

Casa Chronicle



Celebrating February

Library Lovers Month

Bird-Feeding Month

Spunky Old Broads Month

Groundhog Day

February 2

Weatherman's Day

February 5

XXIII Winter Olympics

February 9–25

Valentine's Day

February 14

Curling Is Cool Day

February 23

International Sword

Swallowers Day

February 24

XXIII Winter Olympics

From February 9–25, the world's greatest athletes will compete for gold medals and glory at the XXIII Winter Olympics. South Korea will host the winter games in Pyeongchang, a city in Gangwon Province, high in the Taebaek Mountains of the north.

Chief among the battles to play out on snow and ice will be the contest for men's hockey gold. For the past five Winter Olympics, players from the National Hockey League have participated in the Olympics. This year the NHL is not building a break into its schedule to allow players to compete in the Olympics, a matter that is not sitting well with the athletes. The USA hopes to compete with Russia, Canada, Sweden, and Finland for the coveted medal.

Elsewhere on the ice, Russia's 17-year-old Evgenia Medvedeva is favored for gold in women's figure skating, but 17-year-old American Karen Chen is an up-and-coming phenom who might surprise the world. On the men's side, American Nathan Chen could take gold if he continues to impress with innovative new jumps.

On the slopes, Americans Lindsey Vonn and Mikaela Shiffrin are poised to make a run for gold in downhill skiing. Shaun White, red-haired maestro of the snowboard half-pipe, has been a fan favorite since he took gold in 2006.

Canada took gold in men's and women's curling in 2014. Will they repeat? While Germany swept all luge events in the Sochi Olympics, the Austrians will provide stiff competition this time. In bobsleigh, Nigeria will attempt to field its first-ever team as three former women's track stars introduce the cool sport to the African continent. And beyond sports, South Korea is introducing innovative technological advances to the Olympics—virtual reality will change the way we watch the games. These Winter Games are sure to offer both sport and spectacle.

A Note From Sherri

Many changes are taking place around our county and our home, here at Casa de Flores, and as always we are here to help keep you in the know. I hope you are all as excited as I am for our renovations to begin and as we touched on in our 'Town Hall Meeting' on January 23rd, we are and will continue to see these changes ramping up as we move further into 2018.

If you did not attend; we missed you! One of the highlights of that meeting was our inquiry into whether or not our residents would be interested in bringing back a monthly meeting of a resident counsel. If you are interested in participating in a monthly resident counsel please let us know, this month, by writing a note, that includes your name on a suggestions slip at the front reception desk, or next to the mailboxes and drop it in the suggestion box. We will contact you and let you know when we schedule our first new meeting.

I would like to also remind everyone of the real purpose of the pendant you were issued upon move-in. I am moved by the fact that so many of you are concerned about inconveniencing our staff and therefore do not use your pendants unless you have an emergency BUT, these pendants are in place to help prevent these emergencies so in the spirit of being proactive I would like to ask you all to remember to press your pendant in anticipation of the help you may need, especially when needing help with transferring to and from a bed to your wheel chair and transferring to and from the restroom. So often we see that this is where the most accidents happen. So don't be shy, press your pendant if you know you are going to need help before it becomes urgent. We are happy to help!

Another bit of information that you may be interested in and should be aware of is a new dialing procedure coming to our area in June, referred to as an overlay. The new area code (820) will be added to the same geographic region as the existing (805) area code. Residents and businesses with telephone numbers that now begin with (805), will retain their current phone numbers. Only those who request new or additional telephone numbers will be assigned the new (820) overlay.

To prepare for the area code overlay customers should now begin using the new dialing procedure as practice for the coming change in June. Start by including the area code (805) when making any local calls. Just dial 1 + area code + seven digit phone number. More information is available at the reception desk. Just see Dawn our receptionist and ask her for the hand out. More information will be coming in next month's Casa Chronicle.

Stick to Your Chops

Put away the forks and spoons—February 6 is Chopsticks Day. Today, over a quarter of the world's population uses these utensils for eating, but 5,000 years ago the first chopsticks were developed in China as a cooking tool. It was Confucius who said, "The honorable and upright man keeps well away from both the slaughterhouse and the kitchen. And he allows no knives at the table." This alone may have made chopsticks the preferred utensil in China. By the year AD 500, chopsticks had spread to Vietnam, Korea, and Japan, although in Japan chopsticks were originally used strictly in religious ceremonies. To the uninitiated, the use of chopsticks can be fraught with peril. One should never stand their chopsticks up in a bowl of rice, for it looks like the way rice is offered during a funeral ceremony. And never rest your chopsticks sideways across the top of a dish—use chopsticks holders!

In 
Loving
Memory

Jack Lapice 02/1930 ~ 01/2018

Nancy Miller 11/1928 ~ 01/2018

February's Feathered Friends



February is Bird-Feeding Month. During the cold, harsh winter, it is especially difficult for wild birds to find food, so everyone is encouraged to provide food, water, and shelter

to help birds survive, and birds do need our help. One-third of the North American overwintering bird population has declined since 1966. And one-third of all North American bird species are at risk of extinction, with birds in arid, grassland, and coastal climates at greatest risk. A little bit of winter seed to augment their daily catch of insects could be enough to get them to springtime nesting season.

