

February Activity Spotlights

BINGO every Tuesday & Thursday
 Mani Monday in Bistro
February 1st – Outing to First Watch & Sight Seeing
February 3rd – Broadway Musical Performance by Lori & Beth
February 6th – Wooden Heart Craft
February 7th – Oak Tree Podiatry
February 7th – Shopping trip to Hamricks
February 8th – Outing to Lunch & Movies (80 for Brady)
February 9th – Resident Council
February 10th – Jessica Brush Painting
February 12th – Super Bowl LVII Party
February 13th – Abstract Heart Painting

February 14th – Valentines Party
February 15th – Outing to Mr. Jalapenos
February 17th – Outing to Chic-fil-La & Starry Nights at RMSC
February 20th – Waterless Snow Globe
February 21st – Tasty Tuesday *Mardi Gras Dip*
February 22nd – Outing to Fusion & Home Goods
February 23rd – Activity Resident Council
February 24th – Birthday Celebration
February 24th – Men's Poker Club
February 27th – Veterans Club
February 27th – Shamrock Art
February 28th – Tasty Tuesday *Strawberry Dumpling *

Finding a Lost Art (cont. from pg. 1)

memory, and sharpen your wit, all at the same time. If you feel particularly inspired, you could compose an original poem. After all, it is believed that poetry is what gave us the Valentine's Day we know and celebrate today.

While Valentine's Day has been celebrated as the religious feast day of St. Valentine since the fifth century, it wasn't until 1382 that Valentine's Day became a secular holiday for romantics. That was

when Geoffrey Chaucer, the writer from the High Middle Ages best known for *The Canterbury Tales*, penned his poem *Parlement of Foules*. In this poem, he declares Valentine's Day as the date when mating season begins for both birds and humans. Over the following centuries, young lovers seized on February 14 as the day to express their adorations with the sending of flowers, chocolates, and of course, valentines.

Resident of the Month

Ruby Barbre was born and raised here in Greenville, South Carolina. She is a Wren High School Alumni. Ruby enjoyed her job as a teenager as a babysitter but later became a Seamstress sewing buttons on blouses. Ruby was happily married for many years. Ruby and her husband loved spending time together outdoors. They enjoyed visiting parks, going to zoos, going for long walks around the neighborhood and exploring new hiking trails. They had two beautiful daughters together that have blessed her with 7 Grandchildren and 8 Great Grandchildren, Ruby loves spending as much time with all her Grands. Ruby is a bright ray of sunshine that always has a smile on her face.
 Congratulations Ruby!



Notable Quotable

"More than kisses, letters mingle souls."

~ John Donne, English poet

Legacy Reserve Newsletter

February 2023

Legacy Reserve at Fairview Park | 544 Harrison Bridge Rd, Simpsonville SC 29680 | 864-434-1369 Activities Director: Nikki Walker



Celebrating February

Groundhog Day
 February 2

Super Bowl LVII Party
 February 12

Valentine's Day Party
 February 14

Presidents' Day
 February 20

Mardi Gras Celebration
 February 21

February Birthdays

Raymond Cheeks
 February 8

Ann Osborne
 February 11

Lorena Mosteller
 February 25

Finding a Lost Art

You may not realize it, but if you send a valentine through the mail on February 7, you are celebrating Send a Card to a Friend Day. Despite the ubiquity of electronic communications like text messages and social media posts, the art of sending mail by post has not been lost entirely. Sending a thoughtful letter to a friend or loved one is a surefire way to show that special someone exactly how dear they are to you.

While a greeting card purchased from a store is a nice gesture, the best card-sender does more than just sign their name. Demonstrate thoughtfulness by personalizing your message. Reflect on a

memory or moment you shared with your loved one that really meant something to you. List the qualities you most admire about your friend or what you most miss about them, or thank them for a valuable lesson they taught you. Finally, sign off with a thoughtful question and encourage them to write back. Handwriting a letter won't just make their day but the act of writing is a powerful one for you, too. Writing has been proven to reduce stress, strengthen

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Flannel Favorites

Is flannel the perfect fabric? On February 10, Flannel Day, you can either praise its softness, warmth, and durability, or don a flannel shirt and enjoy all those qualities. What makes this fabric so cozy and warm? It has a napped, fuzzy finish, the result of combing the fabric to raise its fine, soft fibers. The first flannels came from Wales, where the word *gwalanen* referred to

"woolen cloth." In the 17th century, Welsh textile workers began the process of *carding* sheep's wool, a method of combing that both disentangled and softened the yarns. The new carded fabric proved strong, warm, and soft, and became a favorite of Welsh farmers. Wool and cotton flannels soon spread around the globe as a favorite garment of the working class.

