



February Highlights

- 2/1 Matt's Music Care Group
- 2/6 Monthly Birthday Lunch
- 2/6 Bingo w/ Sue and Bryan
- 2/8 Super Bowl LX
- 2/12 Forest Stream Craft
- 2/13 Couples' Luncheon
- 2/13 Kathy Carr
- 2/18 Ash Wednesday
- 2/18 Welcome New Resident
- 2/20 Nick B
- 2/23 Men's Luncheon
- 2/25 Tea Party
- 2/27 Michael Dennehy



Raymond Geiser, Administrator



Administrator's
Accents

February is often associated with love, kindness, and looking out for those who matter most to us. At Heathwood, that spirit of care extends beyond warm words and thoughtful gestures—it also includes protecting the health and well-being of our residents.

As we move through the winter months, upper respiratory illnesses such as influenza, COVID-19, RSV, and the common cold are circulating at very high levels in our community. Flu cases, in particular, have increased significantly over the past several weeks. While these illnesses may be mild for some, they can be

serious and even life-threatening for older adults.

Infection control is a shared responsibility. Germs spread easily in senior living environments, and one well-intentioned visit while sick can have unintended consequences for many residents. We kindly ask family members and visitors to do the smart—and loving—thing: if you are feeling unwell, have a cough, fever, sore throat, or other symptoms, please postpone your visit until you are fully recovered.

Other simple steps also make a big difference, including frequent handwashing, using hand sanitizer, covering coughs and sneezes, and following any posted health guidance.

Your cooperation helps us maintain a safe, healthy environment for everyone.





