



OAKWOOD

SENIOR LIVING

232 E Churchwell Avenue • Knoxville, TN 37917

February 2016

In the Cards

The earliest surviving Valentine's message, a poem, dates from 1415. Victorian-era Valentines featured lace and embossed paper; at that time, it was considered bad luck to sign a Valentine's Day card. Today, more than 1 billion Valentine's Day cards are exchanged each year.

Happy February Birthday...

2/8 Jean Kelly
2/26 Martha Freeman



Happy Birthday

The Great Backyard Bird Count

Every February, bird-watchers around the world lend a helping wing to scientists by participating in the Great Backyard Bird Count, a four-day project organized by the Cornell Lab of Ornithology and the National Audubon Society. It's easy to join the fun: Simply tally the numbers and kinds of birds you see for at least 15 minutes on one or more days of the count (Feb. 12-15) and submit your findings at GBBC.BirdCount.org.



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.

Love and Chocolate

"All you need is love. But a little chocolate now and then doesn't hurt." —Charles M. Schulz

Words From the Heart

The New England Confectionery Company adds about 20 new sayings to their classic candy conversation hearts every year. Some of the oldest phrases still seen today include "Be Mine," "Kiss Me" and "True Love."

Leap to It

2016 brings a bonus in the form of an extra day—it's a leap year. The day is added on Feb. 29 in order to synchronize the calendar with the Earth's orbit around the sun, which takes about 365.25 days. The extra .25 requires the need for a leap day every four years.

Inventive Abe

Did you know Abraham Lincoln is the only U.S. president to ever hold a patent? He invented a device to lift boats over obstructions in rivers, such as sandbars, but it was never produced. A scale model of the mechanism is held at the Smithsonian Institution.



Trivia Whiz

Logos of Love

Symbols for love and romance are everywhere we look. Hearts, flowers, gems and other motifs bring to mind the emotional qualities of love and how we feel about our loved ones.

The Romans believed diamonds, worn to symbolize eternal love, were splinters of fallen stars. The first diamond engagement ring can be traced to the 15th century.

The personification of love and courtship, Cupid is depicted with a bow and quiver of arrows. The notion that being hit by Cupid's arrow will make the victim fall in love comes from the myth of Cupid and Psyche.

Likely the most common symbol for love is the heart. At one time, scholars believed the heart was the seat of all human emotions.



Cupid's Wings Craft at Oakwood



Hot Chocolate Social



Zumba in the Retreat



Devotions with Kim



Party Ideas

We're always looking for ideas for fun activities that will bring our residents together. If you have a suggestion for a party or activity you'd like us to host, please call or stop by the office. Thanks!



H.A.B.I.T. at Oakwood Senior Living

Each week, Sue, and either Bailey or Max (or both), make the trip to Oakwood to visit with residents. They are all volunteers from the H.A.B.I.T. program through the University of Tennessee and also live in the Oakwood community. Since they are so close, Sue is able to just walk them down the road to visit the Oakwood Senior Living community when the weather is nice. Started in 1986, H.A.B.I.T. stands for Human-Animal Bond in Tennessee and provides an opportunity for animals and their owners to offer therapeutic visits in many settings. This includes senior living communities, nursing homes, schools, hospitals, and several others. We are so grateful for our dedicated H.A.B.I.T. visitors and look forward to their return each week!



Bailey (left) and Max (right)



Wit & Wisdom

“Good night, good night! Parting is such sweet sorrow, that I shall say good night till it be morrow.”
—William Shakespeare

“It is the sweet, simple things of life which are the real ones after all.”
—Laura Ingalls Wilder

“Sweet is the memory of distant friends! Like the mellow rays of the departing sun, it falls tenderly, yet sadly, on the heart.”
—Washington Irving

“Love planted a rose, and the world turned sweet.”
—Katharine Lee Bates

“A poet is a nightingale, who sits in darkness and sings to cheer its own solitude with sweet sounds.”
—Percy Bysshe Shelley

“That it will never come again is what makes life sweet.”
—Emily Dickinson

Crossword Puzzle

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20				21			22			23				
			24				25							
26	27	28			29				30		31	32	33	
34					35				36					
37				38				39			40			
41			42			43				44				
45					46				47					
			48		49				50					
51	52	53					54				55	56	57	
58					59		60				61			
62					63						64			
65					66						67			

ACROSS

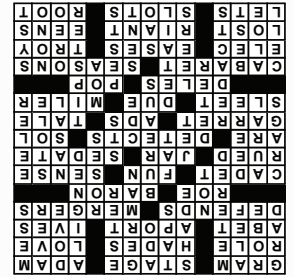
- Small weight
- Actor's place
- One tempted
- Character
- Lower region
- Letter closing
- Make ___; gamble
- To the left, on a ship
- Currier's partner
- Protects
- Events on a paper's business page
- Source of caviar
- Nobleman
- Trainee
- Enjoyment
- Meaning
- Felt terrible about
- Container
- Tranquilize
- Live
- Notices
- Sun deity
- Attic
- Promotional write-ups
- Word with tall or fairy
- Weather condition
- Appropriate
- Runner
- Crosses out, for short
- Beverage
- Hit Broadway play

- Periods of time
- Utility bill: abbr.
- Facilitates
- ___ Donahue
- Missing
- In stitches
- Suffixes for velvet & eight
- "Why don't we!"
- Thin openings
- Plant part

DOWN

- Homecoming attendee, for short
- After-bath wraparound
- Hebrew letter
- Like short-term parking
- Color
- Sole attachments
- Footfaraw
- Like Beethoven
- Organic compound
- Straightened
- Type of bird
- State
- Disarray
- Negative word
- American Beauties
- Pieces of furniture
- Mountaineer's hazards
- Of one of the senses
- Name in farm equipment
- Like Santa and Taft
- Like a twang

- Wrap
- Moray seeker
- Modern plane
- Nov. 1 honorees
- Discourage
- B followers
- Edits
- Gambler's advisor
- Particular
- Plant part
- Flightless bird
- Sly looks
- Annoying people
- Cubicle
- Hand lotion ingredient
- First-rate
- ___ on; forwarded
- Sweet snack item
- Advice to Nanette
- Method: abbr.
- ___ Paulo, Brazil



"This Month In History"

FEBRUARY

1849: William G. Morgan, a physical education director in Massachusetts, invents a sport called mintonette. A year later, the name was changed to volleyball.

1922: Reader's Digest magazine is published for the first time.

1930: Pluto is discovered by astronomer Clyde Tombaugh at Arizona's Lowell Observatory. The tiny, distant body was labeled the ninth planet in the solar system, but

scientists in 2006 reclassified it as a dwarf planet.

1945: Captured in a now-iconic photograph, U.S. Marines raise the American flag on Japan's Mount Suribachi during the Battle of Iwo Jima.

1953: Cambridge University scientists James Watson and Francis Crick announce their discovery of the chemical structure of DNA.

1964: The Beatles make their first live TV performance on "The Ed Sullivan Show." More than 70 million people tuned in to watch their U.S. debut.

1980: The U.S. Olympic hockey team beats the heavily favored Soviet team at Lake Placid, N.Y., in a stunning upset dubbed the "Miracle on Ice." The U.S. went on to win the gold medal.

1990: South African human rights activist Nelson Mandela is freed after 27 years in prison.

2001: Two astronauts from the crew of the space shuttle Atlantis make NASA's milestone 100th spacewalk.

2004: The online social networking service Facebook is launched.

2009: The Pittsburgh Steelers win a record-setting sixth NFL championship after a 27-23 victory over the Arizona Cardinals in Super Bowl XLIII.