

February Greeting Continued:

Wednesday, February 14th - Ash Wednesday- which marks the start of Lent.

Monday, February 19th – President’s Day - a federal holiday also known as Washington’s Birthday that is celebrated on the third Monday in February. (George Washington’s actual birthday is February 22)

February brings many events that our Life Enrichment Associates have planned. Please be sure to refer to the Life Enrichment February calendar and our Facebook page. Please feel free to join in on a life enrichment program with your loved one.

As always, we, the Associates, at Warde Senior Living, thank you for giving us the privilege of caring for your loved one. We are happy that you have placed your trust in us.

With February Blessings,

Shari L. LaRoche, MS LNHA
Administrator

The Art of Being Humble

February 22 prefers not to call attention to itself. It is Be Humble Day, a day not to brag, boast, or call attention to your accomplishments. The words *humble* and *humility* come from the Latin word *humus*, which means “earth,” literally the dirt beneath our feet. To be humble is to have a modest estimate of one’s own worth and to never have a superior attitude over others. Humility is perhaps the greatest of virtues.

In our loud, proud, and power-driven society, humility can be viewed as a weakness. However, humility has often proven to be a leader’s greatest strength. Humility comes from the self. Humility is also attractive to others, often because a good and humble leader will sacrifice personal gain for the benefit of the entire group. Humble leaders also do not create their identity from their accomplishments. Identity and accomplishment are entirely separate. This is why a humble leader will remain flexible. When their choices are criticized, they do not take it personally but rather are willing to learn from their mistakes. Taking a day to be humble may make us all stronger leaders, whatever our tasks.

Sr. Dorothy Turns 100!



On Saturday January 27th, we celebrated Sr. Dorothy’s 100th birthday with her friends and family, the Sisters of Mercy community, and Warde associates!

Connecting the World

On February 4, 2004, the internet changed forever. Harvard freshman Mark Zuckerberg launched Facebook, a website that has transformed the way people socialize and communicate. Facebook has more than three billion active users a month. For many, staying in touch via Facebook, sharing pictures, sending messages, and commenting on friends’ posts is preferable to communicating by mail, telephone, or email.



However, a scientific study in 2017 suggested that using Facebook had negative consequences. The more the study participants used Facebook, the worse they felt afterward. Users felt less satisfied with their lives and were lonelier. It seems that direct social contact may still be the best form of interaction of all.

Newsletter

Warde Senior Living | 21 Searles RD Windham, NH 03087 | 603.890.1290



Celebrating February

Bird Feeding Month
Spunky Old Broads Month
Women Inventors Month

Engineers Week
February 18–24

Liberace Day
February 4

Periodic Table Day
February 7

Chinese Lunar New Year’s
February 10

Galentine’s Day
February 13

Valentine’s Day
February 14

Presidents’ Day
February 17

Leap Day
February 29

February Greetings to Our Friends & Family

I hope this newsletter finds you all happy, healthy and full of love this Valentine’s season.

COVID 19 – Update: Currently, we do not have COVID-19 in our community. We did come out of outbreak status on January 23rd on the Assisted Living side of the community. We were able to contain the virus. Thankfully, the majority of our assisted living residents and long-term care residents have had the most recent COVID-19 vaccine and are considered up to date, as well as the RSV & Flu vaccine. We continue to be vigilant in ensuring we are doing everything we can to keep COVID-19 out of our community!! We appreciate all that you are doing as well to keep your loved ones safe and wearing your masks when you are visiting!!

In the month of January, we celebrated our AMAZING Life Enrichment Team! We appreciate all that this team does for our residents, families, associates and community overall! Thank you to our Life Enrichment associates for going above and beyond each day!

Special Days in February:

Friday, February 2nd – Groundhog Day – will the groundhog see his/her shadow or not? This is the question we ask ourselves each year. Will winter continue for another 6 weeks or will spring arrive sooner than we expect?

Tuesday, February 13th - Mardi Gras- (aka “Fat Tuesday” or Shrove Tuesday), which is the final feasting day before the Christian tradition of Lent begins on the following day, Ash Wednesday.

Wednesday, February 14th – Valentine’s Day – Did you know that the name Valentine comes from a Latin word meaning “strength.” There are many legends about it. Today, we celebrate Valentine’s Day with the tradition of exchanging the affectionate gifts and love notes that we call “valentines”.



