February 2022

Golden Age Newsletter

1915 S. 18th St. Centerville, Iowa 52544 Phone # 1-641-856-2757

Richard Clemens
February 7th

Celebrating February

Worldwide Renaissance of the Heart Month

Women Inventors Month

Black History Month

Chinese New Year: Year of the Tiger – *1st*

Groundhog Day – *2nd*

Winter Olympics Begin – *4th*

Read in the Bathtub Day – *9th*

Valentine's Day – *14th*

World Day for Social Justice – *20th*

Presidents' Day (U.S.) – *21st*

Digital Learning Day – *22nd*

Tooth Fairy Day – *28th*

Our thoughts and prayers go out to the family and friends of Deborah Carter.

Help Us Send Some Love

Sheila Rod Coady is an Activities Assistant at Golden Age Care Center. She has a heart of gold and is happiest when she is making our residents smile. Her love for our residents is easy to see.

Sheila was recently diagnosed with Toxic Epidermal Necrolysis; the most severe stage of Steven-Johnson Syndrome. Sheila has endured two extensive hospital stays, multiple surgeries to replace skin destroyed by the disease, had a trach placed, been on and off the vent, and remains hospitalized in Kansas City.

Friends of Sheila (she has many) are holding a Benefit to help her with the staggering medical costs she faces on her road to recovery.

Benefit for Sheila Rod Coady
will be held
SATURDAY, FEBRUARY 26, 2022,
5:30 PM @ The Eagles
1101 S 18th St
Centerville, IA 52544

Let's return to Sheila some of the love she so consistently bestows on others.

Korie Salladay,
Activity Director

Seeing Red

Red hearts. Red roses. Red lipstick kisses. These are all popular symbols of Valentine's Day. While there is no record of St. Valentine ever wearing red, the holiday that bears his name is full of the color. The color red appears again on February 4 for Wear Red Day. Today, red symbolizes love, beauty, power, and passion, but humans have been fascinated by the color for millennia.

After black and white, red is the first color of the spectrum that babies can identify. Perhaps our adoration of the color comes from this strong first impression. Speaking of firsts, 40,000 years ago, prehistoric humans painted their bodies in red clay. Burial rites included covering the dead in red powder to ward off evil spirits. Prehistoric cave paintings discovered across the globe from Asia to Africa and Australia were all made with red ochre. Our Stone Age ancestors certainly thought red possessed power.

When did red specifically earn its association with love? Many historians point to the ancient Greeks. Aphrodite, the goddess of love and beauty, fell in love with Adonis. When Adonis was killed by a wild boar, Aphrodite rushed to his aid and was stuck by the thorn of a white rose. The goddess' blood fell on the white petals, turning them red. In this manner, the red rose came to symbolize
Aphrodite's love for Adonis, and both the color red and the red rose became symbols of Aphrodite herself, as well as love, beauty, and passion.

This myth also demonstrates the mixed symbolism presented by the color red: the heart and blood, passion and anger, allure and danger, love and war. Cultures all over the world use red to different effects. Chinese brides wear red wedding dresses to symbolize love and good fortune. Catholic cardinals wear red robes symbolizing
the blood of Jesus Christ. American drivers are warned to "STOP" with red stop signs and lights. In February, red might inspire romance or inflame passion, but on Halloween, it accompanies gruesome horrors. Good or bad, the color red has long asserted power over the human psyche.

Brownies in Focus

Brownie photographers get ready! February 1 is International Brownie Camera Day. Some call Eastman Kodak's Brownie "the camera that started popular photography." George Eastman asked Frank Brownell, his camera designer and manufacturer, to develop the least expensive design possible for a camera, one that could be marketed to children so that photography as a hobby could take off. Brownell called his design the "Brownie" after the mischievous, fairy-like sprites conceived by Canadian author and illustrator Palmer Cox.

The camera was first introduced in February 1900 as a leatherette-covered cardboard-box camera with a lens at one end and film on the other. The first Brownie, known as the No. 1 Brownie, was marketed to children and sold for $1, about $31 today. The idea proved ingenious, with over 150,000 Brownie cameras sold in their first year. They were so ubiquitous that soldiers took them overseas to war. Many iconic wartime photographs were snapped with the Brownie. The last official Brownie was made in 1986.

