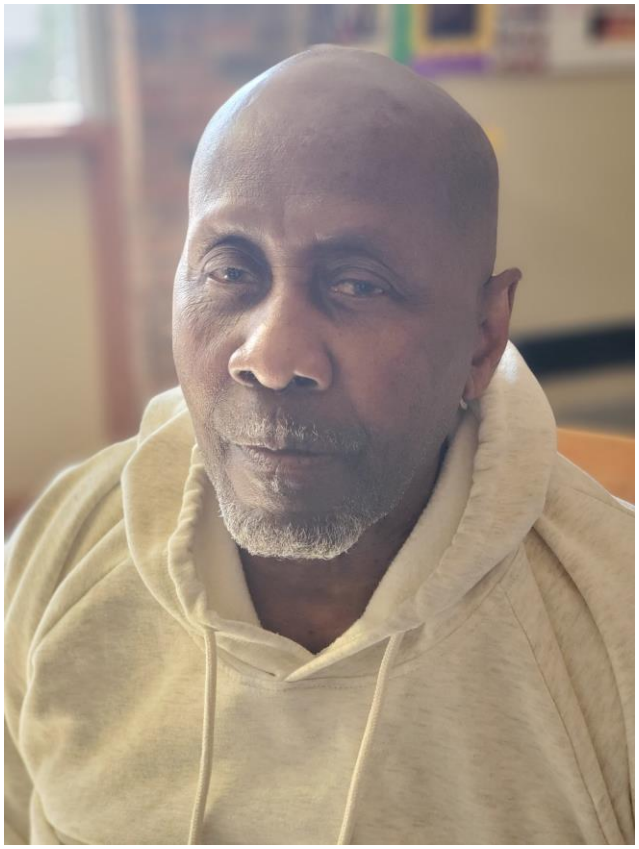
TIDBITS

February 2023

Introducing King and Queen Covenant 2023,

Trevor Raphael and Virginia Depp



AUXILIARY NEWS

This month, we will be hosting our annual Mardi Gras Ball on Tuesday, February 14th, 2023.

I am proud to announce our Court:

Trevor Raphael, King Covenant XLVII

Virginia Depp, Queen Covenant XLX

Adele Guccione, Maid

Guadalupe Martinez, Maid

Audrey Pierce, Maid

Virginia Roger, Maid

Grace Gallo, Returning Queen

Dora Hickerson, Returning Maid

Geraldine Lewis, Returning Maid

Themes, protocols and plans will be announced as soon as possible!

Judy Arceneaux

Auxiliary President

Facility News

Happy February!!!!