**Tom and Ann
12 years married**



**Jack and Casey
52 years married**



**Roger and Corina
71 years Married**

Heathwood Couples



**George and Marge
63 years married**



**George and Sue
40 years married**



**Lance and Jackie
53 years married**



**Bob and Ellie
70 years married**



**Donald and Connie
57 years married**



Larry and Helen
71 years married



Donald and Nancy
71 years married



Chuck and Betty
67 years married



Gerd and Doris
62 years married



Wayne and Kathy
59 years married



Richard and Diane
56 years married



Pat and Judy
61 years married

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>9:45 W2 Fitness Class 10:30 W2 Daily Chronicle 11:00 W2 OLV Virtual Mass Channel 5 1:30 W1 Card Games 2:00 W2 Matt's Music Care Group 3:15 W1 Strawberry and Banana Smoothies</p>	<p>2</p> <p>9:45 W2 Better Balance w/ Lily 10:30 W2 Daily Chronicle 10:45 A2 Rosary w/ Mary 1:30 W2 Making Homemade Dog Treats for our Furry Friends 3:15 W1 Quarter Bingo \$</p>	<p>3</p> <p>9:45 W2 Fitness Class w/ Melanie 10:00 A2 Wii Bowling 10:30 W2 Daily Chronicle 10:45 A2 Rosary w/ Jean 1:30 W1 Card Games 2:00 W1 Groundhog Day Trivia 3:15 A2 Book Club w/ Tabitha 3:15 T The Chosen Show 7:00 T Movie Night w/ Kristen</p>	<p>4</p> <p>9:45 W2 Walking Club w/ Tabitha 10:30 W2 Daily Chronicle 10:45 A2 Rosary w/ Michele 2:00 W2 Protestant Service/Communion w/ Barbara 3:15 W2 Abiding in His Grace w/ Pastor Jack 3:15 W1 Board Games</p>	<p>5</p> <p>9:45 W2 Yoga w/ Nicole 10:30 W2 Daily Chronicle 1:30 W1 Black History Month Trivia 2:30 W2 Catholic Communion/ Rosary 3:15 W1 Quarter Bingo \$ 7:00 T Movie in the Theater</p>	<p>6</p> <p>9:45 W2 Fitness Class w/ Melanie 10:30 W2 Daily Chronicle 11:30 W1 Monthly Birthday Luncheon 2:00 DR Bingo w/ Cindy Sue and Bryan 3:15 W1 '50s Records w/ Frank 3:15 W1 Manicures</p>	<p>7</p> <p>9:45 W2 Fitness Class w/ Melanie 10:30 W2 Daily Chronicle 2:00 W1 Quarter Bingo \$ w/ YES 3:15 W1 Words in Words 7:00 T Movie in the Theater</p>
<p>8</p> <p>9:45 W2 Fitness Class 10:30 W2 Daily Chronicle 11:00 W2 OLV Virtual Mass Channel 5 1:30 W1 Card Games 2:00 W1 Cornhole Game 3:15 W1 Football Appetizers 6:30 Super Bowl LX</p>	<p>9</p> <p>9:45 W2 Better Balance w/ Lily 10:30 W2 Daily Chronicle 10:45 A2 Rosary w/ Mary 2:00 W2 Not So Newlywed Game 3:15 W1 Quarter Bingo \$</p>	<p>10</p> <p>9:45 W2 Fitness Class w/ Melanie 10:00 A2 Wii Bowling 10:30 W2 Daily Chronicle 10:45 A2 Rosary w/ Jean 1:30 W1 Card Games 2:00 W1 Baking Club 3:15 A2 Book Club w/ Tabitha 3:15 T The Chosen Show 7:00 T Movie Night w/ Kristen</p>	<p>11</p> <p>9:45 W2 Walking Club w/ Tabitha 10:30 W2 Daily Chronicle 10:45 A2 Rosary w/ Michele 2:00 W2 Travelogue: Singapore 3:15 W1 Board Games 3:15 W2 Circle of Friends w/ Pastor Jack</p>	<p>12</p> <p>9:45 W2 Yoga w/ Nicole 10:15 W1 Forest Stream Valentine's Day Craft ★ 10:30 W2 Daily Chronicle 1:30 W1 Candy Lover Dice Game 2:30 W2 Catholic Communion/ Rosary 3:15 W1 Quarter Bingo \$ 7:00 T Movie in the Theater</p>	<p>13</p> <p>9:45 W2 Fitness Class w/ Melanie 10:30 W2 Daily Chronicle 10:45 A2 Nondenominational Bible Study w/ Richard 11:30 W1 Valentine's Day Couples' Luncheon 2:00 W2 Friday Music w/ Kathy Carr 3:15 W1 Heart Bingo</p>	<p>14</p> <p>9:45 W2 Fitness Class w/ Melanie 10:30 W2 Daily Chronicle 2:00 W1 Quarter Bingo \$ 3:15 W1 Coffee and Cookies w/ Melanie 7:00 T Movie in the Theater</p>
<p>15</p> <p>9:45 W2 Fitness Class 10:30 W2 Daily Chronicle 11:00 W2 OLV Virtual Mass Channel 5 1:30 W1 Card Games 2:30 W1 Chocolate and Wine Tasting</p>	<p>16 Presidents Day</p> <p>9:45 W2 Better Balance w/ Lily 10:30 W2 Daily Chronicle 10:45 A2 Rosary w/ Mary 2:00 W1 Presidents Day Trivia w/ Julane 3:15 W1 Quarter Bingo \$</p>	<p>17</p> <p>9:45 W2 Fitness Class w/ Melanie 10:00 A2 Wii Bowling 10:30 W2 Daily Chronicle 10:45 A2 Rosary w/ Jean 1:30 W1 Card Games 2:00 W1 Mardi Gras Social 3:15 A2 Book Club w/ Tabitha 3:15 T The Chosen Show 7:00 T Movie Night w/ Kristen</p>	<p>18</p> <p>10:30 W2 Ash Wednesday 2:00 W1 Welcome New Resident Social 3:15 W2 Abiding in His Grace w/ Pastor Jack 3:15 W1 Board Games</p>	<p>19</p> <p>9:45 W2 Yoga w/ Nicole 10:30 W2 Daily Chronicle 1:30 W1 Begin with Game 2:30 W2 Catholic Mass 3:15 W1 Quarter Bingo \$ 7:00 T Movie in the Theater</p>	<p>20</p> <p>9:45 W2 Fitness Class w/ Melanie 10:30 W2 Daily Chronicle 10:45 A2 Nondenominational Bible Study w/ Richard 2:00 W2 Friday Music w/ Nick B 3:15 W1 '50s Records w/ Frank 3:15 W1 Manicures</p>	<p>21</p> <p>9:45 W2 Fitness Class w/ Melanie 10:30 W2 Daily Chronicle 2:00 W1 Quarter Bingo \$ w/ YES 3:15 W1 EZ Yahtzee 7:00 T Movie in the Theater</p>
<p>22</p> <p>9:45 W2 Fitness Class 10:30 W2 Daily Chronicle 11:00 W2 OLV Virtual Mass Channel 5 1:30 W1 Card Games 2:00 W1 Writing activity w/ Michaela 3:00 W1 Smoothies w/ Nicole</p>	<p>23</p> <p>9:45 W2 Better Balance w/ Lily 10:30 W2 Daily Chronicle 10:45 A2 Rosary w/ Mary 11:30 W1 Men's Luncheon 1:30 W1 Crafts w/ Jim 3:15 W1 Quarter Bingo \$</p>	<p>24</p> <p>9:45 W2 Fitness Class w/ Melanie 10:00 A2 Wii Bowling 10:30 W2 Daily Chronicle 10:45 A2 Rosary w/ Jean 1:30 W1 Card Games 2:00 W1 Baking Club 3:15 A2 Book Club w/ Tabitha 3:15 T The Chosen Show 7:00 T Movie Night w/ Kristen</p>	<p>25</p> <p>9:45 W2 Walking Club w/ Tabitha 10:30 W2 Daily Chronicle 10:45 A2 Rosary w/ Michele 2:00 W1 Tea Party 3:15 W1 Board Games 3:15 W2 Circle of Friends w/ Pastor Jack</p>	<p>26</p> <p>9:45 W2 Yoga w/ Nicole 10:30 W2 Daily Chronicle 1:30 W1 Wheel of Fortune 2:30 W2 Catholic Communion/ Rosary 3:15 W1 Quarter Bingo \$ 7:00 T Movie in the Theater</p>	<p>27</p> <p>9:45 W2 Fitness Class w/ Melanie 10:30 W2 Daily Chronicle 10:45 A2 Nondenominational Bible Study w/ Richard 2:00 W2 Friday Music w/ Michael Dennehy 3:15 W1 Jeopardy</p>	<p>28</p> <p>9:45 W2 Fitness Class w/ Melanie 10:30 W2 Daily Chronicle 2:00 W1 Quarter Bingo \$ 3:15 W1 Art Therapy 7:00 T Movie in the Theater</p>



