



# Ventana Winds

## Retirement Community

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### ELEMENTS MEMORY SUPPORT NEWSLETTER

#### MEMORY SUPPORT STAFF DIRECTORY

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#### A Presidential Month

Two of America’s most famous leaders, first President George Washington and 16th President Abraham Lincoln, were born in February, contributing to the establishment of Presidents Day. The federal holiday on the third Monday of the month celebrates all U.S. presidents. Two other chief executives were also born in February: William Henry Harrison and Ronald Reagan.

#### Honoring MLK

The third Monday of each January, Martin Luther King Jr. Day remembers the legacy of the American civil rights leader. It’s the first federal holiday to honor an African American, and the first for a private citizen who never held a public office.

### February 2025



#### Tart Is Smart




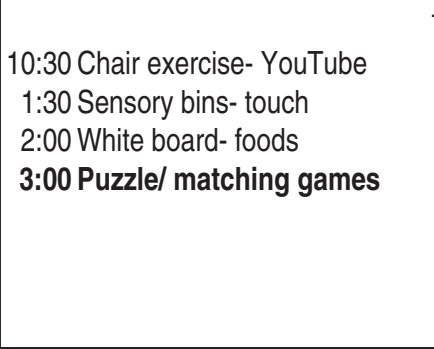

National Cherry Month in February gives you a good reason to choose cherries—specifically tart cherries. This sweetly sour snack contains anthocyanins, compounds that contribute to the fruit’s flavor, bright red color, and numerous health benefits. Research shows that tart cherries may lower the risk of heart disease; fight inflammation in arthritis and gout patients; provide relief to sore muscles; and promote better sleep.

#### Be My Valentine

Each year on Feb. 14, people give cards, candy, gifts or flowers on the day of love and romance called Valentine’s Day. The observance dates back to the 5th century.

#### Weekly News

The first issue of Newsweek magazine came out on Feb. 17, 1933. The publication, founded by Thomas J.C. Martyn, a former foreign editor at Time magazine, cost 10 cents a copy and had a circulation of 50,000. At its height in the early 2000s, Newsweek had a worldwide circulation of more than 4 million.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
2 9:00 Chair exercise- YouTube move to the music 9:30 Virtual Church- YouTube 10:00 Hair and nails with friends 11:30 Sensory bins- matching 2:30 Movie with snacks and drinks 5:30 Coloring/ painting with friends and music	3 8:45 Catholic Communion (P) 9:30 Chair exercise- stretching outside 10:30 White board- animals 11:00 Sensory bins- colors 3:00 Drum to the beat 5:30 Coloring/ painting with friends and music	4 9:30 Chair Yoga 10:30 White board- desserts 11:30 Sensory bin- matching 1:30 Hand massage 2:30 BIBLE STUDY with FARA 5:30 Coloring/ painting with friends and music	5 9:30 Chair exercise- stretching outside 10:30 White board- States 11:30 Sensory bins- textured 2:00 Board game- matching 3:00 Gardening/ water flowers 5:30 Coloring/ painting with friends and music	6 9:30 Chair exercise- move to the music 10:30 White board- sports 11:30 Sensory bins- smells 2:00 Chef day- build your own parfait 3:00 Hand Massage/ nail painting 5:30 Coloring/ painting with friends and music	7 9:30 Chair exercise pool noodle workout 10:30 White board- animals 11:30 Sensory bins- colors 2:00 Pet Visits 3:00 Bingo 5:30 Coloring/ painting with friends and music	8 10:30 Chair exercise- YouTube 1:30 Sensory bins- touch 2:00 White board- States 3:00 Puzzle/ matching games 5:30 Coloring/ painting with friends and music
9 9:00 Chair exercise- YouTube move to the music 9:30 Virtual Church- YouTube 11:30 Sensory bins- matching 2:30 Movie with snacks and drinks 5:30 Coloring/ painting with friends and music	10 8:45 Catholic Communion (P) 9:30 Chair exercise- stretching outside 10:30 White board- animals 11:00 Sensory bins- colors 3:00 Drum to the beat 5:30 Coloring/ painting with friends and music	11 9:30 Chair Yoga 10:30 White board- desserts 11:30 Sensory bin- matching 1:30 Hand massage 2:30 BIBLE STUDY with FARA 5:30 Coloring/ painting with friends and music	12 9:30 Chair exercise- stretching outside 10:30 White board- States 11:30 Sensory bins- textured 1:30 Live music- Julius / Valentine's Day party 3:00 Gardening/ water flowers 5:30 Coloring/ painting with friends and music	13 9:30 Chair exercise- move to the music 10:30 White board- sports 11:30 Sensory bins- sizes 1:30 Monthly birthday party with Tom 3:00 Hand Massage/ nail painting 5:30 Coloring/ painting with friends and music	14 Valentine's Day 9:30 Chair exercise pool noodle workout 10:30 White board- Food 11:30 Paint and Sip 1:30 Day at the movies- popcorn and drinks 5:30 Coloring/ painting with friends and music	15 10:30 Chair exercise- YouTube 1:30 Sensory bins- touch 2:00 White board- animals 3:00 Puzzle/ matching games 5:30 Coloring/ painting with friends and music
16 9:00 Chair exercise- YouTube move to the music 9:30 Virtual Church- YouTube 11:30 Sensory bins- matching 2:30 Movie with snacks and drinks 5:30 Coloring/ painting with friends and music	17 Presidents Day 8:45 Catholic Communion (P) 9:30 Chair exercise- stretching outside 10:30 White board- animals 11:00 Sensory bins- colors 3:00 Drum to the beat 5:30 Coloring/ painting with friends and music	18 9:30 Chair Yoga 10:30 White board- desserts 11:30 Sensory bin- matching 1:30 Hand massage 2:30 BIBLE STUDY with FARA 5:30 Coloring/ painting with friends and music	19 9:30 Chair exercise- stretching outside 10:30 White board- States 11:30 Sensory bins- textured 1:30 Move to the music 3:00 Gardening/ water flowers 5:30 Coloring/ painting with friends and music	20 9:30 Chair exercise- move to the music 10:30 White board- sports 11:30 Sensory bins- matching 1:30 Chef day- cookies 3:00 Hand Massage/ nail painting 5:30 Coloring/ painting with friends and music	21 9:30 Chair exercise pool noodle workout 10:30 White board- candy 11:30 Paint and Sip 2:00 Pet Visits 3:00 Bingo 5:30 Coloring/ painting with friends and music	22 10:30 Chair exercise- YouTube 1:30 Sensory bins- touch 2:00 White board- names 3:00 Puzzle/ matching games 5:30 Coloring/ painting with friends and music
23 9:00 Chair exercise- YouTube move to the music 9:30 Virtual Church- YouTube 11:30 Sensory bins- matching 2:30 Movie with snacks and drinks 5:30 Coloring/ painting with friends and music	24 8:45 Catholic Communion (P) 9:30 Chair exercise- stretching outside 10:30 White board- animals 11:00 Sensory bins- colors 3:00 Drum to the beat 5:30 Coloring/ painting with friends and music	25 9:30 Chair Yoga 10:30 White board- desserts 11:30 Sensory bin- matching 1:30 Hand massage 2:30 BIBLE STUDY with FARA 5:30 Coloring/ painting with friends and music	26 9:30 Chair exercise- stretching outside 10:30 White board- States 11:30 Sensory bins- textured 1:30 Move to the music 3:00 Gardening/ water flowers 5:30 Coloring/ painting with friends and music	27 9:30 Chair exercise- move to the music 10:30 White board- sports 11:30 Sensory bins- smells 1:30 Chef day- Strawberry shortcake 3:00 Hand Massage/ nail painting 5:30 Coloring/ painting with friends and music	28 9:30 Chair exercise pool noodle workout 10:30 White board- Food 11:30 Paint and Sip 1:30 Sensory bins- matching 3:00 Bingo 5:30 Coloring/ painting with friends and music	