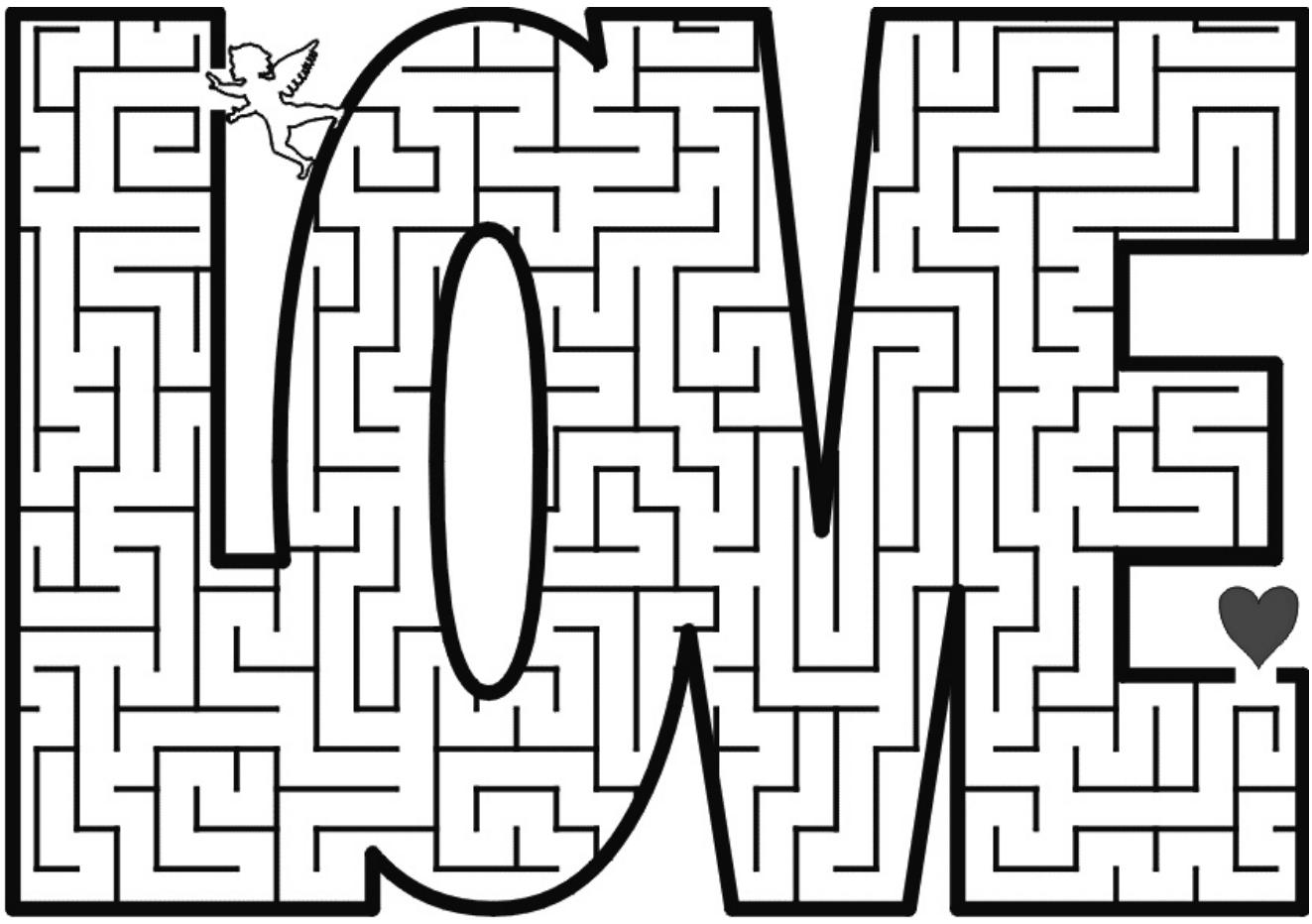
January was relatively quiet — and we enjoyed the rest after the holiday season. Most of our favorite entertainers, including Uncle Wayne, Mr. Joe, Sid Snow, Mr. Armand and Mr. Horace have returned for this year.

We are thrilled that the Krewe of Thoth will again be parading on Magazine St. this year, however, our favorite event is the week before when they visit the facility and parade through our halls! We are so happy to have them back with their special brand of Mardi Gras Celebration. Details

Our Mardi Gras Ball is back again! Our Coronation was held on January 25th where we announced to the residents who was selected to be in our Court. The Ball will be held on Tuesday, February 14th at 2:30 p.m. in the Dining Room. Protocols will be announced shortly. Congratulations to our terrific court!

In other news, I know many people have been receiving Prevnar (pneumococcal) vaccines and COVID booster shots. If you would like your loved one to get a vaccine, please let me know ASAP!

