

MUSTANG ARBOR HOUSE TIMES



February 2019

2nd Groundhog Day

5th Lunar New Year

14th Valentines Day

18th President's Day

Interesting Facts about February

- 1. February is named after the purification ritual Februa, which was a sort of early Roman spring cleaning festival.**
- 2. In Old English, February was called Solmonath (Mud month) or Kalemonath (Kale or cabbage month).**
- 3. February frequently occurs in lists of the most commonly misspelt words in the English language.**
- 4. The Americans have trouble with the word February too – last year, a press release from the White House consistently spelt it as Feburary.**
- 5. Much Ado About Nothing is the only Shakespeare play that mentions February.**
- 6. Before Julius Caesar's calendar reform of 45BC, February was the only month with an even number of days. All the rest had 29 or 31.**
- 7. February is the only month that can pass with no full moon. This will next occur in 2018.**
- 8. In the USA, February is National Pet Dental Health month. It is also Hot Breakfast month.**
- 9. The birthstone for February is amethyst. The birth flower is the violet or iris.**
- 10. The ancient Greeks believed that amethyst protected the wearer from drunkenness.**



2/12 Lois Brinkley

2/20 Ruth Thrift

2/21 Joann Mcdonald

2/23 Bill Rippetoe

2/24 Lonetta Unruh

February

SEASONAL PRODUCE GUIDE

VEGETABLES

ARUGULA
BEETS
BOK CHOY
BROCCOLI
BRUSSEL SPROUTS
BUTTERNUT SQUASH
CABBAGE
CARROT
CELERY
COLLARD GREENS
ENDIVE
KALE
PARSNIPS
RADICCHIO
RADISHES
SPINACH
SUNCHOKES
SWEET POTATO
TURNIPS

FRUITS

APPLES
CLEMENTINES
GRAPEFRUIT
KIWI
LEMONS
LIME
ORANGES
PEAR
PERSIMMONS
POMEGRANATE



RECIPES INCLUDED

NATALIESHEALTH.COM



**Birthstone:
Amethyst**



**Birth Flower :
Carnation**

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

Valentine's Word Search

- | | |
|-----------|------------|
| ADMIRER | ENAMORED |
| ADORE | ENDEARMENT |
| AFFECTION | ENVELOPE |
| AMOROUS | FEBRUARY |
| ANGEL | FLAME |
| BALLOONS | FLIRT |
| BELLOVED | FLOWERS |
| BOUCQUET | FONDNESS |
| CANDY | FRIEND |
| CARD | GIFT |
| CARNATION | HEART |
| CHARMED | HEARTTHROB |
| CHERISH | HOLIDAY |
| CHERUB | HONEY |
| CHOCOLATE | HUG |
| COURTING | KISS |
| COURTSHIP | LIKE |
| CRAZY | LOVE |
| CRUSH | LOVEBIRDS |
| CUPID | PINK |
| DARLING | POEM |
| DATE | RED |
| DEAR | ROMANCE |
| DECORATE | SWEETHEART |
| DESIRE | SWEETS |
| DEVOTION | TENDERNESS |
| DOVES | VALENTINE |
| EMBRACE | |

The Arbor House Philosophy is based on the belief that each resident is entitled to the highest quality of life through wellness services that work to promote independence, healthy lifestyles, dignity, and a sense of security. The right of each resident to determine his/her need is respected at each level of care, and promoted by providing services in ways that recognize individuals needs and preferences. A partnership exists between residents and staff to promote individual's independence while providing the necessary support to function at his/her highest level.



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Our Staff

- Executive Director.....Cristy Davis
- Director of Nursing.....Lynne Zepeda
- Wellness Coordinator.....Tonda Morris
- Dietary Manager.....Sandy Wilson
- Engagement CoordinatorDoug McCollough
- CD Assistants.....Trisha Martin
- Maintenance.....Bonnie Stubbs
- Housekeeping:..... Cassandra Gastingau