



## Black History Month

Black History Month is dedicated to celebrating the triumphs and struggles of African Americans throughout history. In 1915, half a century after the Thirteenth Amendment abolished slavery in the United States, Black History Month began.

Known today as the Association for the Study of African American Life and History (ASALH), the group sponsored a week honoring the history of Black Americans during the second week in February. This was intentional as it coincided with the birthdays of Abraham Lincoln and Frederick Douglass. This inspired schools and communities in the nation to organize local celebrations throughout the US. In the following decades, Black History Week evolved into Black History Month and in 1976, President Gerald Ford officially recognized Black History Month. He called on the public to "seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history." Black history month today is a month to honor the contributions and legacy of many influential African Americans across time, including today.

The 2023 theme for Black History Month is "Black Resistance."

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## Resident Advisory Council

**Peg Davis**

President

**Ray Taylor**

Vice President

**Sandra Young**

Secretary

**Nancy Lee Martin and Ray**

**Taylor**- B Wing

**Butch Carver and Gerri Morton**

C and D Wings

**Steve Bollinger and Peg Davis**

Village

**Gordon Sprigg**

Magnolia Court

# Health Rx

Here's To Your Good Health!

## 10 Dessert Ingredients That Are Good for your Heart

1. Dark Chocolate
2. Black Beans
3. Oranges
4. Olive Oil
5. Walnuts
6. Sweet Potatoes
7. Cherries
8. Oats
9. Yogurt
10. Tofu

## Notifications

### Celebrate a Month of Love

#### **Famous Couples Happy Hour**

Guess who the famous couple is, the person with the most correct guesses wins a gift.

Friday, February 3

3:00 PM

Reading Room

#### **Valentine's Dance and Coronation**

Celebrate Valentine's Day and our new King and Queen at the Dance

Tuesday, February 14

7:00 PM

Dining Room

#### **Valentine's Tea and Sweetheart Photos**

Bring the activities department an old photo of you and your sweetheart to display in the Gallery for the month of February. We will reveal who is who at the Valentine's Tea.

Tuesday, February 28

2:30 PM

TV Room

# Book Ends

By Georgeen Carden

Tony Hillerman . . . . .

Hillerman was born in Sacred Heart, Oklahoma in 1925. Schools were few and far between in rural Oklahoma. Tony was one of a few boys who attended a school for native American girls. He briefly attended college and returned home to farm.

In 1943 he joined the army, serving in combat during World War II. He received several awards for valor including a Purple Heart.

After his discharge, he attended the University of Oklahoma, receiving a BA in 1948. He married and was the father of six children. Hillerman worked at a variety of journalistic jobs, one of which took him to New Mexico. Returning to college, he earned an MA in English and joined the faculty at the University of New Mexico. While teaching at the University of New Mexico, Hillerman started writing,

His novels are noted for the cultural details of the Navajo, Hopi and Zuni American Indian tribes.

Hillerman died in 2008.

*The Wailing Wind* . . . . .

Number fifteen in Hillerman's series features characters Lt. Leaphorn, Officer Jim Chee and Bernadette Manuelito. The story takes place in the four corners area of Arizona and New Mexico.

Joe Leaphorn has retired from the Navajo Reservation Police Force and doesn't know what to do with himself. His beloved wife, Emma, has died several years ago. He tries to be available when the Navajo Tribal Police need advice or a little extra help.

Jim Chee is a sergeant in the NTP and a supervisor of Bernadette (known as Bernie) for whom he has started to have romantic feelings.

A pilot who was checking gas lines called in to the NTP to report an abandoned vehicle up an arroyo. Since Bernie was headed that way on another call, she was asked to investigate. She did and found a man dead and curled up on the seat. Thinking he drank himself to death, she is careless with what turns out to be a crime scene. She will face discipline for this and Jim Chee will defend her.

Meanwhile, Leaphorn has been asked by a man who has just been released from prison, to help find the man's wife who disappeared while he was incarcerated. How are these things connected and are they solved? Read the book.

Tony Hillerman is one of my favorite authors. His books are well researched and his style is interesting. Indians say he paints an accurate picture of Indian life.

## Anniversaries



February 18, 1984 Richard and Helen Wadkins  
February 19, 1974 Carter and Oza Bell

## New Residents

*Welcome*

**Dolly Roberts**  
Varina Lodge No. 272

Name: \_\_\_\_\_

# February Word Search



VALENTINE

HEART MONTH

BLACK HISTORY

BIRD FEEDING MONTH

SUPER BOWL

CHINESE NEW YEAR

AMETHYST

AQUARIUS

LEAP YEAR

SWEETHEART

CHOCOLATE

GROUNDHOG DAY

FLOWERS

FOOTBALL

LINCOLN



## February Movies

Movies start approximately at 6 PM. Channel 5.1 and TV Room

### **Love Potion #9- Friday, February 3**

Unlucky in love, chemist Paul Matthews visits gypsy Madame Rosa for help. Quickly realizing he is a hopeless nerd, she gifts him with Love Potion No. 8, which makes anyone who wears it irresistible to the opposite sex for four hours. Paul and animal psychologist coworker Diane Farrow decide to test it on themselves. The awkward pair suddenly find themselves alluring to anyone they approach, but soon realize they are most attracted to each other. 1 hour 32 minutes. Released: 1992 Rated PG-13 Starring: Tate Donovan, Sandra Bullock, Mary Mara and Dale Midkiff