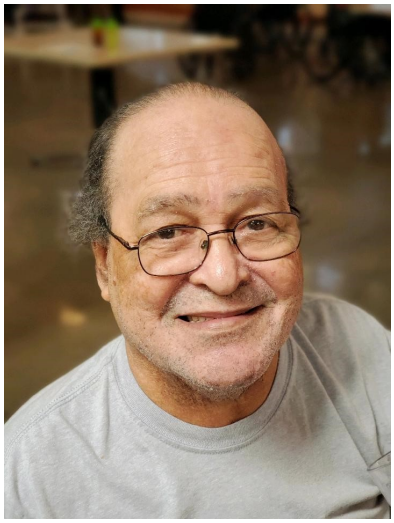
Wishing you all a safe Mardi Gras Season!
Elizabeth Ellis, Director of Resident Services



The Resident Council serves as a liaison between the residents and senior staff. They meet every month on the first Tuesday at 2:00 p.m. in the dining room. If you are unable to attend, please seek out one of these residents to discuss ideas, concerns, suggestions, etc.

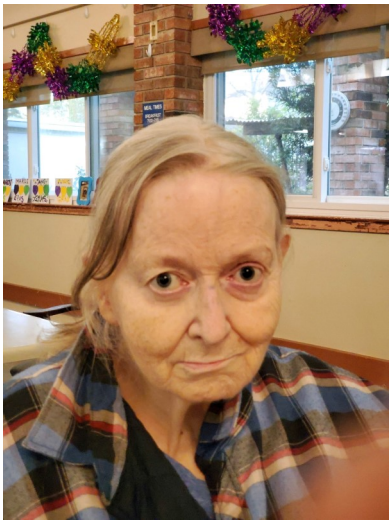
INTRODUCING...

Our 2023 Resident Council Executive Committee



Mr. Pershing Guillement

President



Ms. Judith Harper

Vice President

Ms. Donna Carr

Secretary

Mixed-Up Fat Tuesday

Unscramble the letters to reveal words associated with Fat Tuesday.

1. BSDAE _____
2. SUTEMCO _____
3. INGK KEAC _____
4. LNVACIRA _____
5. LOASFT _____
6. PEULRP _____
7. APREDA _____
8. GENER _____
9. TPYRA _____
10. DOLG _____
11. EQEUN _____
12. IADRM SGAR _____
13. OBOOUDLN _____
14. EWN LNESOAR _____
15. JERTSE _____
16. CFNEHR TERRAQU _____
17. EEOLCR _____
18. AMSKS _____

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Vaccine-Preventable Diseases and the Vaccines that Prevent Them

Disease	Vaccine	Disease Spread by	Disease Symptoms	Disease Complications
SARS COVID-19	COVID-19 vaccines and bivalent booster vaccine	Air, direct contact, contaminated surfaces	Tired, headache, fever, difficulty breathing, muscle pain	Long COVID, ongoing weakness, long term hospitalization, pneumonia, death
Diphtheria	Tdap* and Td** vaccines protect against diphtheria.	Air, direct contact	Sore throat, mild fever, weakness, swollen glands in neck	Swelling of the heart muscle, heart failure, coma, paralysis, death
Hepatitis B	HepB vaccine protects against hepatitis B.	Contact with blood or body fluids	Can have no symptoms or can have fever, headache, weakness, vomiting, jaundice (yellowing of skin and eyes), joint pain	Chronic liver infection, liver failure, liver cancer
Influenza (Flu)	Flu vaccine protects against influenza.	Air, direct contact	Fever, muscle pain, sore throat, cough, extreme fatigue	Pneumonia (infection in the lungs)
Pertussis (Whooping cough)	Tdap* vaccine protects against pertussis.	Air, direct contact	Severe cough, runny nose, apnea (a pause in breathing in infants)	Pneumonia (infection in the lungs), death
Pneumococcal Diseases	Pneumococcal vaccines protect against pneumococcal diseases.	Air, direct contact	Can have no symptoms or can have pneumonia (infection in the lungs)	Bacteremia (blood infection), meningitis (infection of the covering around the brain and spinal cord), death
Shingles (Herpes Zoster)	Zoster vaccines protect against Shingles	It is a secondary disease infection that people may get many years after having chickenpox.	Extremely painful rash or lesions that can occur on the face, torso, legs or other parts of the body.	Infected blisters, bleeding disorders, encephalitis (brain swelling), pneumonia (infection in the lungs)
Tetanus	Tdap* and Td ** vaccines protect against tetanus.	Exposure through cuts on skin	Stiffness in neck and abdominal muscles, difficulty swallowing, muscle spasms, fever	Broken bones, breathing difficulty, death

* Tdap combines protection against diphtheria, tetanus, and pertussis.