## Advertising Icons

Created to sell everything from tires and cereal to fast food and insurance, corporate mascots can not only affect product sales, but also impact pop culture. Here are some of the most iconic characters in ad history.

Year	Mascot	Company/Product
1898	The Michelin Man	Michelin tires
1916	Mr. Peanut	Planters peanuts
1928	The Green Giant	Green Giant canned vegetables
1939	Elsie the Cow	Borden dairy products
1951	Tony the Tiger	Kellogg's Frosted Flakes
1963	Ronald McDonald	McDonald's restaurants
1965	Poppin' Fresh Doughboy	Pillsbury foods
1989	Energizer Bunny	Energizer batteries
1997	Gidget the Chihuahua	Taco Bell restaurants
2000	Gecko	Geico insurance

## "This Month In History"

### FEBRUARY

**1878:** Thomas Edison receives a patent for his first major invention, the phonograph.

**1905:** The first Rotary Club meets in Chicago. The service organization now has more than 35,000 clubs worldwide.

**1914:** In Washington, D.C., a groundbreaking ceremony is held on the western end of the National Mall for the Lincoln Memorial.

**1922:** Embracing the "broadcasting boom," President Warren G. Harding

has a radio installed in the White House.

**1935:** The board game Monopoly goes on sale with a price tag of \$2. Now a classic favorite, millions have played the property trading game.

**1947:** Inventor Edwin H. Land demonstrates his Polaroid Land Camera, which could produce a black-and-white photo in 60 seconds.

**1954:** A group of children in Pittsburgh is the first to be inoculated against polio with a new vaccine developed by Dr. Jonas Salk.

**1968:** With smiles, songs and stories, the TV series "Mister Rogers' Neighborhood" premieres on national public television.

**1985:** The Coca-Cola Company launches a new flavored soft drink, Cherry Coke.

**1995:** American businessman Steve Fossett completes the first solo flight across the Pacific Ocean in a balloon.

**2006:** At the Winter Olympics in Italy, U.S. speedskater Shani Davis becomes the first black athlete to win an individual gold medal in Winter Games history.

**2011:** "The Artist" wins the Oscar for best picture. It was the first silent film to win the award since "Wings" in 1927.

**2014:** Comedian Jimmy Fallon becomes the host of the late-night talk show "The Tonight Show."