



Lodge Lane
ASSISTED LIVING & MEMORY CARE

Lodge Lane Assisted Living • 1221 Lodge Lane Wilmington, DE 19809 • 302-757-8100



Celebrating February

Haiku Writing Month

Mend a Broken Heart Month

Library Lovers Month

Bubble Gum Day
February 1

Groundhog Day
February 2

Celebration of Love Week
February 10–16

Valentine's Day
February 14

Love Your Pet Day
February 20

Tooth Fairy Day
February 28

The Shape of My Heart



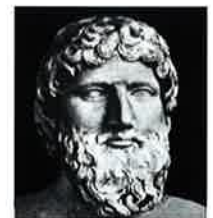
The heart shape is recognized all over the world as a symbol of romantic love and affection, but some may take issue with the fact that this depiction looks nothing like the human heart. So where did this portrayal of the human's major organ originate?

Some believe the iconic pictogram is derived from the shape of ivy leaves, which are associated with fidelity, while others contend it was modeled after other parts of the human anatomy.

Scholars such as Pierre Vincken and Martin Kemp have argued that the symbol has its roots in the writings of Galen and the philosopher Aristotle, who described the human heart as having three chambers with a small dent in the middle.

According to this theory, the heart shape may have been born when artists and scientists from the Middle Ages attempted to draw representations of ancient medical texts. In the 14th century, for example, the Italian physicist Guido da Vigevano made a series of anatomical drawings featuring a heart that closely resembles the one described by Aristotle.

Since the human heart has long been associated with emotion and pleasure, the shape was eventually co-opted as a symbol of romance and medieval courtly love. It grew especially popular during the Renaissance, when it was used in religious art. By the eighteenth and nineteenth century it became a recurring motif in love notes and Valentine's day cards.



While the heart shape isn't a great representation of what's beating inside our bodies; to receive chocolates, cookies, or cards in this form still warms us greatly. Join Lodge Lane on February 14, 2019 at 2:00pm for our Hearts Day Soiree. Check out the Activities calendar for more details.

The Year of the Pig



Xin nián kuài lè! That means "Happy New Year" in Chinese. February 5 ushers in the Year of the Pig, a very auspicious year in Chinese culture. Why does the pig represent wealth and good fortune? Perhaps

the chubbiness of the pig indicates prosperity. Or maybe it is because wild boars are known to be fearless and will run headlong into any situation, usually winning out in the end. With pigs held in such high esteem, it may be surprising to learn that the pig is the very last animal of the Chinese zodiac and the legend concerning the pig is not very flattering.

The legend states that when the Jade Emperor declared that he was selecting animals for the zodiac, all the animals rushed to his palace to be included. But the pig journeyed slowly, and when he arrived, the gates were shut. However, the other animals pleaded with the Jade Emperor to let him in. He conceded, and the pig was allowed to enter but was made the last sign of the zodiac. Perhaps the pig's connection to good fortune stems from this tale: Despite the pig's hardships, he still triumphed and was added to the zodiac.

The Chinese New Year's celebration lasts not for one day, but for two whole weeks. There are many traditions and superstitions to observe. For example, on New Year's Day, it is commonplace to set off firecrackers, yet it is forbidden to sweep because you may sweep away good luck.

Check out the Activities calendar for details of our special Chinese New Year's activity.



Happy Birthday USO!

On February 4, 1941, the United Service Organization (USO) was founded. This organization still exists today and provides support and a touch of home away from home for hundreds of thousands of overseas U.S. service people and their families. Several seniors today recall the joy of being a part of this organization. Lodge Lane's very own Jackie Kanofsky was one of the very special people who put in time and effort to make sure our servicemen didn't miss out on any fun. She was a junior hostess for several USO dances during WWII. Thanks to all the USO members who offered relief and encouragement to service men and families all around the United States. Join us in the viewing of a feature film to commemorate WWII. Check out the calendar for more details.



Punxsutawney Phil

As the legend goes, if Punxsutawney Phil sees his shadow on Feb. 2, six more weeks of winter weather lay ahead; no shadow indicates an early spring. Phil, a groundhog, has been forecasting the weather on Groundhog Day for more than 120 years, but just how good is he at his job?