** Td combines protection against diphtheria and tetanus.

Vaccine-Preventable Diseases Word Find

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

Using the list of words below, find and circle each word in the puzzle. Words can be forward, backward, up, down, or diagonal.

POLIO
INFLUENZA
PERTUSSIS
PNEUMONIA
DIPHTHERIA
VARICELLA
ENCEPHALITIS
HEPATITIS
MUMPS
ROTAVIRUS
TETANUS
MEASLES
MENINGITIS
RUBELLA
COVID

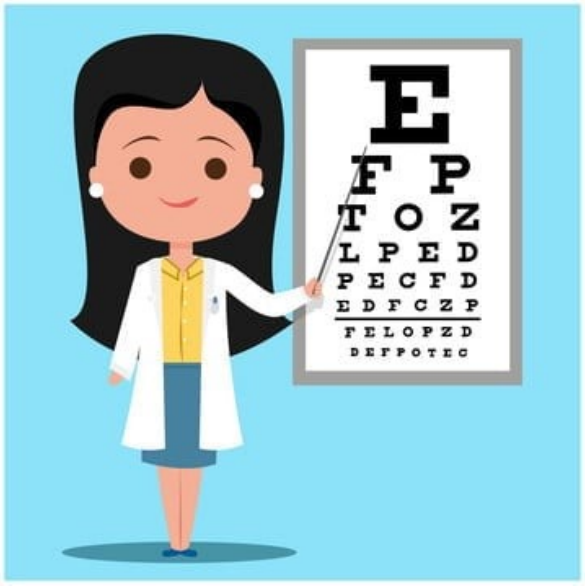
Catherine Foulks – 1st
Ruth Comeaux – 2nd
Helen Morgan – 5th
Marjorie Beaty – 9th
Michael Cooper – 11th

Employees: Lydia, Gaynell

DENTAL VISIT

Dr. Kirkpatrick will be at the facility on Friday, February 17th for dental checks.

If you would like to be on the list, please let Elizabeth or Alicia know ASAP.



EYE DOCTOR VISIT

Dr. Pham will be at the facility on Thursday, February 16th for vision checks.

If you would like to be on the list, please let Elizabeth or Alicia know ASAP.

ABOUT NUTRITION... AND THE DYING PROCESS

"They are not dying because they are not eating…
they're not eating because they are dying."

The decreasing appetite and subsequent weight loss associated with terminal illness or natural end of life is an emotionally charged issue. Because we associate food as a necessity for health and well-being, we also associate the act of providing this sustenance with nurturing and comfort. That approach changes when managing advancing illness and age, and it's hard to wrap our heads around the idea that pushing food may now be creating more problems.

A lack of appetite is often a natural and normal part of the body beginning to shut down. The desire to eat and the ability to process food will diminish over time. Depending on the particular illness, this can begin days, months and even years, before death.

It's hard to see your loved one losing weight and growing weaker...it can be scary. A common, albeit incorrect belief, is that the person is starving to death. As a result of this fear, families may encourage pushing spoonfuls of food into the mouths of their protesting loved ones. Hospitals and physicians may initiate artificial feeding. Because we all want what is best for those we love, we need to know that forcing food when the body says 'no' not only creates conflict between the individual and well-meaning family member or caregiver, but it can actually create discomfort, increased physical complications and yes, even hasten death. **This is why end of life education is critical.**

The body has it's own wisdom and to promote comfort, **we must understand and honor that.** There is a time and place for medical interventions. They must realistically match the status of the illness and be an achievable goal. Over 100 studies have shown us that in the very end stage of an illness such as dementia, tube feedings may actually hasten death. In addition to loss of appetite, those individuals may begin to lose their swallowing ability or gag reflex. They can choke when eating. This increases the likelihood of aspiration pneumonia, because when the stomach is overfilled, the fluid backs up and then goes into the lungs.

