



Notable Quotable

"I have not failed. I've just found 10,000 ways that won't work."

- Thomas Alva Edison, inventor

February Horoscopes and Birthdays

In astrology, those born between February 1–18 are Water Bearers of Aquarius. They are creative philosophers at heart, getting to the root of problems and using their passion for the benefit of others. Those born between February 19–28 are born under Pisces. Friendly and selfless, they are always willing to help others with their hearts on their sleeves. Thanks to an intuitive understanding of life, Pisces make deep connections with others.

- Clark Gable – February 1, 1901
- Norman Rockwell – February 3, 1894
- Charles Lindbergh – February 4, 1902
- Hank Aaron – February 5, 1934
- Jack Lemmon – February 8, 1925
- Thomas Edison – February 11, 1847
- Jack Benny – February 14, 1894
- Susan B. Anthony – February 15, 1820
- Michael Jordan – February 17, 1963
- Sidney Poitier – February 20, 1924
- George Handel – February 23, 1685
- Levi Strauss – February 26, 1829
- John Steinbeck – February 27, 1902

XXIII Winter Olympics *continued from pg. 1*

On the men's side, American Nathan Chen could take gold if he impresses with innovative new jumps.

On the slopes, Americans Lindsey Vonn and Mikaela Shiffrin are poised to make a run for gold in downhill skiing. Shaun White, red-haired maestro of the snowboard half-pipe, has been a fan favorite since he took gold in 2006.

Canada took gold in men's and women's curling in 2014. Will they

repeat? While Germany swept all luge events in the Sochi Olympics, the Austrians will provide stiff competition this time. In bobsleigh, Nigeria will attempt to field its first-ever team as three former women's track stars introduce the cool sport to the African continent.

And beyond sports, South Korea is introducing innovative technological advances to the Olympics—virtual reality will change the way we watch the games.

In Our Back Yard.....



Edencrest at Green Meadows

February 2018



6750 Corporate Drive
Johnston, Iowa 50131

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Celebrating February

Library Lovers Month!

Bird-Feeding Month

Dave Gray Music February 5

XXIII Winter Olympics February 9–25

Doug Karl Musical Memories! February 14

Elvis! February 25

Resident Meeting February 26

XXIII Winter Olympics

From February 9–25, the world's greatest athletes will compete for gold medals and glory at the XXIII Winter Olympics. South Korea will host the winter games in Pyeongchang, a city in Gangwon Province, high in the Taebaek Mountains of the north.

Chief among the battles to play out on snow and ice will be the contest for men's hockey gold. For the past five Winter Olympics, players from the National Hockey League have participated in the Olympics. This year the NHL is not building a break into its schedule to allow players to compete in the Olympics, a matter that is not sitting well with the athletes. The USA hopes to

compete with Russia, Canada, Sweden, and Finland for the coveted gold medal.

Elsewhere on the ice, Russia's 17-year-old Evgenia Medvedeva is favored for gold in women's figure skating, but 17-year-old American Karen Chen is an up-and-coming phenom who might surprise the world.

continued on pg. 4



The Tramp

For many, Charlie Chaplin is known for his most memorable character, "the Tramp," a good-natured, bumbling vagrant. The Tramp made his big screen debut on February 17, 1914, in the silent film *Kid Auto Races at Venice*. The Tramp went on to become an international icon of the silent era of film, and even when talkies became all the rage, Charlie Chaplin refused to speak while in character, most likely

because the Tramp was supposed to be American and Chaplin had a British accent. What made the Tramp so beloved? Maybe it was his sharp social commentary during the turbulent era of industrialization. Maybe it was the Tramp's embodiment and support of the "American Dream." Or maybe it was that adorable mustache, cane, and waddling walk. Whatever the reason, the Tramp is adored all over the world.

February's Feathered Friends



The most common feeder food for birds is the black-oil sunflower seed.

Happy Valentine's Day

February is Bird-Feeding Month. During the cold, harsh winter, it is especially difficult for wild birds to find food, so everyone is encouraged to provide food, water, and shelter to help birds survive, and birds do need our help. One-third of the North American overwintering bird population has declined since 1966. And one-third of all North American bird species are at risk of extinction, with birds in arid, grassland, and coastal climates at greatest risk. A little bit of winter seed to augment their daily catch of insects could be enough to get them to springtime nesting season.

Not only can you help birds by feeding them this February but simple observations conducted during the Great Backyard Bird Count (GBBC) from February 16 to 19 can inform scientists about winter bird populations. During this four-day event, participants can spend as little as 15 minutes per day identifying birds in their own

backyards and submitting that list to scientists via birdcount.org. Last year, 160,000 birders participated, from amateurs to experts, creating a global snapshot of world bird populations. Since birds are always on the move, such counts are important for scientists to see where populations come and go, where certain species congregate, whether diseases are affecting birds in specific regions, how species are coping with habitat loss and pollution, and how weather changes are affecting populations.

Citizen science—the practice of regular citizens aiding scientists in their research—is an important part of ornithology. More participants means more data and a more accurate picture of bird health. Citizen science birding projects are not limited to February. Every fall, people gather in the mountains to count migrating raptors. Journey North is a spring count of hummingbirds. So get counting!

Souper Supper! Sunday, February 4th !



Enjoy the Super Bowl on Super Bowl Sunday with a selection of home made soups and appetizers.

Cheer on the Eagles or the Patriots or just come for supper!

Soups on at 5:00 pm!

From The Desk of Manager, Nick Lensch

What a wonderful start we have had to 2018. We have added some wonderful new residents and staff. I can hardly believe it is February already. We have some fun and exciting events happening this month. With our Souper Bowl Party and a wonderful Valentines Dinner for the residents it is going to be an eventful month. February is also a reminder for Good Heart Health. February is American Health Month and it is a good opportunity to reflect about what steps you can take to commit to a better life. I am not just saying from a medical perspective, but also from a body, mind and soul focus. Greek Philosopher Socrates is credited with they saying, “An unexamined life is not worth living”. I feel this quote translates well to what American Heart Month reminds us about. February is a great

month to reflect on your previous year's health and start to consider how you can be better to your heart., whether that means embracing healthier eating habits, reducing stress, focusing on having a better mental and emotional wellbeing, or finding a better spiritual balance. Every so often it is important to examine how you can achieve a better life. Perhaps, more laughter, more sleep, fewer bad habits would be a good place to start. It could also be a good time to hit that reset button and book that much needed massage or maybe it is time to tackle that health issue you have denying for so long. In the end February is a month that reminds us to be good to our heart and most importantly ourselves.

That's Amore! Valentine's Dinner February 14th 5:30 pm



Hello everyone! My name is Kyli Brooks and I have accepted the position as the Life Enrichment Coordinator here at Edencrest. I look forward to working and have a blast with each of you. If you have any questions, suggestions, or ideas please feel free to come and talk with me.

Take a trip to Italy this Valentine's day! Join us in the Edencrest Dining room at 5:30 for a special Valentine's Dinner! Special made pastas and your choice of sauces will make you say, “Mama Mia!”