sup>: Helen S.**

**Feb. 17<sup>th</sup>: Susie B.**

**Feb. 19<sup>th</sup>: Pat N.**

*Happy Birthday to each of you!*

## CELEBRATING FEBRUARY

Library Lovers' Month

Black History Month

February 2: Groundhog Day

February 4: Thank a Mail  
Carrier Day

February 12: Super Bowl LVII

February 14: Valentine's Day

February 20: Presidents' Day

February 21: Mardi Gras

## Finding a Lost Art

You may not realize it, but if you send a valentine through the mail on February 7, you are celebrating Send a Card to a Friend Day. Despite the ubiquity of electronic communications like text messages and social media posts, the art of sending mail by post has not been lost entirely. Sending a thoughtful letter to a friend or loved one is a surefire way to show that special someone exactly how dear they are to you.

While a greeting card purchased from a store is a nice gesture, the best card-sender does more than just sign their name. Demonstrate thoughtfulness by personalizing your message. Reflect on a memory or moment you shared with your loved one that really meant something to you. List the qualities you most admire about your friend or what you most miss about them, or thank them for a valuable lesson they taught you. Finally, sign off with a thoughtful question and encourage them to write back. Handwriting a letter won't just make their day, but the act of writing is a powerful one for you, too. Writing has been proven to reduce stress, strengthen memory, and sharpen your wit, all at the same time. If you feel particularly inspired, you could compose an original poem. After all, it is believed that poetry is what gave us the Valentine's Day we know and celebrate today.

While Valentine's Day has been celebrated as the religious feast day of St. Valentine since the fifth century, it wasn't until 1382 that Valentine's Day became a secular holiday for romantics. That was when Geoffrey Chaucer, the writer from the High Middle Ages best known for *The Canterbury Tales*, penned his poem *Parlement of Foules*. In this poem, he declares Valentine's Day as the date when mating season begins for both birds and humans. Over the following centuries, young lovers seized on February 14 as the day to express their adorations with the sending of flowers, chocolates, jewelry, and of course, valentines. If you plan on sending one of this year's 190 million Valentine's Day cards, make sure to personalize it for the one you love.

**Celebrating 40 Years Of Memories.**



# SIGN UPS

Sign up for the following events in the West Annex Community Room. All costs go on incidental bills, unless indicated.

**Feb. 8<sup>th</sup>:** *Travelogue Luncheon*- "A Tour of Tuscany" catered by Sauce'- \$15  
Arrancini Bites  
Tuscan Chicken in creamy sundried tomato sauce  
Roasted Italian Potatoes  
Tiramisu

**Feb. 9<sup>th</sup>:** Movie Outing- "80 For Brady"  
\$11 plus snacks and bus fare  
An American sports comedy film based on a true story directed by Kyle Marvin and produced by National Football League NFL quarterback Tom Brady. The film follows four lifelong friends (Lily Tomlin, Jane Fonda, Rita Moreno, and Sally Field) who travel to Super Bowl LI.

**Feb. 16<sup>th</sup>:** Diner's Club Outing- *Red Lobster*- Seafood, pasta dishes, salad and soups. Cost is determined by what you order.

**Feb. 22<sup>nd</sup>:** Bowling Outing- *Lunch at Hammerhead Lounge and Bowling at Hampton Lanes*- \$6 plus lunch and bus fare  
Bowling is for all levels, there are ramps to assist those who are not able to stand safely to bowl. Lunch is at the bowling alley; their menu includes chicken fingers, burgers, steak sandwiches, hot dogs, wings and salads.

**Feb. 27<sup>th</sup>:** Dollar Tree Outing- Must be able to shop independently in store and have own money to purchase items. - \$5 bus fee

## ART AND CRAFT CORNER

**FEB. 2<sup>ND</sup> AT 2PM:** Canvas Paint & Sip

**FEB. 7<sup>TH</sup> AT 2PM:** Wooden Heart Craft

**Purls of Wisdom- Yarn Club** All those who knit or crochet are invited to join the group every Tuesday and Saturday at 9:30am in the West Annex dinette. The group makes items for charity. We have everything you need!

## THIS MONTH'S ENTERTAINMENT

**Feb. 10<sup>th</sup> at 2pm:** Join us for songs by Volunteer Bob

**Feb. 14<sup>th</sup>:** Live Entertainment during our Valentine's Luncheon. See below

**Feb. 24<sup>th</sup> at 2pm:** Join us for a Sock Hop as we jump back into the 50s and 60s with lively entertainer, Kris Phippany

**Feb. 25<sup>th</sup> at 2pm:** Enjoy some polkas and accordion playing by Volunteer Maxine

## VALENTINE'S DAY LUNCHEON



**Feb. 14<sup>th</sup> at 11:30am**

**All residents will join us in the West Annex Community Room for lunch and entertainment.**

**Invitations to come.**



## 2<sup>ND</sup> ANNUAL BINGO MARATHON

**FEB. 28, 2023**

**Bingo 9am-4pm!**

Play all day or play for just an hour.

Different themes and special guest bingo callers every 30 minutes.

Play over lunch and enjoy pizza (must sign up to have pizza to play over lunch.)

**Refreshments and Door Prizes!**

## Tall Tales



Residents of Bangor, Maine, celebrate Paul Bunyan Day on February 12, claiming that the lumberjack of American lore was born in the woods outside of the city in 1834. Since 1959, a 31-foot-tall statue of Paul Bunyan has stood over Main Street, a log peavey in one hand and lumberjack's axe in the other. Visit the city clerk's office in city hall and you'll even find Bunyan's birth certificate hanging on the wall.

