

### Leadership Contacts

- Mike - Campus Executive Director - 651-466-1022
- Chris - Arbors Executive Director - 651-466-1011
- Cheyenne - Arbors Director of Health Services - 651-466-1012
- Mary - Arbors Floor Nurse - 651-466-1013
- Melissa - Arbors Community Life Director - 651-466-1014
- Front Desk/Home Health Aides - 651-466-1000
- Kitchen - 651-466-1005
- Laura - Billing - 612-451-4754
- Food Service Manager - 651-466-1017
- Housekeeping - 651-466-1028
- Kathleen - Chaplain (Contact Melissa to connect with Kathleen)
- Nathan & Christelle - End of Life Doulas - 651-466-1024
- Birchwood Health Care Center - 651-464-5600



# Age Magnificently



## Our Community Newsletter

*Discover what's going on in our community.*

### Feedback Forms

Feedback Forms are located by the elevator on each floor. Staff, residents and families are encouraged to use the forms at any time they have a comment/suggestion they would like to share with management. Food comment cards are located in the Dining Room.

- Activities are subject to change. Please check the bulletin board by the 1st floor elevator daily or the Dining Room TV for the most up to date schedule.

- Resident Council is a great time to talk about activity requests and to discuss questions, comments and concerns with your peers.

### HEY REHAB!



#### Ask yourself, have you?

- Fallen
  - Lost Balance
  - Stumbled
  - Had Trouble Chewing
  - Find Yourself More Forgetful
- If any of these things are you, talk to your nurse about Rehab/Therapy Services.*

- Sign up for OUTINGS in the Wellness Room at least 24 hours in advance of the trip.

- Don't forget the **EXERCISE BIKE is available for daily use in the LOBBY on the first floor!**

- See Melissa if you would like to be part of our **Health Care Center VOLUNTEER TEAM.**

### Onsite Services

Podiatry, Dental, Associated Clinic of Psychology, or Integrative Therapy, contact floor nurse or front desk.

- There are a lot events listed on the calendar as - Ch 95. Be sure to check them out on your TVs.



*Gold Tone Cats - Dining Room  
Friday, February 13th at 2pm*



*Darlin' Jesse - Dining Room  
Friday, February 27th at 2pm*



## February

### Happy Birthday

- Carolyn - 6th
- Joe - 9th
- Denny - 18th
- Vonnie - 22nd
- Bonnie J - 24th

*Ranger Rick & Jim Bob - CHAPEL  
Friday, February 20th at 2pm*





Virtual Program:  
**MARINE RESCUE & REHABILITATION**

Presented by:  
Mote Marine Laboratory & Aquarium

Discover how dedicated experts save sea turtles, dolphins, and other precious marine life—and why every success story strengthens the health of our oceans.

February 5<sup>th</sup> at 2:00pm



2026

Tuesdays and Thursdays

Coaches and Captains meeting - 1/12/26

Week	Whizzer Day	Crank Day	RBS
Scrimmage Week	1/13	1/15	1/16
Week 1	1/20	1/22	1/23
Week 2	1/27	1/29	1/30
Week 3	2/3	2/5	2/6
Week 4	2/10	2/12	2/13
Week 5	2/17	2/19	2/20
Week 6	2/24	2/26	2/27
Week 7	3/3	3/5	3/6
Final 4	3/10	3/12	NO RBS
World Championship	3/17	3/19	NO RBS

\*RBS = Really Big Show\*

All Spark Performance League Items Begin at 1:00 PM

Animals of the Month

Many cultures and groups celebrate or feel aligned with certain creatures at different times of year. Here's a sampling of animals with February connections.

**Rabbits** — Saying *rabbit* on the first of the month is good luck, according to an English and North American superstition.

**Groundhogs** — These cute critters tell us if spring will come early each February 2 on Groundhog Day.

**Green Dragons** — In the Celtic zodiac, the green

dragon, which is connected to spiritual growth, is especially strong in early February.

