

## Chai Tea and Tai Chi

Check the Activities Schedule for your opportunity to enjoy our new exercise opportunity, Chair Tai Chi. Everyone can follow this simple and enjoyable program. You will be surprised at how you feel!

Typically scheduled on Mondays with our regular instructor Paul, we now have a new video program for chair tai chi which will encourage many more people to try this unique and rewarding practice.

Tai Chi is an ancient Chinese tradition. It involves a series of movements performed in a slow, focused manner accompanied by deep controlled breathing. It has many different styles and emphasizes various principles and methods. It is low impact and puts minimal stress on muscles and joints. It requires no special equipment, and you can do it alone or in a group. Although it is generally safe, people with joint problems, back pain, fractures, osteoporosis or a hernia should consult their health care provider before trying Tai Chi.

Tai Chi helps to decrease stress and anxiety, improves mood and improves flexibility. It can also enhance sleep quality, the immune system, helps with blood pressure, joint pain and overall well being, especially in older adults.

Join the class and pick up your special Chai Tea bag. It will give you a lift! Pick up another to share with a friend.

The New Year is the perfect time to try something new!

Source: [www.mayoclinic.org/healthy-lifestyle/stress-management](http://www.mayoclinic.org/healthy-lifestyle/stress-management)

## Talent Search

Do you know someone who would like to come in and play the piano for our community? Our beloved friend Bruce will need to take a break for awhile to spend time with his family.

We will miss him dearly and are looking forward to seeing him again in the spring, but in the meantime, we would love to have a friend or family member who likes to play the piano come in prior to or during our dinner hour occasionally. Please contact the office if you know someone who would be interested.

Music is so important to all of us, especially during these winter months. Thank you!

## Keeping Yourself Healthy

As the winter rages on, here are some tips to make sure you are staying healthy:

- Check-ups with your doctor for your annual physical are important no matter your age. Make your appointments and keep them.
- Are you getting enough sleep? It affects physical and mental health. Some of the benefits of proper sleep include allowing your body to heal, repair and rejuvenate; improving your memory and concentration; reducing daily stress; increasing energy. Who doesn't want that?
- Exercise also offers many benefits from heart health to reducing discomfort.
- Good nutrition boosts your immunity, improves your daily energy level and reduces the risk of disease.
- Hydration is key as you age. It's a natural cleanser for our organs and digestive system. Suggested amounts are to drink half your body weight in ounces.
- Reducing stress is crucial to healthy bodies. Find what helps relax and calm you – a book, being outside, meditating.



## Valentine Traditions

The symbols you see on cards and gifts during this time of the year have been around for centuries. Red hearts are used most often and have stood for love since ancient times. Ribbons are taken from the days when ladies gave a ribbon to their favorite knight in shining armor before he went

into battle. Lace decorates cards and boxes of candy and is a Latin word meaning "to catch," so lace was supposed to catch the heart of a loved one. Cupid, the Roman god of love, uses his bow and arrows to shoot love into people's hearts.

This month as we celebrate this holiday of love, take the time to tell someone special how much you care.

## Wear Red

On Friday, February 7, the American Heart Association invites you to "Go Red for Women" by wearing red and giving to help eradicate heart disease and stroke. #WearRedandGive

Heart disease is the number one killer of women, killing more women than all forms of cancer combined. Let's get behind this cause for all the women in our lives.

# Village Manor

## Retirement

9501 East Highland Road • Howell, MI 48843  
810-632-6200 • fax 810-632-6277  
[www.VMRetirement.com](http://www.VMRetirement.com)

## What's New at Village Manor?

### Our new "Scene-Your" Theater Group facilitated by our own Super Star and Activities Assistant Brian

Meeting each Thursday in the Activities Room, this group is having a ball and fine tuning their skills! New are encouraged to join and have fun! All are welcome. There is a perfect part for everyone and the show must go on!

We are all so looking forward to what this group will create together!

Please see Brian for all the details. He would love to share the information with you. You will have so much fun!

## February Activities Highlights

**Thurs., Feb. 6** – Outside community is invited for a craft for Valentine's Day. Register online with Eventbrite. 5:00-6:00pm, \$5 fee covers supplies. Free flatbread pizza and beverage included.

