



## February Birthdays

In astrology, those born from February 1–18 are the Water Bearers of Aquarius. Although they bear water, Aquarius is an air sign, signaling that they are innovative, progressive, and rebellious. Those born from February 19–28 are Pisces' Fish. Pisces are incredibly sensitive and empathetic, tapping into their boundless imaginations to become artists.

Langston Hughes (poet) – Feb. 1, 1901  
Rosa Parks (activist) – Feb. 4, 1913  
Babe Ruth (ballplayer) – Feb. 6, 1895  
Jimmy Durante (actor) – Feb. 10, 1893  
Michael Jordan (athlete) – Feb. 17, 1963  
Toni Morrison (novelist) – Feb. 18, 1931  
Sidney Poitier (actor) – Feb. 20, 1927  
Nina Simone (singer) – Feb. 21, 1933  
George Washington (president) – Feb. 22, 1732  
Elizabeth Taylor (actress) – Feb. 27, 1932

## Happy Birthday to Our Residents...

George C.	February 7th
Daniel M.	February 10th
Wendy R.	February 11th
Roy V.	February 13th
William M.	February 17th
Georgette P.	February 21st
Pauline B.	February 22nd
John R.	February 23rd
Maria O.	February 24th
Gilly M.	February 27th

February 2023

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## History of Valentine's Day

The holiday we know today got its name from a man named Valentine. While a few different stories are told about what he did to inspire the holiday, many people believe he's celebrated for his role as a Roman priest who helped couples secretly get married.

As the story goes, Emperor Claudius II of Rome—who reigned from the year 268 A.D. to 270 A.D.—banned marriage because he thought unmarried men made better soldiers. Valentine thought this was unfair and decided to break the rules and perform marriages anyway. He kept the ceremonies quiet, but he was eventually caught and later killed on February 14 of the year 270 for defying the emperor. Right before he died, Valentine supposedly wrote the first-ever “valentine” to his jailer's daughter, with whom he'd fallen in love. Later, in the 5th century, Pope Gelasius I declared the day of his death as St. Valentine's Day.

The celebration surrounding this day actually has roots in an ancient pagan festival that started centuries before Valentine was even alive. Held in Rome each February, part of the event focused on bringing new couples together.

During the festivities, it's said that names of girls were drawn from a container. The pairs would stay together during the festival, and some would actually get married when the festival was over. After Pope Gelasius I created St. Valentine's Day, the festival turned into a Christian celebration that focused on the saint. The Catholic Church doesn't recognize St. Valentine's Day on its calendar anymore, but people throughout the world still celebrate the day.

Source: <https://kids.nationalgeographic.com/celebrations/article/valentines-day>

**Library  
Lovers'  
Month**

**Black History  
Month**

**Groundhog  
Day**  
*February 2*

**Thank a Mail  
Carrier Day**  
*February 4*

**Super Bowl  
LVII**  
*February 12*

**Valentine's  
Day**  
*February 14*

**World  
Human Spirit  
Day**  
*February 17*

**Presidents'  
Day (U.S.)**  
*February 20*

**Mardi Gras**  
*February 21*

## Resident Activities for February

2/1 Exercise Class	2/14 Happy Valentine's Day! Candida Rose Entertains
2/2 Bingo w/ John Room Visits	2/15 Outing to Walmart Sentimental Productions
2/3 Catholic Mass	2/16 Exercise Class Game of Darts
2/4 Bingo w/ Wendy Evelyn's Movie Night	2/17 Outing to Stop & Shop Chinese Dine-In Dinner
2/5 Room Visits w/ Cupcake	2/18 Bingo w/ Wendy Evelyn's Movie Night
2/6 Exercise Class Chris Waters Entertains	2/19 Bingo w/ Wendy
2/7 Tai Chi w/ Steve Rev. Leary's Bible Class	2/20 Maggie's Rosary Group
2/8 Outing to Christmas Tree Shop Valentine's w/ Navicare	2/21 Marti Gras Party
2/9 Communion Service w/ Jeannine Pokeeno	2/22 Distribution of Ashes Robert Black Entertains
2/10 Bingo w/ Jeannine	2/23 Ring Toss
2/11 Johnny & the Whalers Entertain Evelyn's Movie Night	2/24 Outing to Target
2/12 Superbowl Party	2/25 Maggie's Rosary Group
2/13 Peanut the Dog Visits Painting w/ Jackie	2/26 Crafts w/ Jackie
	2/27 Monthly Birthday Party
	2/28 Tai Chi w/ Steve

## Easy Jambalaya Recipe

**Ingredients:** 1 pound shrimp, peeled and deveined (thawed, if frozen), 2 tablespoons vegetable oil, 1 small sweet onion, diced, 1/3 cup diced celery, 2 cloves garlic - minced, salt and pepper, 2 cups low-sodium chicken broth, 15 ounce can petite diced tomatoes with garlic and oregano, undrained, 8 ounces kielbasa or andouille sausage, halved lengthwise and cut into 1/2-1 inch pieces, 3/4 cup uncooked long grain rice, 1 teaspoon Cajun seasoning, pinch cayenne pepper, 3/4 cup small cubed cooked ham

### Instructions

1. Rinse shrimp and pat dry with paper towels. Set aside.
2. In an extra-large skillet (with a lid), warm the oil over medium-high heat. Add in the onion and celery; saute until softened, stirring occasionally, about 3 minutes. Stir in the garlic and cook for 30-60 seconds until fragrant. Sprinkle with a touch of salt and pepper.
3. Stir in the broth, tomatoes, sausage, rice, cajun seasoning, and cayenne pepper. Bring to a boil, then reduce heat to a gentle simmer. Cover and cook for 15 minutes.
4. Stir in the shrimp, cover again, and cook for another 5 minutes or more until shrimp is opaque and rice is tender.
5. Stir in the ham and heat through. Taste and adjust seasoning, adding a touch more salt and pepper, only if necessary and enjoy!



## Black History Month

Every February, people in the United States celebrate the achievements and history of African Americans as part of Black History Month.

In 1915, in response to the lack of information on the accomplishments of Black people available to the public, historian Carter G. Woodson co-founded the Association for the Study of Negro Life and History. In 1926, the group declared the second week of February as "Negro History Week" to recognize the contributions of African Americans to U.S. history. Few people studied Black history and it wasn't included in textbooks prior to the creation of Negro History Week.

This week was chosen because it includes the birthdays of both Frederick Douglass, an abolitionist (someone who wanted to end the practice of enslaving people), and former U.S. president Abraham Lincoln. President Lincoln led the United States during the Civil War, which was primarily fought over the enslavement of Black people in the country. Many schools and leaders began recognizing the week after its creation.

The week-long event officially became Black History Month in 1976 when U.S. president Gerald Ford extended the recognition to "honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history." Black History Month has been celebrated in the United States every February since.



## Football Word Scramble

1. wthnuocod
2. oblfatol
3. meubfl
4. dehlud
5. arkerqacbtu
6. dilfe loga
7. neitcotienpr
8. ioedfsf
9. yeatsf
10. ctealk

Answers: 1. Touchdown 2. Football 3. Fumble 4. Huddle 5. Quarterback 6. Field goal  
7. Interception 8. Offside 9. Offside 10. Tackle