All activities are subject to change. Please see the Daily Activity sheets for changes. If you have any questions, please feel free to see Tabitha Kennedy (716) 688-0111.

Staff Birthdays and Anniversaries

Happy Birthday

1st

Maria Joven

2nd

Jeffrey LaRuffa

14th

Isabella Cooke

Happy Anniversary

9 years

Viola Fonville

8 years

Gary Henry

6 years

Mary Bartholomew

5 years

Maria Kalomatousakis

4 years

Wendy Craft

3 years

Vincenzo Bufalino

2 years

Navneet Kaur

1 year

Amber Gerald

Anisa Umugwanera



Happy Anniversary, Navneet!

Groundhog Day

Will Punxsutawney Phil see his shadow on Feb. 2? Will we have six more weeks of winter, or is spring right around the corner? We'll have some groundhog-themed activities as we eagerly await Phil's prediction, so check the calendar for all the details!



Fun Facts for Feb. 14

Here's some holiday trivia you're sure to love sharing this Valentine's Day:

- Greeting cards are the most popular Valentine's Day gift, with about 1 billion cards exchanged worldwide each year. Can you guess who receives the most? The answer: teachers!
- In the United States, more than \$1 billion worth of chocolate is purchased.
- Between 4 and 6 billion candy conversation hearts are produced annually. "Marry Me" is the most requested phrase. "Be Mine" and "Kiss Me" are favorites.

Who Said That? Presidents Day Edition

Remember the nation's historical leaders by matching each president to one of his iconic quotes.

A. Dwight D. Eisenhower; B. Thomas Jefferson; C. George Washington; D. Barack Obama; E. Ronald Reagan; F. Abraham Lincoln; G. John F. Kennedy; H. George H.W. Bush; I. Lyndon B. Johnson; J. Franklin D. Roosevelt

1. "Honesty is the first chapter in the book of wisdom."

2. "The best way to not feel hopeless is to get up and do something."

3. "The anchor in our world today is freedom, holding us

steady in times of change, a symbol of hope to all the world."

4. "It is infinitely better to have a few good men, than many indifferent ones."

5. "Ask not what your country can do for you. Ask what you can do for your country."