You want to give best care and don't feel like you did too little. You also don't want to compromise their quality or length of life. The dying process is still not taught in many medical and nursing schools. Your best resource is a palliative care specialist or end of life educator who can talk about the natural and normal changes a body will go through over the course of a terminal illness. With this understanding, you will **focus on that which honors these changes and promotes comfort**, thereby providing the best care.

So what can you do now, that feels as loving and nurturing as when you made their favorite foods? Comb their hair, massage their hands and feet, look through old photographs and reminisce, enjoy music together...feed their spirit. That kind of nurturing is never contraindicated.

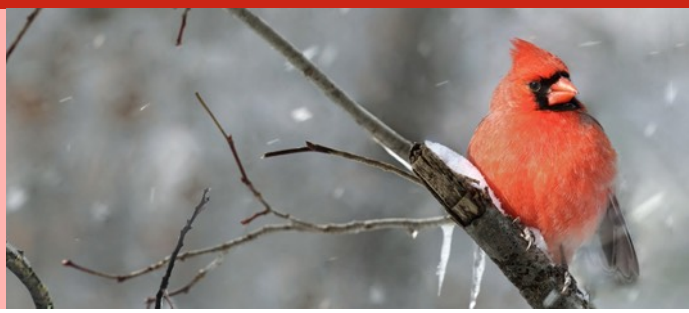
~ Tani Bahti, Pathways Education and Consultation in End of Life Care

February 2023

The Monthly Gazette

"Winter, a lingering season, is a time to gather golden moments, embark upon a sentimental journey, and enjoy every idle hour."

~ John Boswell



Bird of the Month – Parrot

Parrots are beautiful, intelligent birds that are known for their colorful feathers. There are over 350 different species of parrots found primarily in tropical and subtropical climates. Parrots have strong curved beaks, lovely plumage, and impressive smarts. In fact, some parrots have even figured out how to get into garbage cans to get food. Others can imitate human speech. One famous parrot, Puck, can say well over 1,700 words. Parrots also have *zygodactyl* feet—instead of having three toes in front and one in the back like most other birds, parrots have two in the front and two in the back. This adaptation gives parrots an advantage when it comes to grip. Many parrots mate for life, often with both the male and female caring for their offspring. Parrots live long lives, with some living into their 80s. They are also omnivores that primarily eat seeds, nuts, fruit, and insects.

Special Days

Groundhog Day
February 2

Tu BiShvat
February 5–6

Super Bowl
February 12

Valentine's Day
February 14

National Flag of Canada Day
February 15

Presidents' Day
February 20

Mardi Gras
February 21

Flower – Violet

The violet is a sweet flower known as a symbol of love. These delicate blooms are very popular in planters and small bouquets. February's flower is also the state flower of Illinois, New Jersey, Wisconsin, and Rhode Island. In the Victorian era, violets were prominent in the language of flowers. Purple violets represented faithfulness and purity. White and cream-colored violets meant "Let's take a chance on love." The heart-shaped leaves of the wild violet signify love.

Birthstone – Amethyst

The amethyst is February's birthstone. Its decorative use can be traced back 25,000 years, found among the remains of Neolithic man in France. Today, most commercial amethysts are from Brazil and Uruguay. In the U.S., they are found in Arizona and North Carolina. The stone's name comes from the Greek word *amethystos*, which means "not drunk"; it was believed that those who wore it would not get intoxicated. Early Egyptians placed the stones in the tombs of pharaohs, believing that they possessed good powers.

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Show Your Birthday Colors

Pink: (Feb. 1–4)
You are a dreamer. You try to reach your goals, and when you want something, you don't let anything stand in the way. You're a very loyal friend.