### **The Lost Valentine- Monday, February 6**

On Valentine's Day, 1944, Navy Lt. Neil Thomas bids Caroline, his pregnant young wife, farewell from Union Station for service in WWII. Before their son is born, Neil's fighter plane goes down in the Pacific and he's declared missing in action. Caroline is devastated. But love never dies, and for the next 65 years Caroline returns to Union Station on the anniversary of her husband's departure to salute his memory. When local TV reporter Susan Allison receives an assignment to cover the love story, she's introduced to Neil and Caroline's grandson. The two are quickly attracted to one another and start to work on the story. Lucas encourages his initially reluctant grandmother to cooperate, while Susan uses her resources to investigate Neil's disappearance. Together the young couple uncovers two love stories - one that has stood the test of time and a new one just beginning. 1 hour 36 minutes. Released: 2011. Rating: PG Starring: Betty White, Jennifer Love Hewitt, Sean Faris and Billy Magnussen

### **Love at First Glance- Friday, February 10**

A young woman's hope for an engagement is upended unexpectedly when her boyfriend tells her he is looking for someone more adventurous. On her train ride home, she finds herself trading glances with a handsome stranger who, as he exits the train, leaves his phone behind. As she endeavors to return the phone, she finds herself on a journey of self-discovery. 1 hour 22 minutes. Released: 2017. Rated: PG Starring: Amy Smart and Adrian Grenier

## February Movies

Movies start approximately at 6 PM. Channel 5.1 and TV Room

### **San Francisco - Monday, February 13**

A Barbary Coast saloonkeeper and Nob Hill impresario are rivals for the affections of a beautiful singer, both personally and professionally, in 1906 San Francisco. 1 hour 55 minutes. Released: 1936. Not Rated Starring: Clark Gable, Jeanette MacDonald, Spencer Tracy and Jack Holt.

### **Pride and Prejudice- Friday, February 17**

Based on Jane Austen's novel, sparks fly when spirited Elizabeth Bennet meets single, rich and proud Mr. Darcy. but Mr. Darcy reluctantly finds himself falling in love with a woman beneath his class. Can each overcome their own pride and prejudice? 2 hours 9 minutes. Released: 2005. Rating: PG Starring: Keira Knightley, Matthew Macfadyen, Brenda Blethyn and Donald Sutherland.

### **Redeeming Love- Monday, February 27**

Based on the bestselling novel by Francine Rivers, *Redeeming Love* is a powerful story of love and perseverance as a young couple's relationship clashes with the harsh realities of the California Gold Rush of 1850. Angel, facing demons that seem unsurmountable, meets Michael, a farmer who wants her for his wife. As Angel experiences love for the first time, feelings of unworthiness cause her to run from the new life she doesn't think she deserves. When Michael sets out to find her, Angel discovers that she has the power to choose the life she wants. 2 hours 14 minutes. Released: 2022. Rated: PG-13. Starring: Abigail Cowen, Tom Lewis, Eric Dane and Famke Janssen.

## Resident Birthdays

Happy Birthday to the following residents who celebrate their birthdays:

2/1 Joan Setliff  
2/12 Ramona Ridgeway  
2/13 Fay Gardner  
2/14 Gypsy Rollings  
2/23 Faye More  
2/23 Richard Neiswander  
2/24 Marshall Messimer  
2/25 Joyce Deputy

## Employee Birthdays

2/1 Irene Ishmael  
2/2 Natasha Mitchell  
2/5 Kathy Cooley  
2/8 Kim Bradby  
2/9 Mishael Hardy  
2/10 Michael Butler, Jr.  
2/16 Jazmine Gibson  
2/18 Vernelle Blue  
2/20 April Green  
2/24 Zeporra Lynn  
2/25 Angela Pisano  
2/25 Naomi Bey  
2/27 Kevin Cupitt

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Masonic Home Census: 162

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**Henrico, VA 23223**  
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**Anne Hagen, CPA, MBA**  
Chief Executive Officer  
**Tracy Coogle, CPA**  
Chief Financial Officer  
**Robert Adkins, LNHA**  
Senior Administrator  
**Kathy Bryant, ALFA**  
Assisted Living Administrator  
**Dr. Danny Felty**  
Medical Director  
**Daniel Thomas**  
Director of Nursing  
**Terry Hilton**  
Director of Development  
**Ann Meeks**  
Human Resources Director  
**Mike Butler, Jr.**  
Director of Facilities