**Thurs., Feb. 13, 9:00am** – Monthly veterans breakfast. Veterans and spouses welcome! RSVP to Barb in Activities.

**Mon., Feb. 18, 11:00am - 2:00pm** – Travelling Mini Mart will be back again in the lobby with products and crafts to delight us!

**Fri., Feb. 21, 3:00pm** – Concert pianist Yuto Sugano will entertain us in the lobby.

**Sat., Feb. 22, 2:00-3:00pm** – Premier Big Band Event in the main dining room

Happy Leap Year! Make the most of your extra day!

## "Look Before You Leap" Leap Year Celebration

### Join us on Saturday, February 22 for a wonderful leap year celebration with Premier Big Band!

Village Manor Retirement welcomes back this fabulous 16-piece big band to our community dining room from 2:00-3:00pm for an amazing program and a chance to sing, celebrate and kick up your heels! We will have a wonderful refreshment table and welcome the outside community as well. Put on your dancing shoes – Village Manor knows how to throw a party! Activities will have a sign-up sheet, so keep an eye out and tell your friends!



February  
2020

### STAFF

**Bobbie Whitton**  
Executive Director

**Susanne Bianchette**  
Director of Marketing

**Steve Donet**  
Maintenance Supervisor

**Barbara A. Shalman**  
Activities Director

**Beth Olsen, RN, BSN**  
Director of Resident Care  
VMR Care Services

**John Schofer**  
Executive Chef

**Sharon Knoertzer**  
Executive Housekeeper

### OFFICE HOURS

**Monday-Friday**  
9:00am - 5:00pm

**Saturday**  
10:00am - 3:00pm

**Sunday**  
11:00am - 3:00pm



LADIES, GRAB YOUR BEST FRIENDS AND CELEBRATE

## Galentines on February 13

- Make a fun dinner together ♥ Host a game night ♥ Sing karaoke
- ♥ Get mani and pedis ♥ Bring your favorite dish night ♥
- Plan an overnight road trip ♥ Go hiking ♥ Volunteer together
- ♥ Watch a movie marathon ♥ Have a craft night ♥
- Dress up and paint the town red ♥ Take a photo shoot

ENDLESS WAYS TO CELEBRATE

## Valentines on February 14

- Dance in your living room ♥ Do a class together ♥ Visit a museum
- ♥ Prepare a theme dinner and movie night ♥ Enjoy a spa night ♥
- Visit a nearby city and be a tourist ♥ Cook a favorite meal together
- ♥ Plan and execute a home improvement project ♥
- Watch your wedding video ♥ Bundle up and look at the stars
- ♥ Look through old photos and letters ♥ Go ice skating ♥
- Write sticky notes and post all over the house ♥ Camp indoors



## February Fun

- |                             |                        |
|-----------------------------|------------------------|
| FEB 2 Groundhog Day         | FEB 17 President's Day |
| FEB 2 Super Bowl            | FEB 25 Mardi Gras      |
| FEB 7 National Wear Red Day | FEB 26 Ash Wednesday   |
| FEB 14 Valentine's Day      |                        |

Check out our  
Hassle Free Newsletter  
Pinterest page to  
hear and read  
Martin Luther King Jr.'s speech.

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1 = C, 2 = L, 3 = D, 4 = G, 5 = A, 6 = F, 7 = H, 8 = B, 9 = E

Know Your Presidents Answers

# FEBRUARY IS BLACK HISTORY MONTH

Black History is American History. And although a month is set aside to recognize the achievements and accomplishments of many African Americans, history is something to learn from every day. Take a moment to read through the notables of some Americans whom you might not know.

**Benjamin Banneker** (1731-1806) made the calculations to predict solar and lunar eclipses.

**The Reverend Richard Allen** (1760-1831) founded the African Methodist Episcopal (AME) Church in 1816.

**Martin Delany** (1812-1885) became the first African American field officer in the U.S. Army.

**Harriet Wilson** (1825-1900) was the first African American to publish a novel in North America.

**George Washington Buckner** (1885-1943) was first to serve as a diplomatic minister to a foreign country.

**Madame C. J. Walker** (1867-1919) aka Sarah Breedlove, sold hair care products and cosmetics and became the first woman millionaire.

