

**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 Rehabilitation and Nursing

<p>1 9:00 Room Visits 10:15 Soccer 11:00 Rosary - Chapel 2:00 American Heart Month - Heart Creations 3:00 Lawrence Welk Love Songs - Video</p>							<p>2 9:00 Room Visits 10:15 Balloon Volleyball 11:00 Rosary- Chapel 2:00 Music with Jim - Gathering Room  <b>National Wear Red Day</b> Groundhog Day</p>							<p>3 9:00 Room Visits 10:15 Coloring and Chats 11:00 Rosary - Chapel 2:00 Social Hour 4:00 Mass - Chapel</p>													
<p>4 9:00 Room Visits 10:15 Chair Exercises 11:00 Rosary - Chapel 2:00 BINGO</p>				<p>5 9:00 Room Visits 10:15 Coffee Social 11:00 Rosary - Chapel 2:00 Word Games 3:00 Monarch Butterfly Day - Video</p>				<p>6 9:00 Room Visits 10:15 Ring Toss 11:00 Rosary - Chapel 2:00 Creative Crafts</p>				<p>7 9:00 Room Visits 10:15 Sing Along 11:00 Mass - Chapel 2:00 Making Valentines w/ Medicus - Gathering Room 4:00 One-to-One Visits 6:00 BINGO</p>				<p>8 9:00 Room Visits 10:15 Soccer 11:00 Rosary - Chapel 2:00 Music with Dove and Suzie - Gathering Room</p>				<p>9 9:00 Room Visits 10:15 Balloon Volleyball 11:00 Rosary - Chapel 12:00 National Pizza Day - Pizza Party Lunch 2:00 Roll-A-Pizza Game 3:00 Arm Chair Travel - Italy - Video</p>				<p>10 9:00 Room Visits 10:15 Parachute Games 11:00 Rosary - Chapel 2:00 Chinese New Year BINGO 4:00 Mass - Chapel  Chinese New Year (Year of the Dragon)</p>			
<p>11 9:00 Room Visits 10:15 Chair Exercise 11:00 Rosary - Chapel 2:00 Manicures, Massages, and The Puppy Bowl 6:30 Superbowl Sunday - CBS</p>				<p>12 9:00 Room Visits 10:15 Ashley's Babies Gender Reveal 11:00 Rosary - Chapel 2:00 Music with Mark - Gathering Room</p>				<p>13 8:00 Pancake Breakfast 9:00 Room Visits 10:15 Mardi Gras Games 11:00 Rosary - Chapel 2:00 Celebrate Mardi Gras 4:00 Valentines Fun With Kids In Service 6:00 Valentines Movie  Mardi Gras</p>				<p>14 9:00 Room Visits 10:15 Balloon Tennis 11:00 Mass - Chapel 2:00 Valentine's Day Party with Salem Area Women's Club  Ash Wednesday Valentine's Day</p>				<p>15 9:00 Room Visits 10:15 Soccer 11:00 Rosary - Chapel 2:00 Resident Council 3:00 National Hippo Day - Island Of Hippos - Video</p>				<p>16 9:00 Room Visits 10:15 Balloon Volleyball 11:00 Rosary - Chapel 2:00 Backyard Bird Watching Day - Bird BINGO</p>				<p>17 9:00 Room Visits 10:15 Coloring and Chats 11:00 Rosary - Chapel 2:00 Social Hour 4:00 Mass - Chapel</p>			
<p>18 9:00 Room Visits 10:15 Chair Exercises 11:00 Rosary - Chapel 2:00 BINGO</p>				<p>19 9:00 Room Visits 10:15 Coffee Social 11:00 Rosary - Chapel 2:00 Scrapbooking 3:00 Visit Mt. Rushmore - Video  Presidents' Day</p>				<p>20 9:00 Room Visits 10:15 Ring Toss 11:00 Rosary - Chapel 2:00 Name That Tune</p>				<p>21 9:00 Room Visits 10:15 Instruments 11:00 Mass - Chapel 2:00 State Jack Pot Game 4:00 One-to-One Visits 6:00 BINGO</p>				<p>22 9:00 Room Visits 10:15 Pet Visits with Winnie and Ellie 11:00 Rosary - Chapel 2:00 Birthday Party with Ralphie - Gathering Room</p>				<p>23 9:00 Room Visits 10:15 Balloon Volleyball 11:00 Rosary - Chapel 2:00 Girl Scout Cookie Social</p>				<p>24 9:00 Room Visits 10:15 Horse Racing 11:00 Rosary - Chapel 2:00 Movie Matinee 4:00 Mass- Chapel</p>			
<p>25 9:00 Room Visits 10:15 Chair Exercise 11:00 Rosary - Chapel 2:00 BINGO</p>				<p>26 9:00 Room Visits 10:15 Move &amp; Groove 11:00 Rosary - Chapel 2:00 Manicures, Massages, and Musicals</p>				<p>27 9:00 Room Visits 10:15 Table Ball 11:00 Rosary - Chapel 2:00 Card Games</p>				<p>28 9:00 Room Visits 10:15 Balloon Tennis 11:00 Mass - Chapel 2:00 Creative Crafts and Cocktails</p>				<p>29 9:00 Room Visits 10:15 Soccer 11:00 Rosary - Chapel 2:00 Magazine Hour - Cut and Collage</p>											

Activities subject to change; see daily chronicle.