Heart vs. Head



Do you follow your head or your heart when it comes to big life decisions?

When it comes to making decisions, must we always choose between our heads and our hearts? In 2007, inspirational speaker Deb Kulkula decided that she no longer wanted to choose one over the other, so she declared February Renaissance of the Heart Month, an entire month dedicated to making decisions with the heart as well as the intellect.

Many people insist that the best decision-making is data-driven and entirely logical, emphasizing the importance of keeping a “cool head.” Emotions (sometimes called *intuition* or *instinct*) are often seen to cloud or muddy the decision-making process. Society also tends to influence our decision-making. When it comes to finding a job, people will often follow their heads rather than their hearts. Attractive incentives like higher pay, more

prestige, and better benefits take precedence over a low-paying dream job that might satisfy a lifelong passion. And yet when it comes to finding a life partner or choosing a pet, we let our hearts guide us. Culture has told us that when it comes to jobs, we follow our heads, but when it comes to relationships, it’s okay to follow our hearts. The scientific truth is that decision-making almost always requires both cognitive and emotional thinking.

Studies show that almost every decision is really a struggle between our emotions and intellect. Studies of individuals with damage to the emotional centers of their brains show that these people struggle mightily with decision-making. This is because we use both our intellect and emotions to calculate risk and reward, the primary drivers during the decision-making process.

Recipe of the Month: Kings Cake Dip

- 8 ounces cool whip, softened
- 2/3 cup white cake mix
- 3.4 ounces cheesecake pudding mix
- 2 tablespoons ground cinnamon, optional
- 1/2 cup milk
- 1 small plastic baby, for tradition (optional)
- caramel sauce, for topping
- chopped pecans, for topping

Preheat oven to 350 degrees F. Spread cake mix out on a baking sheet and bake for 5 minutes.

Allow cake mix to cool completely before using. Using a stand mixer, add in Cool Whip, white cake mix, cheesecake pudding mix, and ground cinnamon. Beat on medium-low speed until smooth and dry mixes are completely incorporated (no clumps), about 3-5 minutes, add milk to bowl and continue to whip until milk is fully incorporated and dip is thick and creamy. If dip seems to thin, add anywhere from 1 tablespoon to 1/3 cup more white cake mix to help with consistency. Garnish the top of the dip with chopped pecans and drizzle with caramel sauce.

Employee of the Month:



Quashawn, also known as Q, is a valued member of our House Keeping staff here at Legacy Reserve. He always has a smile on his face and is very eager to help. Q was born and raised here in Simpsonville, South Carolina. Q attended Hillcrest High School and graduated in 2015. He looks like to start college soon studying Computer

Technology. He enjoys learning many new things and is eager to expand his knowledge. Q loves to visit Atlanta, Georgia in his spare time, he considers this his second home! His favorite part about working at Legacy is; He is able to help out with the residents and make their lives a little better! We are very excited to have Q on our team here at Legacy!

Tall Tales



Legend has it that Paul Bunyan was 63 axe handles tall.

Residents of Bangor, Maine, celebrate Paul Bunyan Day on February 12, claiming that the lumberjack of American lore was born in the woods outside of the city in 1834. Since 1959, a 31-foot-tall statue of Paul Bunyan has stood over Main Street. Visit the city clerk’s office in city hall and you’ll even find Bunyan’s birth certificate hanging on the wall. While the authenticity of the birth certificate and Bunyan’s connection to Bangor is certainly dubious, Bangor’s claim as the birthplace of the American lumber industry is beyond question. By the mid-19th century, Bangor had gained renown as the “lumber capital of the world,” with Maine’s old-growth white pine used to build houses, ship masts, and Maine’s many lobster traps. Minnesotans have their own opinions when it comes to the birthplace of Paul Bunyan. Like Bangor, the logging industry brought prosperity to much of northern Minnesota. Most self-respecting Minnesotans will claim that Paul Bunyan was born in their state. After all, it was Paul

Bunyan and Babe the Blue Ox who carved out Minnesota’s 10,000 lakes. The only question is, where was he born? The state has no less than five Paul Bunyan statues in five different cities, each claiming to be Bunyan’s birthplace. Historians point out that Bunyan was not a real man, but an American legend. However, this legend may have been based on a real person, a French-Canadian lumberjack named Fabian Fournier. At six feet tall, Fournier was a giant. When he wasn’t logging, he spent much of his time drinking and fighting, until he was murdered. Over time, Fournier’s legend likely merged with that of another notorious French-Canadian lumberman, Bon Jean. It is believed that the pronunciation of *Bon Jean* is what gave us the name *Bunyan*.