

# Advanced

SUBACUTE AND REHABILITATION CENTER

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## Year of the Pig

Chinese New Year begins Feb. 5, and 2019 is the Year of the Pig. In Chinese culture, pigs symbolize wealth and prosperity.

## February 2019



### Choice of Chocolates

Truffles, cordials, nutty, creamy or crunchy ... There are many sweet choices when it comes to a box of Valentine's Day chocolates. The most popular pick according to surveys is the classic caramel.

### Layered in Warmth

Older adults are more sensitive to cold weather, yet may not notice their body temperature dropping. The best way to stay warm is to dress in layers, even when indoors.

### Furry Forecasters

Pennsylvania's Punxsutawney Phil tends to hog the spotlight on Groundhog Day, but there are other celebrity groundhogs who are prognosticators of spring. Down in Cajun country, Pierre C. Shadeaux makes his annual prediction in south Louisiana. Staten Island Chuck is the official forecaster for New York City. And folks in Raleigh, N.C., check in with Sir Walter Wally.



### A Floral Favorite

With more than 100 million of them grown for Valentine's Day alone, the rose is one of the most popular flowers in America.

- There are at least 100 different species and thousands of varieties of roses. Hybrid tea roses make up the majority of the roses found in flower shops and home gardens.
- President George Washington was the first rose breeder in the U.S.
- Technically, a rose's thorns aren't true thorns; they're actually prickles.
- It's been a longtime tradition to convey a message by using a rose's color. For example, red is associated with romance, pink signifies gratitude, and yellow expresses friendship.
- The rose is America's national flower, as well as the official flower of four states: Georgia, Iowa, New York and North Dakota.
- California is where you'll find the world's tallest rosebush, growing to 18 feet, 8 inches.

### Activities for Heart Month

American Heart Month has been observed every February since 1964, encouraging people to learn more about heart disease and ways to practice heart-healthy habits. These ideas can help you take charge of your health as well as raise awareness in your community.

*Wear red.* Sport some crimson clothing on National Wear Red Day, the first Friday in February, to show your support for Heart Month. Consider wearing a red ribbon all month long to spark conversation about heart health.

*Know your numbers.* Take advantage of blood pressure checks and cholesterol screenings in your community. Record your numbers and work with your doctor to make any needed changes.

*Get fit with a friend.* Exercise is one of the best ways to help your heart, and it's often more fun with another person. Invite a friend to join you for a walk or to try a new exercise class.

*Set a nutritious example.* Focus on making heart-healthy foods a regular part of your diet. When others see you choosing options such as fish, whole grains, beans, fruits and veggies, they may be motivated to do the same.

*Give back.* Participate in health fundraisers and events, such as a 5K or blood drive. Or you could make a donation in honor of Heart Month.

### Tea Traditions Around the World

Legend has it that tea was discovered in China nearly 5,000 years ago when a tea leaf fell into an emperor's cup of hot water. Since then, the world has enjoyed the beverage in endless ways.

*India.* Tea stalls here serve masala chai, a brew of black tea, milk, sugar and warm spices such as cardamom, ginger and cinnamon.

*Morocco.* Green tea steeped with mint and heavily sweetened with sugar is the traditional drink in this North African country.

*Taiwan.* Bubble tea was invented here in the 1980s. Made in many flavors, its base is cold tea, milk, a sweetener and a scoop of chewy tapioca balls, which give the drink its name.

*Argentina.* The tea of choice in this South American nation is *yerba mate*, an herbal tea served in a hollow gourd and sipped through a metal straining straw.

*Hong Kong.* This culture's popular "pantyhoose tea" is named after the stocking-shaped cloth that's used to filter black tea, which is then poured into condensed or evaporated milk.







### **Military-Made Movies**

During World War II, a group of Americans served the nation by combining their specialized talents to form the First Motion Picture Unit, a division of the U.S. Army Air Forces.

The unit was formed in 1942. Recognizing the urgent need for a recruitment film, the commander of the USAAF, Gen. Henry "Hap" Arnold, called upon Jack Warner, the head of Warner Bros. movie studios. Warner and scriptwriter

Owen Crump quickly produced "Winning Your Wings," a short film starring actor and USAAF pilot Jimmy Stewart. It played in theaters nationwide, prompting more than 150,000 men to sign up for the Army Air Forces.

Staffed by professionals enlisted from the movie industry—actors, directors, animators and more—the FMPU began producing training films from its base at a Hollywood studio lot. The unit made more than 400 movies, covering topics such as survival skills and how to recognize enemy aircraft.

Some of the notable members of the FMPU included Clark Gable, William Holden, Alan Ladd and Ronald Reagan.

