



From our family to yours.

# The Cedars

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February 2012

The Cedars Family  
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Melissa Ramos ..... Resident Services  
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Jennifer Gelinis ..... Program Coordinator  
Susan Martin ..... Dining Services Dir.  
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Kathy Howland, MSW ..... Social Worker



## Happy Valentine's Day

This month at the Cedars we will be celebrating the beloved holiday **Valentine's Day**, enjoying some of the sounds of romantic entertainers like Frank Sinatra, Tony Bennett and Perry Como to name a few. We will have fun creating old fashioned vintage valentines to keep for our own enjoyment or to share with our loved ones.

We will be sure to have opportunities to share stories of Valentine's celebrations from the past and residents are encouraged to share photos of their sweethearts while reminiscing.

We will conclude our celebration with a special movie night featuring **Camelot** the classic story of love, honor and chivalry. We will have plenty of popcorn to go around.

So plan to join us and participate in the celebration anytime throughout the day!



**CORPORATE CORNER**  
Barstow Village - A brand-new affordable rental community for seniors 62 and older located in Hanover, Mass.! Rents range from \$489 to \$1,234 with heat included! Call us today for more information at (617) 212-6305. Opening this spring. Please inquire in advance for reasonable accommodation.

## CPR/AED Re-Certification Class

Please note that we will be offering a class given by instructor Glenn Nunes of the Westport Fire Department for re-certification in CPR and AED in March. Stay tuned for a flyer to be posted with details.



## HAPPY BIRTHDAY

- Feb. 1 Janice Fiola
- Feb. 3 Maria Martinho
- Feb. 12 Mary Sadek  
Cesaltinea Gomes
- Feb. 20 Jeannine Lemire
- Feb. 23 Anthony Tacovelli



### Trivia Whiz:

#### Leaping for Leap Day

Every revolution Earth makes around the sun takes 365.25 days. To account for this disparity between a calendar year and one full revolution, every four years we add an extra day. Julius Caesar invented a calendar system employing a leap day. His Julian calendar was refined into what we use now, the Gregorian calendar, and leap day was retained.

This February has 29 days. Make the most of those extra 24 hours by learning more about leap day events:

- *Ladies' choice.* It was customary that women were allowed to propose to men either during a leap year or on leap day, depending on the culture.
- *Witch trials.* Feb. 29 marks the day in 1692 when accusations first began in the Salem witch trials.
- *Oscar achievement.* On Feb. 29, 1940, Hattie McDaniel became the first African-American performer to win an Academy Award. She received the Best Supporting Actress honor for her performance in "Gone With the Wind."
- *Pedestrian safety.* On Feb. 29, 1952, the first "Walk/Don't Walk" signs were put into use to keep pedestrians safe in New York City.

#### Leap Day Babies

A person born on Feb. 29 may be called a "leapling" or a "leaper." Famous people born on Feb. 29 include bandleader Jimmy Dorsey, singer Dinah Shore, motivational speaker Tony Robbins and rapper Ja Rule.

### The Residents' Corner

#### The Splendid Chedid Children by Eddy Larkosh

Every Saturday afternoon at 4:00 we at the Cedars are privileged to be visited by the Splendid Chedid children and their loving mother, Hiba, who proudly calls them "my treasures." No less proud of them is their father, Zakhia, who came one afternoon to take their pictures. Their musical recitals show dedicated practice and nurturing family environment.

Sara (15) starts the program at the piano. She is later joined by Gabrielle (13) for violin duets, playing such challenging selections as Beethoven's **ODE TO JOY**, **PATCABELLE'S THEME** and **GREEN SLEEVES** as well as some jolly country STYLE "fiddling."

Christophe (12) plays his clarinet with a good, full tone and sometimes

plays the guitar. Emmanuel (8) is a budding pianist who receives excellent guidance from Sara.

Gabrielle and Sara bow their violins as one. It would not be surprising to learn some day that they perform on the concert stage in a major symphony orchestra.

They are a lively interlude and a bright spot every Saturday that I look forward to and enjoy.



### Cures for Cabin Fever

Sick of being cooped up indoors? Cabin fever may not be a medical condition, but it can drag you down. Spring will arrive soon. In the meantime, here are some remedies to help you hang on until Old Man Winter hits the road:

*Tune into summer.* Listen to music that sets your mind on warmer weather. Caribbean tunes will transport you to a sandy beach, and any song with "hot" or "summer" in the title will refresh your memory of lazy, hazy days.

