

# Ferris Hills at West Lake



## Celebrating February

**Women's Healthy Heart  
Awareness Month**

**National Pie Month**

**SuperBowl Sunday**  
*February 5*

**Chocolate Fondue Day**  
*February 9*

**Westminster Dog Show**  
*February 13*

**Valentine's Day**  
*February 14*

**President's Day**  
*February 20*

**Oscar Night!**  
*February 26*

**Mardi Gras**  
*February 28*

## A Season of Fasting and Forgiveness

February is an important month in the religious calendar. February 12 brings Septuagesima Sunday, the start of the pre-Lenten season. The word *Septuagesima* derives from the Latin word meaning "seventieth," which marks the 70 days before Easter. In many countries around the world, this day heralds the start of modern-day Carnival. Yet before the wild and costumed revelry of Carnival became commonplace, this long period leading up to Lent and Easter was called Shrovetide.

The term *Shrovetide* comes from the term *shrive*, which means "to hear confessions." During the days of Lent leading up to Easter, people are supposed to go to confession, where the priests shrive—or listen to—the confessors, forgive them their sins, and offer penance. In many ways, it makes sense that Carnival grew from the Shrovetide traditions. After all, Carnival is a time of wild and reckless merrymaking, with many revelers accumulating sins. Revelers could then confess their accumulated sins and be forgiven in time for Lent.

The Lenten season not only focuses on confession but it is also a period of fasting. The term *Carnival* derives from the words *carne levare*, meaning "to remove meat," signaling this traditional Lenten dietary prohibition. Most people are familiar with the term *Mardi Gras*, meaning "Fat Tuesday," which falls the day before Ash Wednesday, the first day of Lent. Few are familiar with the other name of this day, Shrove Tuesday, or with the other name of this day, Pancake Tuesday. As the last day before the fasting season of Lent, Shrove Tuesday is the traditional day to gorge oneself on the rich and fatty foods forbidden during Lent, such as pancakes. Spain calls this day the *día de la tortilla*, or omelet day, and many celebrate by eating omelets made with sausage and pork fat. Of course, all indulgences come to an end on Ash Wednesday, when Lent, fasting, and penance begin in earnest.

## The Health Benefits of **P**UZZLES...

Just as a full-body workout is optimal for all over muscle-growth, puzzle building can be considered a full-brain workout. The brain is comprised of two sides. The right side is responsible for emotions, creativity and intuitive thought, while the left side is the logical, orderly and systematic component.

When you build puzzles, both sides are forced to communicate and work together, thus increasing cognitive function. You also give your occipital lobe a workout, which is the part of the brain that matches colors and shapes. Exercising the entire brain in this manner helps ward off future cognitive decline.

Breaking out a brand new puzzle also improves short-term memory. If you've ever walked into a room and immediately drew a blank as to your purpose, then you are familiar with the frustration that poor short-term memory can induce.

Experts believe that the ease of having Google at our fingertips every time we need to remember a book title or song lyric is responsible for rising rates of short-term memory loss. When puzzle building, you select a piece and are scanning through others with a set shape or color in mind. Exercising the part of the brain responsible for retaining this information will help maintain and improve the ever-important short-term memory.

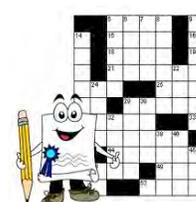
Visual perception and coordination are also improved through puzzle building. Adults and children who configure these brightly colored cardboard pieces often experience enhanced creativity, problem solving and motor skills. Puzzle building can also be quite therapeutic.

As the puzzle comes to completion and more pieces are matched, the brain releases the feel-good chemical known as dopamine, which plays a key role in both memory improvement and learning ability. And unless you are building a puzzle against the clock, the relaxing pastime often lowers blood pressure and reduces anxiety.

## Treadmill Safety Tips!

With winter here, many of us are walking indoors on a treadmill for our aerobic exercise. The following are good reminders on how to Stay Safe while trying to Stay Fit...

- Consult your doctor prior to beginning any exercise program
- A Fitness Trainer is available Tue & Thu mornings to consult
- Start out walking slowly and gradually increase your speed using the +/- buttons
- Wear appropriate shoes (rubber soled sneakers)
- Attach the safety clip to your clothing in case you lose your balance, so the treadmill will STOP automatically
- Avoid distractions. Stay focused on walking, not reading or texting
- Pace yourself & know your limits. If you feel lightheaded or out of breath, stop the exercise and rest



**Puzzles, Crosswords, and other fun brain teasers will now be available in the Vista Lounge on the weekends for anyone interested in a quiet yet stimulating activity. Bring a friend or enjoy the solidarity...it's up to you!**



## **\*Upcoming Events...**

### **Arts & Crafts:**

9th - Valentine Card Making & Chocolate Fondue  
24th - Acrylic Painting for Beginners  
(Supplies provided at no cost. Registration required)

### **Wellness:**

14th - Blood Pressure Checks  
8th - "10 Steps to Healthy Heart" by  
Cardiologist Dr. Brian Henry

### **Education:**

History of Horticulture Monday evenings (\$) (6 week series by FLCC Professor Rochelle Smith)  
US Presidents Documentary Series Friday afternoons

### **Music, Theatre & The Arts:**

1st - "Slyvia" at GEVA Theatre  
19th - RPO Performance at Kodak Hall  
26th - George Eastman Museum Tour, Flower Display "Dutch Connection" & Piano Concert

### **Social:**

5th - Super Bowl Party  
14th - Valentine's Social  
20th - Mardi Gras Social

### **\*\*Spiritual**

21st - Non-Denominational Worship Service  
Spritual Care Group Every Friday morning

**\*\*Ash Wednesday is March 1st this year.  
Ashes will be distributed this day in the Community Room at 9:30am.**

**\*Please refer to your calendar for specific details times & locations for upcoming events.**

### **Calling all Bakers....**

We need pies....



See Darcy

## **Please Take Note:**

The lobby doors at Ferris Hills are now open until 7:30pm Monday-Friday for your convenience. The doors on the weekend will continue to be locked at 5:00PM when the receptionist leaves.

### **Eternal Peace**



The peace symbol is universally recognized today, but it was a shocking new design when Gerald Herbert Holtom first presented it on February 21, 1958. Holtom was a member of the Direct Action Committee Against Nuclear War and wished to use his symbol in his crusade for peace. Holtom's design, he explained, was modeled on himself. He drew himself as a long thin line within a circle, with his arms stretched outward and downward, with palms up, in despair. Later in life, Holtom expressed regret that his symbol came from despair. He wanted the symbol to be turned upside down, with the arms lifted to the sky in joy. Holtom continued to draw his peace sign this way up until he finally found eternal peace.

### **Photo Moment at Ferris Hills**

### *Chamber Music Musicians ...*



# Our Winter Wonderland Tea & Harp Event...



## Associate Birthdays

In astrology, those born between February 1st and 18th are Water Bearers of Aquarius. Aquarians may be shy and quiet, but they are energetic, unique, and independent visionaries. They are often unemotional and intellectual, and they will pursue wisdom to the ends of the earth. Those born between February 19th and 28th are Pisces. Fish are compassionate, gentle, intuitive, and artistic. Known for their wisdom, Pisces are not judgmental and are very forgiving. They never hesitate to put others' needs before their own.

**14th Renee Englert (PCA)**

**16th Amanda Earle (Dining)**