While the authenticity of the birth certificate and Bunyan's connection to Bangor is certainly dubious, Bangor's claim as the birthplace of the American lumber industry is beyond question. By the mid-19th century, Bangor had gained renown as the "lumber capital of the world," with Maine's old-growth white pine used to build houses, ship masts, and Maine's many lobster traps.

Minnesotans have their own opinions when it comes to the birthplace of Paul Bunyan. Like Bangor, the logging industry brought prosperity to much of northern Minnesota. Most self-respecting Minnesotans will claim that Paul Bunyan was born in their state. After all, it was Paul Bunyan and Babe the Blue Ox who carved out Minnesota's 10,000 lakes. The only question is, where was he born? The state has no less than five Paul Bunyan statues in five different cities, each claiming to be Bunyan's birthplace.

The truth might disappoint Bunyan fans in both Maine and Minnesota. Historians point out that Bunyan was not a real man, but an American legend. This legend may have been based on a real person, a French-Canadian lumberjack named Fabian Fournier. Fournier moved to Michigan after the Civil War and joined a logging crew. At six feet tall, he was a giant. When he wasn't logging, he spent his time drinking and fighting, until he was murdered. Over time, Fournier's legend likely merged with that of another notorious French-Canadian lumberman, Bon Jean. It is believed that the pronunciation of *Bon Jean* is what gave us the name *Bunyan*.

## RELIGIOUS SERVICES

**Protestant Services:** We continue to look for churches to come in and provide services, if you have a connection with a local church that may be interested in providing a service, please see Carrie.

**1<sup>st</sup> Wednesday of each month at 2:30pm-** St. Matthew's UCC

**3<sup>rd</sup> Wednesday of each month at 2:30pm-** Middlecreek Christian Church

**5<sup>th</sup> Wednesday of the month at 2:30pm-** Jerusalem UCC

### Catholic Services:

**Every Sunday at 9:30am:** Communion

**Every Wednesday at 1:30pm:** Rosary (in private dining room)

**February 23<sup>rd</sup> at 10am:** Mass

**March 23<sup>rd</sup> at 10am:** Mass

### Bible Study:

**1<sup>st</sup> and 3<sup>rd</sup> Wednesday at 10:30am:** led by Pete and Jean DeSanto

**2<sup>nd</sup> Wednesday at 10:30am:** led by Loida

## SUPER BOWL PARTY

Sunday February 12<sup>th</sup>  
Kickoff at 6:30pm

**Philadelphia Eagles**  
**vs.**  
**Kansas City Chiefs**

**Join us for snacks!**

**Wear your favorite Football Team Attire**

### SCRABBLE

**Stop down to the West Annex to play Scrabble! If you are unsure how to play see anyone in activities!**



## History Series

February 17<sup>th</sup> at 2pm

**“1600 Pennsylvania Ave”**

**presented by Liz Cohen**

This program is an interesting, informative, and somewhat humorous look at the people’s house. The story of the White House from it’s conception by George Washington, to its many occupants, renovations, pets and unusual happenings.

## MRS. BUSH’S COUNTRY STORE NEWS

Girl Scout Cookies are now available in the store while supplies last. \$5 a box They support local Girl Scout Troop 301.

Beef Stick Snacks are now available to support the Boy Scouts. \$1.50

Starting in the next upcoming weeks, the store will now be the supplier for tissues, soaps, cough drops, etc...The nursing dept will no longer have these items. A more detailed list will be available later in the month.

**Challenge of the North** While the Iditarod Trail Sled Dog Race might be the most famous sled dog race in the world, February’s Yukon Quest Sled Dog Race is undoubtedly more challenging. Run in the depths of winter, the Yukon Quest is colder, darker, lonelier, and runs over more challenging terrain. The course runs 1,000 miles from Whitehorse, Yukon, to Fairbanks, Alaska, and follows the historic route of the Klondike Gold Rush. While the Iditarod has 22 checkpoints along the way, the Yukon Quest has only nine. Musher’s cross four mountain ranges, traverse frozen rivers, and deal with temperatures plummeting to minus-60 degrees Fahrenheit. Why would anyone want to compete in such a race? The prize money is minimal. The reward is honor and pride.

## Essential, Phenomenal, Inspiring, Courageous

Holly Miller joined the Mrs. Bush’s team in 2018 and will be celebrating 5 years as part of our team in June. She is a med tech on our nightshift and has also worked in the evening shift, as well. Holly has been a dedicated med tech and puts the residents first.

When she’s not working Holly enjoys nature and music. She enjoys going for hikes and finding beautiful rocks. Holly has a pet Guinea pig named Zephyr. You can usually see Holly in bright colored sneakers and candy themed scrubs which show off her sweet tooth.

Congratulations Holly on being this month’s EPIC employee!!

## The Earlene Terefenko

**Library** is located in the South Annex of our home. If you enjoy reading, be sure to check this area out. You can also find Earlene’s picks and also more information about Earlene.

**If you like to read, but cannot due to poor eye sight, please see Carrie. You may qualify for audio books.**

If you want specific books or authors, our local community library comes once a month, see Jillian for details or fill out a request form (located in the Earlene Terefenko library).

We are currently in need of a volunteer house librarian. This person would check on the library and help keep it organized. If interested see Carrie.

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