Red: (Feb. 5–10)
You are loving, dynamic, and kind. A born leader, others seek out your opinions and guidance. However, you are as good at collaborating as you are at taking the lead.

Blue: (Feb. 11–15)
You are a creative person who draws inspiration from all parts of life. You have a tight-knit circle of friends and family, and you stay very close to them.

Green: (Feb. 16–21)
Outgoing and friendly, you get along well with others whether they are old friends or new. Your inquisitive, positive attitude is contagious.

Purple: (Feb. 22–28)
You are always looking for the next project to tackle. You are very active, and your long list of goals keeps you very busy. From decorating to fashion, you have a superb sense of style.

Nuts About Chocolate

In honor of World Nutella Day, February 5, 2023, dip into a jar of the popular hazelnut and chocolate spread. Participants in the yearly celebration also share recipes, photos, and messages about the delicious Italian product.

February Zodiac

Aquarius (Water Bearer)
February 1–18

Pisces (The Fish)
February 19–28

February, along with January, was added to the Roman calendar when the calendar was extended from 10 to 12 months (around 700 BC). *February* comes from the Latin word *februare*, meaning "to purify," because the Romans purified themselves in February in preparation for the arrival of spring. The Anglo-Saxons called the month *Solmonath* ("cake month") because cakes were offered to the gods during this time.

Valentine's Day Around the World

On Valentine's Day in Wales, a man carves a wooden "love spoon" for his beloved, decorating it with symbols like a key (to his heart). Danes exchange pressed white flowers and "joke letters" signed with dots. In South Korea, men receive the gifts—ladies get their gifts a month later on March 14. And in Iraq, lovers exchange red apples decorated with cloves, representing Adam and Eve.

What's Lucky in February?

Lucky Color: Blue
Lucky Animal: Monkey
Lucky Letters: *L* and *W*
Lucky Day: Saturday
Lucky Plant: Rose

February Birthdays

Vivian Maier (photographer) – February 1, 1926
Tommy Smothers (comedian) – February 2, 1937
Norman Rockwell (artist) – February 3, 1894
Hank Aaron (ballplayer) – February 5, 1934
Garth Brooks (singer) – February 7, 1962
Jules Verne (writer) – February 8, 1828
Ann Axtell Morris (archaeologist) – February 9, 1900
John Thompson (basketball star) – February 10, 1906
Elisabeth Carron (opera singer) – February 12, 1922
Edgar Bergen (ventriloquist) – February 16, 1903
Cindy Crawford (model) – February 20, 1966
Majel Barrett (TV producer) – February 23, 1932
Marilyn Michaels (comedian) – February 26, 1943

