

# Lafon Leaflet

February 2019

## Fantastic February



- ♥ American Heart Month
- ♥ Black History Month
- ♥ International Friendship Month
- ♥ Pride in Food Service Week, 4<sup>th</sup>-8<sup>th</sup>
  - ♥ Groundhog Day, 2<sup>nd</sup>
  - ♥ Valentine's Day, 14<sup>th</sup>
  - ♥ Presidents' Day, 18<sup>th</sup>



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*Medical Director*

Ms. Karren A. Sterling  
*Activity Director*

Mr. Michael Boudreaux  
*Business Manager*

Mrs. Phyllis Vindel  
*Dietary Manager*

Mr. Robert Thomas, *Engineer*

Lauren Boudreaux  
*Admissions*

Ms. Deborah Van Norman  
*Social Services*

Mrs. Nicola Pope  
*Human Resources*

Harold Williams  
*Housekeeping*

### February Birthdays

#### Residents

Ferdinand Regis	2/03
Lawrence Dupree	2/10
Esther Maney	2/13
Margaret Muentes	2/19
Earl Green	2/21
Bernadine Boskent	2/23

#### Employees

Victoria Green	2/05
Delores Lagarde	2/05
Gwendolyn Edmonson	2/11
Doris Smith	2/11
Keyonda Thomas	2/16
Jonique Collins	2/20
Charmaine Rhome	2/20
Devin Foy	2/23
Iris Mouton	2/24
Stanshari Gorden	2/25
Laura Davis	2/27

### Candy slogan

**hearts** have been around since 1866, and eight billion are produced annually. While some of the heartfelt phrases date back decades, new messages are created every year!



There is only one happiness in life:

To love and be loved.

~ George Sand



### Chinese New Year

The Chinese New Year occurs on February 5th this year, and it is the Year of the Pig! People with this sign are said to be happy, easygoing, honest, trusting, educated, sincere, and brave. Famous Pigs include Winona Ryder, Lucille Ball, Elton John, and Stephen King.



happy  
birthday



**Get Out the Chips & Dip -  
It's Time for the Super Bowl!**



Super Bowl LIII is scheduled on February 3rd and will be held at Mercedes-Benz Stadium in Atlanta, Georgia.



### Romance Themes

Can you match these classic romance movies with their theme songs?

- |                           |  |
|---------------------------|--|
| 1. Casablanca             | A. <i>My Dreams Are Gone with the Wind</i> |
| 2. Love Actually          | B. <i>Lara's Theme</i>                     |
| 3. Gone with the Wind     | C. <i>Stardust</i>                         |
| 4. Doctor Zhivago         | D. <i>The Puppy Song</i>                   |
| 5. Breakfast at Tiffany's | E. <i>As Time Goes By</i>                  |
| 6. You've Got Mail        | F. <i>Moon River</i>                       |
| 7. The Awful Truth        | G. <i>Tara's Theme</i>                     |
| 8. When Harry Met Sally   | H. <i>It Had to be You</i>                 |
| 9. Sleepless in Seattle   | I. <i>Too Lost in You</i>                  |

Answers:



1-E, 2-I, 3-G, 4-B, 5-F, 6-D, 7-A, 8-H, 9-C



The most worthwhile thing is to try to put happiness into the lives of others.

~Robert Baden-Powell

### Recipe Corner:

#### Red Velvet Milkshake

##### Ingredients:

- ♥ 2 cups vanilla ice cream
- ♥ 4 tbsp. red velvet cake mix
- ♥ 1-1/2 cups milk
- ♥ 1/2 tsp. vanilla extract
- ♥ 2 tbsp. warm hot fudge sauce
- ♥ Whipped cream
- ♥ Sprinkles



##### Instructions:

1. If desired, place sprinkles on a plate then dip the rim of your glass into the warm hot fudge and dip into sprinkles.
2. In a blender add the ice cream, cake mix, milk, and vanilla extract.
3. Blend until smooth.
4. Pour into glasses and top with whipped cream and sprinkles if desired.



### Paul Bunyan Folklore

Happy birthday, Paul Bunyan! According to legend, Paul Bunyan's birthday is February 12th. This hero of American and Canadian folklore, along with his ox, Babe, are credited with having created many land formations.

These formations include:

- *The Grand Canyon*, which he created by dragging his axe behind him.
- *Mount Hood*, which was formed when he was piling rocks on top of his campfire to put out.
- *The Great Lakes*, which were dug out by Paul to create a drinking trough for Babe.

Without Valentine's Day, February would be ... well, January. ~Jim Gaffigan



### Presidents' Day, February 18th

Two of the most well known of our Presidents are Abraham Lincoln and George Washington. George Washington was born in 1732 in Virginia, and led the American army in the Revolutionary War. He was subsequently elected President unanimously, receiving every electoral vote, the only time this has happened. Among the reasons why he was elected were his strong reputation for being willing to relinquish power, and his lack of children, which prevented any possible line of presidential succession.