**Horses** — In the Chinese zodiac, 2026 is the Year of the Fire Horse, beginning on February 17.

**Otters** — For some Indigenous Americans, the playful otter is associated with February.

**Wolves** — Indigenous American lore reveres the compassionate yet fierce wolf in February.

**Owls** — Many cultures are inspired by the strength, wisdom, and cunning of owls during this month.



What Am I?

I have four quarters, but I'm not a dollar. What am I?

**Answer:**  
The Super Bowl

February Zodiacs

Aquarius (Water Bearer)  
February 1–18

Pisces (Fish)  
February 19–28

Chaplain Chat



Prayer to Protect My Soul from the News.

Kathleen McCauley, Chaplain



*My God, the soul you have placed in me is pure and vulnerable. I am afraid that looking at today's news will be painful. Encircle me in a robe of light so that I can witness the wounds of the world without being wounded myself. Let me learn what I need to know in order to be of my greatest use, without being overwhelmed by despair. I feel Your protective light now as I open myself to the world's suffering and the world's joy. By Rabbi Irwin Keller.*

In this prayer we gain the strength to be one with our brothers and sisters in pain, just as Jesus shared in our suffering on the cross. This union and division of the pain will build our "Soul Stamina", Mystic Theresa of Avila, which will sustain us to stay close to the Truth and Love God offers to us daily.



**February** is the shortest month of the year. The first ancient Roman calendar started with March and was only 10 months long. January and February were added in 700 BC, making February the last month of the Roman year. *February* comes from the Latin word *februare*, which means "to purify," as Romans performed purifying rituals to prepare for the new year. Around 153 BC, January was moved to the first month of the year and February to the second.

In the Good Old Days

**In February 1960:** The average annual income was \$5,620. The average new home price was \$16,500. A gallon of milk cost \$0.49. A dollar then is roughly equivalent to \$10.91 today.

**In February 1980:** The average annual income was \$17,710. The average new home price was \$76,400. A gallon of milk cost \$2.16. A dollar then is roughly equivalent to \$3.92 today.

What's Lucky in February?

- Lucky Color: Fuchsia
- Lucky Animal: Zebra
- Lucky Letters: C and M
- Lucky Day: Wednesday
- Lucky Plant: Rose



February Birthdays

- Langston Hughes (poet) – February 1, 1901 or 1902
- Elizabeth Blackwell (doctor) – February 3, 1821
- Rick Astley (singer) – February 6, 1966
- Charles Dickens (writer) – February 7, 1812
- George Ferris (inventor) – February 14, 1859
- Jane Seymour (actress) – February 15, 1951
- Yoko Ono (musician) – February 18, 1933
- Benicio del Toro (actor) – February 19, 1967
- Rihanna (singer) – February 20, 1988
- Nina Simone (singer) – February 21, 1933
- Emily Blunt (actress) – February 23, 1983
- Anthony Burgess (novelist) – February 25, 1917
- Elizabeth Taylor (actress) – February 27, 1932
- Linus Pauling (chemist) – February 28, 1901

This octogenarian turned his health around from hospice to athlete.

Read on for Roy's story...



# February 2026

# THE MONTHLY GAZETTE

*“February, the month of love, is a time to cherish the bonds that warm our hearts.”*

~ D. A. Blankinship



## Animal of the Month – Great Horned Owl

The majestic great horned owl is one of the most common—and biggest—owls in North America. These large, powerful, adaptable raptors live in a wide range of habitats, from wetlands and forests to deserts and urban areas. They make their homes in abandoned nests, holes in trees, cliff ledges, or on buildings or other man-made structures. You can spot a great horned owl by its bright yellow eyes and distinctive tufts of feathers that look like long, pointy ears. Great horned owls are often seen as symbols of strength, bravery, wisdom, and grace, and they like to perch on tree



branches or fence posts adjacent to open fields, where they can search for prey. They are silent flyers and adept predators, feeding on creatures large and small, including skunks, bats, geese, cats, porcupine, rats, loons, fish, woodchucks, certain reptiles, and even scorpions. They sometimes eat other owls, too!