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February 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Due to continued COVID-19 precautions, all activities are held in the Dining Room unless otherwise noted!	**Activities and Times are Adapted to the Ever Changing Needs of Our Residents!!!**	**Beauty Shop is open every Tuesday BY APPOINTMENT ONLY! Please let Alicia know for appointments!**	**1** 9:45 Daily Chronicles 10:00 Sittercise 10:30 Disc Toss 11:00 Spelling Bee 2:30 Religious Hour 3:30 Cookies & Milk	**2** 9:45 Daily Chronicles 10:00 Hokey Pokey 10:30 Noodle Toss 11:00 Groundhog's Day Trivia 2:30 **Ice Cream Social**	**3** 9:45 Daily Chronicles 10:00 Motown Movement 10:30 Horseshoes 11:00 Armchair Travel 2:30 **Root Beer Float Party**	**4** 9:45 Daily Chronicles 10:00 Meditation 10:30 Pampered Nails 11:00 Radio Time 2:30 Bingo 3:30 Hydration Station
5 9:45 Daily Chronicles 10:00 Headlines 10:30 Oldies TV 2:30 Afternoon Devotional 3:00 Coffee Social	**6** 9:45 Daily Chronicles 10:00 Boogie Beat 10:30 Who Am I? 11:00 Cities & States 2:30 **Pizza Party & Refreshments**	**7** 9:45 Daily Chronicles 10:00 Salsacise 10:30 Book Club 11:00 ABC Challenge 2:00 **Res. Council Mtg** 2:30 Money Bingo	**8** 9:45 Daily Chronicles 10:00 Cardio Drum 10:30 Balloon Volleyball 11:00 Name That Tune 2:30 **Creative Hour "Valentine's Hearts"**	**9** 9:45 Daily Chronicles 10:00 Zumba 10:30 Scarf Toss 11:00 Ads & Jingles 2:30 **Adam on the Piano**	**10** 9:45 Daily Chronicles 10:00 Sit & Fit 10:30 Bucket Golf 11:00 Would You Rather? 2:30 **Sing-A-Long w/Mr. Horace**	**11** 9:45 Daily Chronicles 10:00 Bird Watching 10:30 Pampered Nails 11:00 Radio Time 2:30 Bingo 3:30 Hydration Station
12 10:00 Pokeno 11:00 Oldies TV 2:30 Afternoon Devotional 3:00 Coffee Social 5:30 **Super Bowl LVII**	**13** 9:45 Daily Chronicles 10:00 Disco Dancing 10:30 Brain Games 11:00 Famous Couples 2:30 **Valentine's Day Cinna-Bons**	**14** *Valentine's Day* 9:45 Daily Chronicles 10:00 Fun & Fit 10:30 Reminiscent Group 11:00 Color Me Calm 2:30 **Mardi Gras Ball**	**15** 9:45 Daily Chronicles 10:00 Parachute 10:30 Hot Potato 11:00 Wacky Wordies 2:30 Money Bingo 3:30 Ice Cream Soda Bar	**16** 9:45 Daily Chronicles 10:00 Movin & Groovin 10:30 Tic Tac Toss 11:00 Common Bonds 2:30 **Birthday Party w/Uncle Wayne**	**17** 9:45 Daily Chronicles 10:00 Kickball 10:30 Punch the Piñata 11:00 Have You Ever? 2:30 **Cooking Club "King Cake" Buns**	**18** 9:45 Daily Chronicles 10:00 Golden Girls 10:30 Pampered Nails 11:00 Radio Time 2:30 Bingo 3:30 Hydration Station
19 10:00 Headlines 10:30 Oldies TV 12:00 **Krewe of Thoth** 2:30 Afternoon Devotional 3:00 Coffee Social	**20** 9:45 Daily Chronicles 10:00 Jitterbug 10:30 Hymn Time 11:00 President's Day Trivia 2:30 **Corn Dog Booth**	**21** 	**22** 9:45 Daily Chronicles 10:00 Noodle Fun 10:30 Name 10 11:00 Finish the Phrase 2:30 Money Bingo 3:30 Lemonade Bar	**23** 9:45 Daily Chronicles 10:00 Mass w/ Fr. Michael 10:30 Ashes 11:00 Deal or No Deal 2:30 **Paint & Sip Party**	**24** 9:45 Daily Chronicles 10:00 Coffee & Donuts 10:30 Scratch Art 11:00 Price is Right 2:30 **Wine & Cheese Social w/Mr. Armand**	**25** 9:45 Daily Chronicles 10:00 Aromatherapy 10:30 Pampered Nails 11:00 Radio Time 2:30 Bingo 3:30 Hydration Station
26 9:45 Daily Chronicles 10:00 Pokeno 10:30 Oldies TV 2:30 Afternoon Devotional 3:00 Coffee Social	**27** 9:45 Daily Chronicles 10:00 Second Line Step 10:30 Parachute 11:00 Zen Doodling 2:30 **Sing-A-Long w/Mr. Sid**	**28** 9:45 Daily Chronicles 10:00 Yoga Stretches 10:30 Twister Toss 11:00 Horoscopes 2:30 Money Bingo 3:30 Player's Punch				