According to the Groundhog Club's records, the various

incarnations of Punxsutawney Phil have predicted 103 forecasts of more winter and 17 early springs. (There are nine years without any records, and even the Punxsutawney Area Chamber of Commerce, which keeps track of these things, doesn't know what happened to Phil during those years.) Data from the Stormfax Almanac's data shows that Phil's six-week prognostications have been correct about 39 percent of the time. With less than 50% accuracy rate, who can tell if Phil will give a precise forecast of what's to come. What do you predict? Six more weeks of winter weather or an early spring?

February Super Food: Dark Chocolate

Dark chocolate is loaded with nutrients that can positively affect your health.

Made from the seed of the cocoa tree, it is one of the best sources of antioxidants on the planet.

Studies show that dark chocolate (not the sugary delicacy) can improve your health. If you buy quality dark chocolate with a high cocoa content, then it is actually quite nutritious. It contains a decent amount of soluble fiber and is loaded with minerals.

It also has plenty of potassium, phosphorus, zinc and selenium. Dark chocolate is loaded with organic compounds that are biologically active and function as antioxidants. These include polyphenols, flavanols and catechins, among others. One study showed that cocoa and dark chocolate had more antioxidant activity, polyphenols and flavanols than any other fruits tested, which included blueberries and acai berries. The compounds in dark chocolate appear to be highly protective against the oxidation of LDL.

In the long term, this should cause much less cholesterol to lodge in the arteries, resulting in a lower risk of heart disease. In fact, several long-term observational studies show a drastic improvement. In a study of 470 elderly men, cocoa was found to reduce the risk of death from heart disease by a whopping 50% over a 15 year. Try this dark chocolate recipe; it's as healthy as it is delicious.

Raspberry Dark Chocolate Bark

- ♥ 4 oz (113g) unsweetened chocolate, roughly chopped (typically, 1 full bar)
- ♥ 1 ½ tsp Wholesome! organic stevia
- ♥ ½ tsp vanilla crème stevia
- ♥ ¼ cup (8g) freeze dried raspberries
- ♥ 2 tbsp (14g) almonds, diced very finely
- ♥ ¼ tsp coarse sea salt

Line a baking sheet with a silicone baking mat or parchment paper.

Add the chocolate, Wholesome! stevia, and vanilla crème stevia to a microwave-safe bowl, and stir to combine. Microwave on HIGH for 30 seconds. Stir with a fork for at least 2 minutes. Microwave on HIGH for 20 seconds. Stir with a fork for at least 2 minutes. Immediately transfer the chocolate to the prepared baking sheet, and spread it into a thin layer about 1/16" thick with a spatula. Quickly sprinkle the remaining ingredients on top. Press them down into the melted chocolate with your hands. Let the chocolate cool and harden completely before breaking into small pieces.

February Birthday Babies!

Angela D. Feb 2
 Robert H. Feb 2
 Francis H. Feb 5
 Tessie S. Feb 20
 Jean S. Feb 9
 Nicole W. Feb 3
 Ginger W. Feb 7

Celebrity Birthdays

Clark Gable (actor) – February 1, 1901
 Red Buttons (comedian) – February 5, 1919
 Babe Ruth (ballplayer) – February 6, 1895
 Jules Verne (author) – February 8, 1828
 Jimmy Durante (actor) – February 10, 1893
 Galileo Galilei (astronomer) – February 15, 1564
 Cybill Shepherd (actress) – February 18, 1950
 Patty Hearst (kidnapee) – February 20, 1954
 Olave Baden-Powell (guide) – February 22, 1889
 Steve Jobs (innovator) – February 24, 1955
 Fats Domino (musician) – February 26, 1928

Deli Days

Lodge Lane Deli Hours
Tuesdays and Thursdays
Noon- 1:30 p.m.

Serving Deli Sandwiches & Sides
Cash Purchases Only

Please see the Front Desk for current pricing



Your Return Address
Street Number and Name
City, State ZIP Code

Postage
Information

Your Mailing Address
Street Number and Name
City, State ZIP Code

Lodge Lane Staff Email Addresses

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George Black, Director of Community Works

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Words of Wisdom

It's an incredible feeling to know you've helped change the world for the better, even in a small way. Do something that is greater than you.

-James Fullerton

Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved.

-Helen Keller

There is little difference in people, but that little difference makes a big difference. The little difference is attitude. The big difference is whether it is positive or negative.

-W. Clement Stone