Not only can you help birds by feeding them this February but simple observations conducted during the Great Backyard Bird Count (GBBC) from February 16 to 19 can inform scientists about winter bird populations. During this four-day event, participants can spend as little as 15 minutes per day identifying birds in their own backyards and submitting that list to scientists via birdcount.org. Last year, 160,000 birders participated, from amateurs to experts, creating a global snapshot of world bird populations. Since birds are always on the move, such counts are important for scientists to see where populations come and go, where certain species congregate, whether diseases are affecting birds in specific regions, how species are coping with habitat loss and pollution, and how weather changes are affecting populations.

Citizen science—the practice of regular citizens aiding scientists in their research—is an important part of ornithology. The more people who participate, the more data is gathered, and the more accurate a picture of bird health. Citizen science birding projects are not limited to February. From November through April, birders can participate in Project FeederWatch. Every fall, people gather in the mountains and hills to count migrating hawks and raptors. Journey North is an annual count of migrating hummingbirds during the spring. So grab your binoculars and field guide and get counting!

A Penny for Your Thoughts

A penny may be worth only one cent, but after a lifetime of finding lost pennies, you could amass a small treasure. Consider the value of the cent on February 12, Lost Penny Day. Technically speaking, it costs 2.41 cents to mint one new penny. In 2013, the U.S. government spent \$169 million to put \$70 million worth of pennies in circulation. Some retail outlets have decided to do away with the penny altogether by rounding prices down to the nearest nickel.

In 2012, Canada decided to nip the problem in the bud and eliminate their penny, joining Britain, France, Israel, Spain, Australia, Denmark, Sweden, and New Zealand in phasing out their smallest denominations of coins. The truth is, once a small coin can no longer be used to purchase items but is only used to make change, it becomes more trouble than it's worth. So on February 12, the question remains, "Should I bother to pick up that lost penny?" It depends on whether you can buy anything with it, or whether you're the superstitious sort who is simply looking for some extra luck.



Bonnie Morrison ~ RM 123

Ernie & Helma Cementina ~
RM 114

Where Music Meets Medicine



You may have heard of the healing power of music, but have you heard of sound healing? This is the belief that sound, music, and chants can heal the sick. Skeptical? Try listening to the beats for yourself on February 14, the 16th annual World Sound Healing Day.

People have relaxed to soothing sounds for a long time. Falling rain, wind blowing through trees, and singing crickets are easy to summon on bedside clocks and electronic devices. But true sound healing is an ancient form of medicine. Many different cultures have used the power of sound to restore health and relieve pain. Chanting, the deep vibrations of an Aboriginal didgeridoo, gongs, Tibetan singing bowls, tuning forks—all of these tools produce deep, resonant sounds typical of a sound healing, or sound therapy, session. But do they really work?

While music is a known de-stressor, there are no studies that demonstrate definite health benefits of sound therapy. But patients who feel a release from both physical pain and emotional stress beg to differ, as do sound healers. Some healers explain that sound vibrations are not just heard but felt in ways that lower heart rate, relax brain wave patterns, and reduce respiratory rates. Other healers claim that they can tune instruments such as gongs to the vibration of planet Earth and other celestial bodies. A good gong emits a healing energy wave that can stimulate all the cells and nerves in the body. If sickness is due to the body's frequencies being out of tune, healing vibrations restore these frequencies to balance. Still others explain that, like acupuncture, sound therapy unblocks and redirects the energy throughout the body.

When it comes to the power of sound healing, theories abound. Perhaps the best way to think about sound healing is that it is akin to the power of prayer. Jonathan Goldman, director of the Sound Healers Association, believes that vocalizing what you want a sound to accomplish can help you heal yourself and others.

February Birthdays

In astrology, those born between February 1–18 are Water Bearers of Aquarius. They are creative and intellectual philosophers at heart, getting to the root of problems and using their energy and passion for the benefit of others. Those born between February 19–28 are born under Pisces. Friendly and selfless, they are always willing to help others with their hearts on their sleeves. Thanks to an intuitive understanding of life, Pisces make deep connections with other living beings.



02/08 ~ Jane Gibson

02/09 ~ Bonnie Morrison

02/10 ~ Cherrie Coulon

02/19 ~ Bill Olson

02/22 ~ Shirley Eggman

The Tramp



For many, Charlie Chaplin is known for his most memorable character, “the Tramp,” a good-natured, bumbling vagrant.

The Tramp made his big screen debut on February 17, 1914, in the silent film *Kid Auto Races*

at Venice. The Tramp became an international icon of the silent era of film, and even when talkies became all the rage, Charlie Chaplin refused to speak while in character, most likely because the Tramp was supposed to be American and Chaplin had a British accent. What made the Tramp so beloved? Maybe it was his sharp social commentary during the turbulent era of industrialization. Maybe it was the Tramp’s embodiment and support of the “American Dream.” Or maybe it was that adorable moustache and cane. Whatever the reason, the Tramp is adored all over the world.