## Special Days

**Dark Chocolate Day**  
February 1

**Groundhog Day**  
February 2

**Valentine's Day**  
February 14

**Presidents' Day**  
February 16

**Chinese New Year (Lunar New Year) Begins**  
February 17

**Carpe Diem Day**  
February 26

## Flower – Violet



While roses are commonly associated with Valentine's Day, violets are the traditional flower to give on February 14. Legend has it that while imprisoned by the Romans, the Christian priest Saint Valentine used crushed violet petals as ink to write secret notes of love and friendship. Thus, violets came to symbolize faithfulness and love. In addition to its decorative charms, this lovely little flower can be used in foods like salads, smoothies, and sweets.

## Birthstone – Amethyst



February's birthstone is amethyst, a purple variety of quartz. The stunning stone has been prized for thousands of years for its beauty and perceived mythical powers. Amethysts were buried with Egyptian pharaohs and in the caves of Neolithic man. In the Middle Ages, amethysts were worn to protect against sorcery and bring victory in battle. The name comes from the Greek word *amethystos*, meaning “not drunk,” as the violet stone was thought to prevent intoxication.

Watching Roy compete at the World Championship Spark Challenge this past December was cause for celebration—not only because his phenomenal performance on the arm crank ergometer helped take his team to victory, but because this octogenarian athlete had been on hospice just a few months earlier.

According to Wendy Zimmerman, Director of Community Life at Cedar Creek Senior Living, Roy's transformation is a testament to the power of community. “We talk a lot about strength, purpose, and belonging, and how they're essential to aging magnificently, and I genuinely believe that's what gave Roy the will to live,” she said.

### Running on empty

The years leading up to Roy's move to the Lifespark community had taken a toll on his physical and mental health. “I'd been taking care of my wife at home full time, feeding her, bathing her, and changing her diaper, until finally, the doctor said she had to go to a nursing home to get better care,” he said. After reluctantly moving his wife to a skilled nursing facility, he continued to live in the home the couple had shared for 25 years. He was grieving the tragic death of his other adult child when his wife died.

“I wasn't getting proper food or rest, and I fell a couple of times and had to have my neighbor come over to help me up, and that worried my son enough to look for a place where I could get care,” he said. By the time Roy moved to the [Lifespark Senior Living](#) community in February 2024, he'd become so weak and frail that his condition was considered life-limiting. He enrolled in [Lifespark Hospice](#), choosing to stay in in his bathrobe, watch TV in his apartment, and eat his meals alone.

### From bathrobe to barbells

Wendy first met Roy about six weeks later, not long after she'd started her new job. “He had come down to the pub in his bathrobe and was really angry that he'd never been to a Happy Hour, but he ended up talking with one of our chaplains about things that were troubling him,” she said. “After that, I started pestering him to join us for group activities—not successfully at first, but I was relentless.”

Eventually, Wendy convinced Roy to check out the TRYathlon, a series of competitive events involving teams from 40+ Lifespark Senior Living communities, all vying for top place. “Even though we were halfway through the seven-week challenge, Roy started coming to practice sessions and meets—wearing pants and a Cedar Creek Cheetahs team t-shirt,” she said.

The TRYathlon is one of four annual Spark Performance Games, each running for about ten weeks, including pre-season practice sessions, seven weeks of competitions and a week of

scrimmages, followed by play-offs and the World Championship. Launched in 2022, the Spark Performance League was the brainchild of Dr. Bill Thomas, nationally renowned geriatrician, author, and Lifespark Independence Officer, who believes that aging is a team sport. “When you shift your focus from decline, disease, and disability to strength, purpose, and belonging, [amazing things can happen](#),” he said.

**Team player**

When Roy learned that the next Spark Performance was National Forklift Racing, his interest was sparked. “I didn’t drive forklifts, but I was in construction, so it fit right in with what I used to do,” he said. After just a few practices, he became one of his team’s ace players. Instead of eating lunch and dinner alone in his room, he started coming to the dining room. “It got easier for me to sit down with people because they were my teammates now,” Roy said.

According to Dr. Thomas, belonging happens when we can be ourselves with other people. “We all have different strengths and weaknesses, passions and gifts, and even irritating quirks,” he said. “We want everyone to bring their individuality into the group because that’s where a sense of belonging comes from.”