### **The Super Bowl of Car Racing**

While much of the country is in the cold grip of winter, a speedway in Florida heats up this month for the "Super Bowl of stock car racing," the annual Daytona 500.

Since the early 1900s, automobile racing on beach courses had been popular in the Daytona Beach area. Bill France Sr. was a former driver and race promoter there who founded NASCAR, the National Association for Stock Car Racing, in 1948. He proposed and then oversaw construction of a permanent racetrack, Daytona International Speedway.

The first Daytona 500 was

held Feb. 22, 1959. It was a close one, with officials taking days to review photos before declaring Lee Petty the winner.

Today, the Daytona 500 is the first and most prestigious event of the NASCAR season. Drivers make 200 laps around the 2.5-mile course, racing a total of 500 miles. The winner earns a prize of more than \$1.5 million.

The race draws more than 100,000 fans to the speedway, and 20 million more tune in for the live TV broadcast.



### **Wit & Wisdom**

"Use what talents you possess; the woods would be very silent if no birds sang there except those that sang best."

—Henry Van Dyke

"I would like to be remembered as someone who did the best she could with the talent she had."

—J.K. Rowling

"We are told that talent creates its own opportunities.

But it sometimes seems that intense desire creates not only its own opportunities but its own talents."

—Eric Hoffer

"Enjoying success requires the ability to adapt. Only by being open to change will you have a true opportunity to get the most from your talent."

—Nolan Ryan

"Above everything else I've done, I've always said I've had more guts than I've got talent."

—Dolly Parton

"It is the combination of reasonable talent and the ability to keep going in the face of defeat that leads to success."

—Martin Seligman

"Success is what you do with your ability. It's how you use your talent."

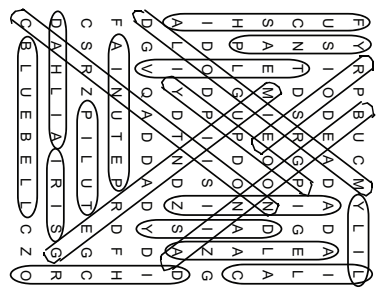
—George Allen Sr.

# Word Search

## Category: Flowers

F Y R P B U C M Y L I L	1. <u>Dahlia</u>
U S I O D E A D A D A I	2. _____
C N T D S R G P I G E L	3. _____
S A E M I E O O N D L A	4. _____
H P L G U P D O N A A C	5. _____
I D O D P I I S I I Z G	6. _____
A L I Y D T N D Z S A D	7. _____
D G V Q A D D A D Y D I	8. _____
F A I N U T E P R D F H	9. _____
C S R Z P I L U T E G C	10. _____
<u>D A H L I A</u> I R I S G R	11. _____
C B L U E B E L L C Z O	12. _____
	13. _____
	14. _____
	15. _____
	16. _____
	17. _____
	18. _____
	19. _____
	20. _____

1. Azalea	11. Lily
2. Begonia	12. Marigold
3. Bluebell	13. Orchid
4. Carnation	14. Pansy
5. Dahlia	15. Petunia
6. Daisy	16. Poppy
7. Fuchsia	17. Rose
8. Geranium	18. Tulip
9. Iris	19. Violet
10. Lilac	20. Zinnia



## "This Month In History" FEBRUARY

**1887:** The first official Groundhog Day is celebrated in Punxsutawney, Pa., starting a tradition of the town's groundhog, named Phil, forecasting spring's arrival.

**1913:** Imposing a federal income tax, the 16th Amendment to the U.S. Constitution takes effect.

**1936:** With the mission of conservation, the National Wildlife Federation is formed.

**1940:** College basketball is televised for the first time.

A New York station broadcast the Pittsburgh vs. Fordham game from Madison Square Garden.

**1955:** "Sincerely" by the McGuire Sisters tops the pop music chart.

**1963:** Julia Child's pioneering cooking show "The French Chef" premieres on PBS.

**1971:** Wanting to do something special during the Apollo 14 mission to the moon, astronaut Alan Shepard hits two golf balls on the lunar surface.

**1986:** Pulitzer Prize winner Robert Penn Warren is named the first U.S. poet laureate.

**1998:** At the Winter Olympics in Japan, 15-year-old American Tara Lipinski wins the ladies' figure skating title, becoming the youngest gold medalist in Winter Games history.

**2002:** The newly created Transportation Security Administration begins overseeing air travel security.

**2011:** Celebrated author Maya Angelou is awarded the Presidential Medal of Freedom, the nation's highest civilian honor.

**2018:** The Philadelphia Eagles win their first Super Bowl title after defeating the New England Patriots 41–33.