6. "The only thing we have to fear is fear itself."

(Answers: 1. B; 2. D; 3. H; 4. C; 5. G; 6. J;



Betty and Chuck Walters



Personality Profiles

Betty White and Charles "Chuck" Walters have a long history together.

Betty was born November 16, 1939, in Buffalo to Alice and Ken White. She has one brother, Russell. They grew up living in grandma's house before the family settled in Cheektowaga where she graduated from Maryvale. She bowed out of college, allowing her brother to attend instead. Chuck was born on December 18, 1938 in Buffalo to Florence and Rudolph Walters. He has one sister, Bernadine. The family lived in Cheektowaga where Chuck also graduated from Maryvale.

Chuck and Betty started dating on and off for several years when they were in the seventh and eighth grades. The solidification of the union came when Chuck was dateless for a big roller-skating party. His mom suggested he take Betty because she liked her and the romance blossomed. That first date was October 4, 1956 and they married exactly two years later to the date. Not only did the in-laws love their children's spouses, but they also loved each other's families. They honeymooned in Syracuse, NY, making this their first air flight for both.

Betty's mother insisted that Betty get an office position. Betty

briefly worked at Trico Products, hating it save for an office friend. When she got pregnant, she left to raise her family. When she returned to the workforce, she found sweet solace working in the produce department of various grocery stores. She enjoyed that position so much, she won several awards from Wegmans for outstanding customer service.

Chuck never attended college but did take a few adult education classes at UB. He worked for several companies as an office administrator. He briefly worked in the secret service in Washington, D.C., until he realized the extended travel time away from family and quickly bowed out. When all was said and done, he retired from Hein Publishing Co., a major publisher of legal materials. The couple have one son, Alan, and daughter-in-law, Carol, who live in Orchard Park. There is one granddaughter, Sara. The most memorable moment in this couple's life was attending Super Bowl XXVII in Pasadena, CA. The Bills were crushed by Dallas, but Michael Jackson was the magnificent half-time show. It was truly an occasion to remember, thanks to their son who treated them to this all-expenses-paid trip.

Resident Recognition

Happy Birthday

- 4th
Margaret Lattimore
7th
Ruthanne Jillian
12th
Lucy Hager
13th
Barbara Krull
16th
Marlene Bowman
21st
Susan Macluskie
22nd
Jackie Tlustos
26th
Richard Cinelle
28th
Phyllis Singer



Happy Birthday, Sue!



**Book Club Pick
This Month**



Celebrating Success

Black History Month is observed each February to honor the achievements of African Americans. Here's a look at some entrepreneurs who turned their ideas into successful businesses.

Thomas L. Jennings. In 1821, Jennings, who was a tailor in New York, became the first Black man to obtain a U.S. patent. He invented a process he called "dry scouring," a predecessor to modern dry-cleaning methods.

Granville T. Woods. This self-taught inventor held nearly 60 patents throughout his lifetime. His most famous was for the multiplex telegraph, which he developed in 1887 and allowed

moving trains and stations to communicate with each other.

Welcome, New Residents

Welcome to Heathwood! New Residents, please join the activity staff Wednesday, February 18th, at 2pm in Wellness Room 1. We will be giving you a tour of the building, going over the calendar, and just getting to know you!

- Gary Andres
- Lois Benedict
- Ruthanne Jillian
- Deborah Lawler
- Judy O'Neill
- Pat O'Neill



- | | |
|-----------|-----------|
| Arrow | Heart |
| Candy | Hug |
| Card | Kiss |
| Cupid | Love |
| February | Red |
| Flowers | Roses |
| Friends | Sweet |
| Groundhog | Valentine |

G V A L E N T I N E F D R A C
 O F R U O X C O S R E W O L F
 H E P J V V V R Q P B A S A R
 D E W R D N E R I C R J E F I
 N K A N S B B I X R U C S J E
 U X D R I N F U O S A P X O N
 O R L S T A K W V N R B I K D
 R X I L I E T O D E Y G M D S
 G U H H T L E Y S A F H C T O
 S F C P D I U W S Z K D E M R
 G F O B X Y I V S I U T K K P
 U K Y Z S B D R K S T J C K K
 W W Z K U B L I D U I G O B X
 C E Z X P X F H K B U K C A A