**Too healthy for hospice**

Over the next six months, Roy’s health had improved so radically that he no longer needed to be on hospice. “Once I got established with regular meals, rather than having to pick something up for myself, like a peanut butter sandwich, I started to feel better health-wise,” he said. He was also much stronger, thanks to the team workouts and competitions. But just as important to Roy’s physical health was his circle of friends.

“I’m very happy to have as many friends as I’ve got here,” he said. “Competing with other people in my same situation, cheering them on and congratulating each other, and then celebrating together afterwards, it’s all I can ask for.”

Wendy continues to be his biggest cheerleader. “How many people can say they graduated from hospice? Not many,” she said. “It’s just so inspiring to watch someone go from spending his days in a bathrobe to being a part of this community.”

To learn how Lifespark helps people age magnificently, visit [Lifespark.com](http://Lifespark.com)

**Valentine’s Day**

**Riddle Me This**

What’s wrapped in foil, sweet inside, and gone in a heartbeat?

**Challenge for the Day**

Share your favorite love song with someone and tell them why you like it.

**Food for Thought**

Heart-shaped candies became a Valentine’s favorite in the late 1800s. The first “conversation hearts” were created by a Boston pharmacist who used a candy-press machine to stamp romantic sayings onto small shapes. Messages were printed on paper and included phrases such as “Please Be True.” Over time, the sayings were shortened to “Be Mine” and “True Love.”

**Valentine’s Day**

**What Am I?**

I begin as blank paper, but soon I hold emotion shaped by ink. My words may rhyme or flow freely, stitched together by courage or hope. I travel through envelopes and across distances, carrying sentiments both tender and bold. Sometimes I am ornate with lace and ribbon, other times simple and sincere. My surface might bear glitter or hearts, each line revealing a glimpse of feeling. I have witnessed shy glances in classrooms, long marriages, and new beginnings. I rest on mantels and in memory boxes. I am signed, sealed, and kept as a token of connection, reminding hearts of affection once shared. I speak gently where voices might falter and let love find its way in words. What am I?

**Valentine’s Day**

**Conversational Starter**

What song reminds you most of love or Valentine’s Day?

**Word Scramble**

S A T E H W E R E T  
A beloved person

**Fun Fact**

Red roses are a Valentine favorite, as they have long symbolized deep love and passion. Long ago, the red rose was linked to Venus and Aphrodite, goddesses of love and beauty. Its color represented the heart, while its scent was said to release natural oils that evoke calm and attraction. Over centuries, poets and artists adopted the rose as a universal emblem of romance.

**Presidents’ Day**

**Riddle Me This**

He built a home at Monticello’s crest. Which founding father did his best?

**Challenge for the Day**

Do a set of leg lifts while you wait for something today.

**Food for Thought**

Cherry pie is often linked to George Washington because of the tale of the cherry tree. Although it was likely not true, it helped make cherries a patriotic symbol of honesty and leadership. By the 1800s, cherry desserts such as tarts and puddings became common on Washington’s birthday. Many still bake cherry pies today to celebrate Presidents Day and honor one of America’s most beloved legends.

**Presidents’ Day**

**What Am I?**

I am anchored in ancient stone, shaped into permanence. My surface bears four faces, each bound by legacy. The work that made me began with thunderous blasts and ended in careful hands, turning mountain into monument. I gaze across open plains, my features shifting with the light. Wind, rain, and snow have etched their own designs upon me, yet I endure. Those who approach see ideals more than men, a story told through silence and scale. Far from any capital or coast, I hold the memory of a nation’s birth, its trials, and its resolve. My creation was both effort and statement, proof that identity can be carved into stone and remain. I stand as witness to time, a measure of what vision and persistence can shape. What am I?

**Presidents’ Day**

**Conversational Starter**

If you could travel back in time to meet a president, who would you pick and why?