Lincoln was born in Kentucky in 1809 and moved to Illinois in 1830. With hardly any schooling, he taught himself enough to become a lawyer.

#### Good Advice from Abe

Don't worry, eat three square meals a day, say your prayers, be courteous to your creditors, keep your digestion good, steer clear of biliousness, exercise, go slow and go easy. Maybe there are other things that your special case requires to make you happy, but my friend, these, I reckon, will give you a good life.

~Abraham Lincoln





Love is the greatest refreshment in life.

~Pablo

### Who Am I?



I was born on February 5, 1919 on the Lower East Side of Manhattan in that “miracle square mile” that gave show business Fanny Brice, George Gershwin, and Jimmy Durante, to name a few.

At age seven, I was performing on street corners for pennies, and at age twelve I worked every amateur contest I could enter. While I was still attending high school in the Bronx, I auditioned for and got the job as an entertaining bellhop at a tavern called Ryan’s in City Island, New York. My red hair and the bellhop’s uniform named me for life. That summer I got my first job in the great training grounds of the Catskills.

In 1957 I said “sayonara” to the small bits and won an Academy Award and a Golden Globe for Best Supporting Actor.

I was born Aaron Chwatt, but you might know me as...

**Red Buttons**



### An Age-Old Tradition

February is National Wedding Month, due to Valentine’s Day. You know what that means – partaking in traditional wedding rituals! One of the most famous traditions is the groom throwing the bride’s garter into a crowd of eligible bachelors. But how did this ritual begin?

The tradition dates back to Europe during the 14th century. Guests of the couple thought that having part of the bride’s clothing would bring good luck and would often begin to tear the bride’s dress for pieces of fabric! To deter the guests from ripping her dress, the bride began to throw other clothing items into the crowd, one of these items being her garter.



Has this world been so kind to you that you should leave with regret? There are better things ahead than any we leave behind.

~ C. S. Lewis



### Medical Memo: Keys to Healthy Aging



- ❖ **Keep Physically Fit:**  
Do something active each day. Find exercise that you enjoy. Keep up the flexibility, strength, and stamina that you have.
- ❖ **Eat Well:**  
Eat a variety of wholesome foods. Eat less fat and more grains, fruits, and vegetables. Drink plenty of water.
- ❖ **Recharge Yourself:**  
Get 7-8 hours of sleep each night. Try deep breathing and relaxation techniques.
- ❖ **Don’t Take In Poisons:**  
Keep smoke out of your lungs and tobacco out of your body. Drink alcohol only in moderation. Avoid unnecessary medications.
- ❖ **Manage Illness Wisely:**  
Find a good doctor, take control of your healthcare decisions, and listen carefully to the medical advice you are given.



- ❖ **Stay Social:**  
Keeping up with friends and family can be very beneficial. Schedule a regular time to see friends and family members.
- ❖ **Stay Mentally Active:**  
Learn something new every day. Read, write, talk to others, and think about the subjects that interest you.
- ❖ **Reduce Stress:**  
Long term stress can damage brain cells. Find activities that help you cope with stress. Take care of yourself when you are stressed. Deep conscious breathing, yoga, or meditation are good relaxation techniques.
- ❖ **Get Immunized Regularly:**  
Besides yearly flu shots, discuss with your doctor which other immunizations you may need. Shingles, Whooping Cough, and Pneumonia are common for older adults.

**Snack Food Month Search-A-Word**

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

- |           |         |       |        |
|-----------|---------|-------|--------|
| POPCORN   | COOKIE  | DIP   | CARROT |
| POPSICLE  | PASTRY  | CANDY | FRIES  |
| ICE CREAM | PRETZEL | NUTS  | HUMMUS |
| YOGURT    | FRUIT   | CHIPS | APPLE  |

***What is Love?***



**T**o Love is to share time together,  
 build a world, oh so rare, just for two,  
 to work side by side,  
 and be filled with a pride,  
 as all of your dreams do come true.

**T**o Love is to know someone special,  
 one on whom you can always depend,  
 life together through years,  
 sharing joy, laughter, tears,  
 as a partner, a lover, a friend.

*adapted from a poem by Krina Shah*

***American Heart Month***

The heart is an amazing thing, if you think about it. It pumps nonstop from the day we're born until the day we die. What other muscle never, ever gets a rest? You might think that the best thing you can do for your heart would be to give it a rest, maybe be a complete couch potato. But the opposite seems to be true. The heart actually does better when it gets some exercise! So be kind to your heart; remember to (gently) move your body this month and celebrate American Heart Month!



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