*Have an indoor picnic.* Feast on a spread of summertime favorites: hot dogs, potato salad, baked beans, lemonade and ice cream. You won't have to worry about food spoiling or melting in the sun.

*Take a hike.* Lack of sunlight can contribute to seasonal depression. Bundle up and head to the park for a

nature walk. If venturing outdoors is out of the question, consider brightening your mood with a full-spectrum lamp that mimics sunlight.

*Make a clean sweep.* It's still winter, but why not use the time indoors to get a head start on spring cleaning? Moving around will warm you up, and a tidier home will lift your spirits. With chores completed, when spring arrives you'll be free to revel in the season's glory.





### Chocolate: From Tree to Treat

Money may not grow on trees, but chocolate does. Those delectable confections in the heart-shaped box started out as pulp-covered seeds inside a pod from a cacao (kah-KOW) tree. Cacao trees grow in the shadow of taller trees in tropical rain forests and flower year-round. A cacao pod holds 30 to 50 almond-sized seeds, called beans, enough to process about seven milk chocolate bars. Here are some other facts about chocolate:

*A minor jolt.* Chocolate has an undeserved reputation for having lots of caffeine. Dark chocolate, the highest in caffeine, contains about 15 milligrams per ounce. You would have to eat 10 to 15 ounces of dark chocolate to match the amount of caffeine in one cup of coffee.

*Yummy and healthy.* Chocolate also gets a bad nutritional rap. But research points out the healthful effects of antioxidants in chocolate, including a reduced risk of heart disease and stroke. These perks apply only to dark chocolate, and only when eaten in moderation. Adding milk to chocolate appears to lessen the benefits.

*Weight-loss helper?* Chocolate often takes the blame for extra pounds. However, studies indicate that indulging in a small daily portion of dark chocolate may help fend off cravings for other high-calorie foods.



### Chocolate Chip Cookie Hearts

#### Ingredients:

- 2 1/4 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup (2 sticks) butter, softened
- 3/4 cup granulated sugar
- 3/4 cup packed brown sugar
- 1 teaspoon vanilla extract
- 2 large eggs
- 2 cups (12-ounce package) Nestlé Toll House semi-sweet chocolate morsels
- 1 cup chopped nuts
- Metal or heat-safe heart cookie cutter(s) of desired size(s), 1 inch in height
- Various icings, sprinkles, Nestlé Toll House semi-sweet chocolate mini morsels (for decoration)

#### Directions:

Preheat oven to 375° F. Line a 15 by 10-inch jelly roll pan with foil; lightly grease. Combine flour, baking soda and salt in small bowl. Beat butter, granulated sugar, brown sugar and vanilla extract in large mixer bowl until creamy. Add eggs, one at a time, beating well after each addition. Gradually beat in flour mixture. Stir in morsels and nuts. Spread dough into prepared pan.

Bake for 18 to 22 minutes or until golden brown. Cool completely in pan on wire rack. Lift from pan with foil handles to cutting board. Cut out hearts with cookie cutter(s). Remove hearts while peeling away foil. Decorate as desired.

For more recipes, visit  
[www.VeryBestBaking.com](http://www.VeryBestBaking.com).

#### Wit & Wisdom

"I wonder what fool it was that first invented kissing."  
—Jonathan Swift

"The sound of a kiss is not so loud as that of a cannon, but its echo lasts a great deal longer."  
—Oliver Wendell Holmes Sr.

"They invented hugs to let people know you love them without saying anything."  
—Bill Keane

"Kisses, even to the air, are beautiful."  
—Drew Barrymore

"The recommended daily requirement for hugs is four per day for survival, eight per day for maintenance, and 12 per day for growth."  
—Virginia Satir

"Kissing is like drinking salted water. You drink, and your thirst increases."  
—Chinese proverb

"Kiss and make up, but too much makeup has ruined many a kiss."  
—Mae West

"Did you know that if you visualize, you can actually hug on the phone?"  
—Shelley Long

"What of soul was left, I wonder, when the kissing had to stop?"  
—Robert Browning