**Jack Johnson** (1878-1946) was the first black heavyweight boxing champion of the world.

**Eubie Blake** (1887-1983) along with Noble Sissie wrote "Shuffle Along", one of the first Broadway musicals to be written and directed by African Americans.

**Bessie Coleman** (1892 - 1926) became the first black licensed pilot in the world.

**Oscar Charleston** (1896 - 1954) was considered to be one of the best all-around baseball players of his time.

**Marian Anderson** (1897 - 1993), an opera, concert singer, was best remembered for her performance on Easter Sunday, 1939, on the steps of the Lincoln Memorial.

**Emmett Ashford** (1914 - 1980) was the first African American umpire in Major League Baseball.

**Althea Gibson** (1927 - 2003) was the first African American woman to be a competitor on the world tennis tour.

## TWO INGREDIENT FUDGE

- 1 cup peanut butter
- 1 12 oz. can cake frosting



Microwave peanut butter 30 seconds. Microwave cake frosting 30 seconds. Mix thoroughly together. Pour into a 9x9 container and let set. You may use any kind of cake frosting. Easy and delicious!



Simmer these recipes in water on your stovetop for a warm winter smell.

### CINNAMON APPLE TREAT

- 2 sliced apples • 3 cinnamon sticks
- Lemon rind • 1 tsp. vanilla extract
- 3 whole cloves

### SPICY ORANGES

- 1/3 cup fresh cranberries
- 2 oranges • 1 lemon
- 2 whole nutmegs • 1 tbsp. whole cloves
- 3 cinnamon sticks • 2 bay leaves

### PUMPKIN PIES

- 1 tbsp. pumpkin pie spice
- 1 tsp. vanilla extract • 2 cinnamon sticks

### GINGERBREAD GOODNESS

- 10 slices fresh ginger • 3 cinnamon sticks
- 1 tbsp. vanilla extract • 1 orange rind

### IN THE PINES

- Handful of fresh pine twigs
- 1 lemon rind • 2 cinnamon sticks
- 3 bay leaves • 1 tsp. nutmeg

## BE HEALTHIER IN 2020 – WITHOUT DIETING

Looking for some ways you can improve YOU? Just a few changes can make a difference.

- 1) If you sit for an hour – take a five-minute walk. Sitting causes your leg arteries' ability to expand. If you walk for each hour you sit, this helps your blood vessel function.
- 2) Focusing on gratitude helps build a healthier immune system. Be positive and be thankful.
- 3) Watch one fewer TV show a day. Too much "still" screen time in midlife is linked with type 2 diabetes and heart disease.
- 4) Making your bed has shown that you will probably get a better nights sleep than going to sleep in a messy bed.
- 5) Unplug from technology an hour before bed.
- 6) Eat from a smaller plate and bowl. You may feel satisfied with less food.
- 7) Drink a glass of water with every meal.
- 8) Walk during your work breaks. Take the stairs. Park in the back. Use a stand-up desk.

KNOW YOUR



In honor of President's Day on the 17th, match the Commander in Chief with the fact.

- |  |   |
|--|---|
| A. Rutherford B. Hayes (19th)                  | 1. _____ enjoyed less than three years of retirement. He died of a throat infection in 1799.  |
| B. George H.W. Bush (41st)                     | 2. _____ died on 7/4/1826, both within a few hours of each other.   |
| C. George Washington (1st)                     | 3. _____ was the first President to die in office - 32 days after his inauguration.   |
| D. William Henry Harrison (9th)                | 4. _____ remained a lifelong bachelor.  |
| E. Barack Obama (44th)                         | 5. _____ banished wines and liquors from the White House.   |
| F. Warren G. Harding (29th)                    | 6. _____ was nominated for president because "he looked like a President."  |
| G. James Buchanan (15th)                       | 7. _____ suffered a heart attack during his first term, recovered and was elected for a second term.                                    |
| H. Dwight D. Eisenhower (34th)                 | 8. _____ became the youngest pilot in the Navy when he received his wings - flying 58 combat missions during World War II.              |
| I. John Adams and Thomas Jefferson (2nd & 3rd) | 9. _____ was not only our first African American president, he was also the first African American president of the Harvard Law Review. |