**Word Scramble**

E N T U O M N M  
A national landmark

**Fun Fact**

Abraham Lincoln often carried important papers in his tall stovepipe hat while traveling. Notes, speeches, and letters rode safely above him on horseback and train alike. The simple habit became a lasting part of his image as a thoughtful and practical leader. It’s said the hat held pieces of history as he shaped a nation, a quiet symbol of his resourceful nature.

# Awesome Olympian Quote

Follow the instructions to cross off words in the table.  
What do the remaining words say?

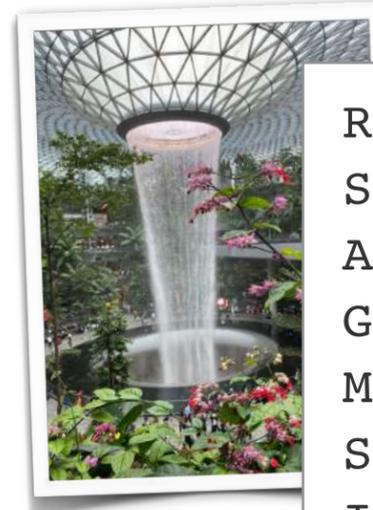
1. Cross off all Winter Olympic events.
2. Cross off all countries.
3. Cross off all Olympic ring colors.
4. Cross off all words that rhyme with *gold*.
5. Cross off all synonyms of *determined*.



winning	resolute	doesn't	blue
fold	always	Canada	bobsled
hockey	Italy	mean	being
first	mold	yellow	willful
persistent	winning	black	Japan
United States	luge	means	skiing
told	sold	earnest	you're
doing	Argentina	curling	adamant
bold	better	green	China
red	figure skating	than	hold
you've	unwavering	cold	Switzerland
India	ever	snowboarding	bound
slalom	Mexico	done	before

# Singapore

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



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

- |             |              |            |
|-------------|--------------|------------|
| BEACHES     | GARDEN CITY  | ORCHID     |
| BUMBOAT     | GUOCO TOWER  | SCULPTURES |
| CHILI CRAB  | LAWS         | SENTOSA    |
| CLEAN       | LION         | SWORDFISH  |
| CYCLING     | MONKEYS      | TROPICAL   |
| FLOWER DOME | NIGHT SAFARI | WATERFALLS |