Ukulele Lore

February 2 is World Play Your Ukulele Day. In many elementary schools, the ukulele has become the instrument of choice for teaching music. Perhaps this is due to the uke's affordability and versatility, but it is also due to the fun that comes with strumming! The ukulele is most often associated with Hawaii thanks to Joao Fernandes, who immigrated to Hawaii from the Portuguese island of Madeira in 1879. Upon arrival, Fernandes leaped from his ship to the dock and began to strum a tune on his *braguinha*, a small, four-stringed guitar. Other Madeirans soon set up shop making the instruments. The word *ukulele* meant "cat flea." It was first used in 1906 to describe the way uke players strummed the instrument, with their fingers jumping all over the strings.

Winter in Beijing

A mere six months after the close of Tokyo's Summer Olympics, the Opening Ceremonies of the Winter Olympics are set to start on February 4 in Beijing, China. Tokyo's games have been hailed a success despite their being held during the COVID pandemic. The amazing athletic feats of the competitors remained the focus, not the mostly empty stadiums or COVID-related protocols. Beijing will allow Chinese fans into stadiums and has asked all organizers and participants to abide by a "closed bubble" system. China certainly appears ready to take the torch from Tokyo.

Beijing will host popular events like figure skating, speed skating, hockey, and curling. Many of the venues built for Beijing's 2008 Summer Olympic Games have been repurposed for the Winter Games. For example, the National Aquatics Center, popularly known as the "Water Cube," was transformed into the "Ice Cube." The Olympic pool that saw Michael Phelps win eight gold medals is now the curling rink.

The picturesque village of Yanqing is just a 40-minute high-speed train ride from Beijing. This quiet vacation destination for city dwellers and tourists wishing to see the popular Badaling section of the Great Wall of China will get a dose of alpine skiing, bobsled, luge, and skeleton during the Olympics. As one of the top female skiers in the world, American Mikaela Shiffrin hopes to compete in every possible alpine skiing event at Beijing 2022.

Zhangjiakou is another popular ski spot located in the mountains 120 miles northwest of Beijing. Several new venues have been built to host cross-country skiing competitions, biathlon, snowboarding, and ski jumping. China has also built a new high-speed rail line to the area along with the world's first flexible DC power grid. The cutting-edge grid utilizes local wind and solar energy. But the most electric energy will be in the arenas. Host nation China has high hopes to top the medal count, but Norway is expected to win a record 44 medals.

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Postage Information

Roll Call

About 64 million Tootsie Roll candies will be manufactured on February 23, Tootsie Roll Day. On this day in 1896, inventor Leo Hirschfield first began selling the chewy chocolate confections out of his small Brooklyn candy shop. The candies grew so popular that Hirschfield distributed them throughout New York using a horse and buggy. The unique name was a no-brainer for Hirschfield. He had been calling his five-year-old daughter Clara by the nickname “Tootsie” all her life. Or had he? Some historians claim that the quaint story of the candy being invented by Hirschfield in a small Brooklyn shop is a clever marketing ploy. Rather, “Leo Hirschfeld” was an employee of the Stern & Staalberg candy company and applied for the patent of his unique, melt-resistant chocolate candy in 1907. “Tootsie” was the name of a child actress hired by the company to hawk its products, a name that company marketers then applied to the new candy.

February Birthdays

In astrology, those born from February 1–18 are the Water Bearers of Aquarius. Just as water gives life to the land and its creatures, Aquarians are the humanitarians of the zodiac. Their heightened compassion and empathy compel them to help those in need. Those born from February 19–28 are Pisces’ Fish. Pisces are sympathetic and selfless, making them compassionate friends. Their intuitive nature also makes Fish creative and expressive artists.

Norman Rockwell (artist) – February 3, 1894
Rosa Parks (activist) – February 4, 1913
Bob Marley (musician) – February 6, 1945
Chris Rock (comedian) – February 7, 1965
Laura Dern (actress) – February 10, 1967
Jennifer Aniston (actress) – February 11, 1969
L.L. Bean (outdoorsman) – February 13, 1873
Michael Jordan (athlete) – February 17, 1963
Ansel Adams (photographer) – February 20, 1902
Jordan Peele (producer) – February 21, 1979
Rashida Jones (actress) – February 25, 1976

This month we will start planning our garden and get things ready to start planting seed this is always fun