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



February 2024

Warde Assisted Living



<p>8:30 Daily Chronicle 10:15 Chair Exercises- 2 11:00 Rosary - Chapel 2:00 BINGO- 2</p> <p>4</p>	<p>8:30 Daily Chronicle 10:00 TV Yoga- Foyer 11:00 Rosary - Chapel 2:00 "What's News w/ Sr. Rosemary"- G</p> <p>5</p>	<p>8:30 Daily Chronicle 10:00 Indoor Walk- Meet in Foyer 11:00 Rosary - Chapel 1:30 Painting- G</p> <p>6</p>	<p>8:30 Daily Chronicl 9:30 Outing: Shopping 11:00 Mass - Chapel 2:00 Making Valentine's with Medicus- G</p> <p>7</p>	<p>8:30 Daily Chronicle 10:00 Cocoa & Chats- Foyer 11:00 Rosary - Chapel 2:00 Music w/ Dove & Suzie- G</p> <p>8</p>	<p>8:30 Daily Chronicle 10:00 TV Yoga- Foyer 11:00 Rosary - Chapel 12:00 Lunch & Movie- G</p> <p>9</p> <p>Groundhog Day</p>	<p>8:30 Daily Chronicle 10:15 Parachute Games-2 11:00 Rosary - Chapel 2:00 Chinese New Year BINGO- 2 4:00 Mass- Chapel</p> <p>10</p> <p>Chinese New Year (Year of the Dragon)</p>
<p>8:30 Daily Chronicle 10:15 Chair Exercises- 2 11:00 Rosary - Chapel 2:00 The Puppy Bowl- 2 6:30 Superbowl Sunday- CBS</p> <p>11</p>	<p>8:30 Daily Chronicle 10:00 TV Yoga- Foyer 11:00 Rosary - Chapel 2:00 Music w/ Mark- G</p> <p>12</p>	<p>8:30 Daily Chronicle 10:00 Fat Tuesday- Foyer 11:00 Rosary - Chapel 1:30 Mardi Gras Margaritas- Foyer 4:00 Kids w/ Service Valentine's Party- G</p> <p>13</p> <p>Mardi Gras</p>	<p>8:30 Daily Chronicle 11:00 Mass - Chapel "Queen for the Day" Gal-entines Activites 10 AM and 1:30 PM in Foyer</p> <p>14</p> <p>Valentine's Day</p>	<p>8:30 Daily Chronicle 10:00 Yoga w/ Sandy- G 11:00 Rosary - Chapel 1:30 Happy Hearts Club- Cafe</p> <p>15</p>	<p>8:30 Daily Chronicle 10:00 TV Yoga- Foyer 11:00 Rosary - Chapel 1:30 Movie: Groundhog Day- Foyer</p> <p>16</p>	<p>8:30 Daily Chronicle 10:15 Coloring & Chats- 2 11:00 Rosary- Chapel 2:00 Social Hour- 2 4:00 Mass- Chapel</p> <p>17</p>
<p>8:30 Daily Chronicle 10:15 Chair Exercises- 2 11:00 Rosary - Chapel 2:00 BINGO- 2</p> <p>18</p>	<p>8:30 Daily Chronicle 10:00 TV Yoga- Foyer 11:00 Rosary - Chapel 2:00 Mercy Mission Trip Presentation- G</p> <p>19</p> <p>Presidents' Day</p>	<p>8:30 Daily Chronicle 10:00 Indoor Walk- Meet in Foyer 11:00 Rosary - Chapel 1:30 Easter Craft- Cafe</p> <p>20</p>	<p>8:30 Daily Chronicle 9:30 Outing: Shopping 11:00 Mass - Chapel 1:30 Movie: A Man Named Otto</p> <p>21</p>	<p>8:30 Daily Chronicle 10:00 Outing: Dollar Tree 11:00 Rosary - Chapel 2:00 Birthday Party with Ralphie- G</p> <p>22</p>	<p>8:30 Daily Chronicle 10:00 Cocoa & Chats- Foyer 11:00 Rosary - Chapel 1:30 Baking- Cafe</p> <p>23</p>	<p>8:30 Daily Chronicle 10:15 Horse Racing- 2 11:00 Rosary - Chapel 2:00 Movie Matinee- 2 4:00 Mass- Chapel</p> <p>24</p>
<p>8:30 Daily Chronicle 10:15 Chair Exercises- 2 11:00 Rosary - Chapel 2:00 BINGO- 2</p> <p>25</p>	<p>8:30 Daily Chronicle 10:00 Move & Groove- 2 11:00 Rosary - Chapel 2:00 "What's News w/ Sr. Rosemary"- G</p> <p>26</p>	<p>8:30 Daily Chronicle 10:00 Wii Bowling- Cafe 11:00 Rosary - Chapel 2:00 BINGO- Searles Place</p> <p>27</p>	<p>8:30 Daily Chronicle 10:00 TV Yoga- Foyer 11:00 Mass - Chapel 1:30 Elvis Documentary- Foyer</p> <p>28</p>	<p>8:30 Daily Chronicle 10:00 Yoga w/ Sandy- G 11:00 Rosary - Chapel 1:30 Magazine Hour: Cut & Collage- 2</p> <p>29</p>	<p>Key: 1- 1st Floor Dining Room 2- 2nd Floor Dining Room G- Gathering Room</p> 	

Activities subject to change, please see daily chronicle.