# February 2026 - Monthly Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Linwood Covenant Worship [CH] <b>1</b> 1:00 Ice Cream Delivery 1:30 Bingo [DR] 3:30 Chair Exercises - Ch 95	10:15 Exercise [AR] <b>2</b> 1:00 WALMART-24 hour advance sign up 3:30 Word Game [AR] 5:30 Movie/Popcorn [L]	10:00 St Peter's Catholic Rosary [CH] <b>3</b> 10:15 Coffee Talk [L] 1:00 TRYathlon-Walking Challenge [CH] 3:30 Hymn Sing [AR] 5:30 Games w/Tammy [AR]	10:00 Worship w/Thomas [CH] <b>4</b> 10:15 Exercise [AR] 10:30 Wed Loop 1:30 Bingo [DR] 3:30 Loving the Olympics, 2026 Primer [AR]	10:15 Exercise [AR] <b>5</b> 1:00 TRYathlon-Arm/Leg Bike Day [CH] 2:00 Lifelong Learning: Marine Rescue & Rehabilitation [CH] 3:30 Spiritual Group [AR] 5:30 Resident Led Chat [L]	10:15 Kickball [AR] <b>6</b> 1:00 Really Big Show [CH] 3:00 Arbors Annual Memorial Service [CH] 7:00 Winter Olympic Opening Ceremony [L]	10:00 Resident Led Walk [AA] <b>7</b> 1:30 Resident Led Chat [L] 3:30 Chair Exercises - Ch 95 5:30 Movie [L]
10:00 Chisago Lakes Baptist Worship [CH] <b>8</b> 1:00 Ice Cream Delivery 1:30 Bingo [DR] 3:30 Chair Exercises - Ch 95 5:30 Superbowl LX [AR]	10:15 Exercise [AR] <b>9</b> 1:30 Word Game [AR] 5:30 Movie/Popcorn [L]	10:00 St Peter's Catholic Mass [CH] <b>10</b> 10:15 Coffee Talk [L] 1:00 TRYathlon-Walking Challenge [CH] 3:30 Hymn Sing [AR]	10:00 Forest Hills Methodist Worship [CH] <b>11</b> 10:15 Exercise [AR] 10:30 Wed Loop 1:30 Olympic Games [DR]	10:15 Resident Council [AR] <b>12</b> 1:00 TRYathlon-Arm/Leg Bike Day [CH] 3:30 Worship w/Communion [AR] 5:30 Resident Led Chat [L]	10:15 Kickball [AR] <b>13</b> 1:00 Really Big Show [CH] 2:00 Welcome/Birthday Party & Music w/Gold Tone Cats [DR] 3:30 Farkle [AR]	<b>Valentine's Day</b> <b>14</b> 10:00 Resident Led Walk [AA] 1:30 Resident Led Chat [L] 3:30 Chair Exercises - Ch 95 5:30 Movie [L]
1:00 Ice Cream Delivery <b>15</b> 1:30 Hymn Sing w/Deb & Sue [L] 3:30 Chair Exercises - Ch 95	<b>Washington's Birthday</b> <b>16</b> 10:15 Pet Visits 1:30 Word Game [AR] 5:30 Movie/Popcorn [L]	10:00 St Peter's Catholic Rosary [CH] <b>17</b> 10:15 Coffee Talk [L] 1:00 TRYathlon-Walking Challenge [CH] 3:30 Hymn Sing [AR] 5:30 Games w/Tammy [AR]	10:00 Faith Lutheran Worship [CH] <b>18</b> 10:15 Exercise [AR] 10:30 Wed Loop 1:30 Bingo [DR] 3:30 Olympic Trivia [AR]	10:15 Exercise [AR] <b>19</b> 1:00 TRYathlon-Arm/Leg Bike Day [CH] 3:30 Spiritual Group, The Valley of Big Feelings [AR] 5:30 Resident Led Chat [L]	10:15 Kickball [AR] <b>20</b> 1:00 Really Big Show [CH] 2:00 Music w/Ranger Rick & Jim Bob [CH] 3:30 Cards & Board Games [WR]	10:00 Resident Led Walk [AA] <b>21</b> 1:30 Resident Led Chat [L] 1:30 Linwood Ladies Music/Social [DR] 3:30 Chair Exercises - Ch 95 5:30 Movie [L]
1:00 Ice Cream Delivery <b>22</b> 1:30 Painting/Coloring Group [AR] 3:30 Chair Exercises - Ch 95	10:15 Exercise [AR] <b>23</b> 10:30 OUT TO LUNCH-24 hour advance sign up 1:30 Word Game [AR] 3:30 Travelogue: Singapore [AR] 5:30 Movie/Popcorn [L]	10:00 St Peter's Catholic Rosary [CH] <b>24</b> 10:15 Coffee Talk [L] 1:00 TRYathlon-Walking Challenge [CH] 3:30 Hymn Sing [AR]	10:00 Worship w/Thomas [CH] <b>25</b> 10:15 Exercise [AR] 10:30 Wed Loop 1:30 Bingo [DR]	10:15 Exercise [AR] <b>26</b> 1:00 TRYathlon-Arm/Leg Bike Day [CH] 2:00 Women's/Service Club [CH] 3:30 Worship w/Communion [AR] 5:30 Resident Led Chat [L]	10:15 Kickball [AR] <b>27</b> 1:00 Really Big Show [CH] 2:00 Music w/ Darlin Jesse [DR] 3:30 Blackjack [AR]	10:00 Resident Led Walk [AA] <b>28</b> 1:30 Resident Led Chat [L] 3:30 Chair Exercises - Ch 95 5:30 Movie [L]



- AA All Around
- AR Activity Room
- CH Chapel
- DR Dining Room
- L Lobby
- WR Wellness Room

**Happy Birthday to**  
 2/6 Carolyn H  
 2/9 Joseph P  
 2/18 Dennis M  
 2/22 Evon "Vonnie" D  
 2/24 Bonnie J

Schedule is subject to change.