"And if you see me, smile and maybe give me a hug. That's important to me too."  
—Jim Valvano

"Her lips on his could tell him better than all her stumbling words."  
—Margaret Mitchell

# The Activities Department Celebrates Italy During February



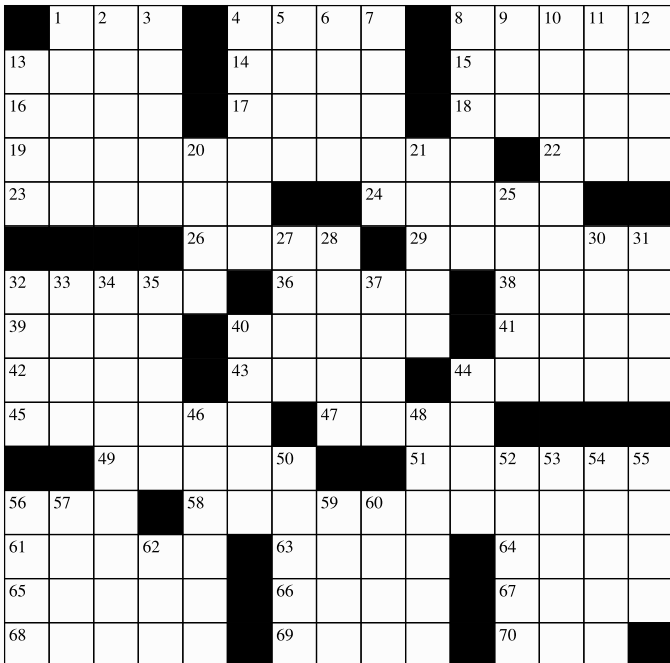
During a recent Activity Planning Meeting the residents expressed an interest in celebrating the many cultures and nationalities represented by the residents and staff here at The Cedars.

We decided that we would pick a different country each month to explore. For February we are choosing to explore Italy. To correlate with our celebration for Valentine's Day, we will travel in our imaginations to one of the most romantic cities in Europe - Venice.

Throughout the month, we will put into the schedule different activities to do during game time and the social hour. We will have fun preparing some delicious Italian treats as part of talking food with Sue.

Plan to join us and share your heritage during our scheduled social hours, while we will immerse ourselves in the beauty and culture of Italian art and music throughout February.

## Crossword Puzzle



### ACROSS

1. Gamble
4. Ty the Tiger
8. Storage place
13. Common verb
14. Soup ingredient
15. Different
16. Time periods
17. Martinique et Miquelon
18. Staggers
19. Goal
22. Word with up or in
23. Prepares clams
24. Summit
26. Jack and Jill's item
29. Male honeybees
32. Encourages
36. S, M or L
38. Stratagem
39. Bitter
40. Haughty expression
41. Ending for Paul or Nan
42. Spirited self-assurance
43. Sicilian volcano
44. City in Germany
45. "General Hospital," e.g.
47. Use the palm
49. Skin layer
51. Real estate transaction
56. Noon followers, for short
58. Exhausting task
61. Tragic hero

63. Prefix for cast or gram
  64. Muffin ingredient
  65. "... the bombs bursting \_\_\_ ..."
  66. Singles
  67. Easy canter
  68. Horse features
  69. Force out
  70. Nav. rank
- ### DOWN
1. Head covering
  2. Expunge
  3. Seed covering
  4. \_\_\_ phrase; thinks of a new saying
  5. Site of the Natl. Cowboy Hall of Fame
  6. Harte, for one
  7. Essential
  8. Place for a street sign
  9. Devoured
  10. Beech trees
  11. Sun: pref.
  12. Formerly
  13. Gets hitched
  20. Mischievous tots
  21. Restaurant request
  25. Ulcers
  27. Contraction
  28. Claims against property
  30. This: Sp.
  31. Noticed

32. Utilizes
33. Character
34. Reservist
35. Bert's buddy
37. Fervor
40. \_\_, Alabama
44. Dull-edged sword
46. Bowers
48. Stop
50. Performer
52. Tree-climbing animal
53. "Rubber Capital of the World"
54. Springs
55. Eagle of the sea
56. Overly proper
57. \_\_\_ Lisa
59. Game of chance
60. \_\_\_ cheese
62. "... had a farm, \_\_\_ ..."

