

## Good Deeds and Good Fortune

February 17 may ring in China's new year, but preparations often begin weeks ahead of Chinese New Year's Day. One of the most important customs is a thorough cleaning of the house. This ensures any bad luck built up over the past year is swept away. Similarly, one must not clean during the first days of the new year so as not to sweep away any new good luck. Cleaning house also means it's time to take care of unfinished business; paying debts and resolving quarrels are all part of prepping for the new year.

Food is an important part of any Chinese New Year celebration, but most food must be prepared in advance, thanks to a popular superstition dictating that knives be put away on New Year's. Using a knife might just "cut off" the flow of good luck and prosperity to a home.

Perhaps the most important New Year's tradition is paying respect to ancestors. Celebrations can begin only after proper homage has been paid. On New Year's Eve, temples are often crowded with people bringing food, incense, and other offerings for their departed forebears.

Next door to China in neighboring Tibet, February 18 brings the new year, called *Losar*—Tibet's most important holiday. Drawing from Buddhist tradition, Tibetans believe good comes only to those who do good themselves. For this reason, *Losar* rituals include a focus on "virtuous attitudes," "virtuous actions," and thus, a "virtuous new year." For three to 15 days, depending on the locale, family and friends gather and celebrate by eating good food, telling stories, lighting fireworks, and playing games. Celebrations also involve donning one's finest clothes to visit temples and offer good wishes to the living, the dead, and the spirits of the enlightened. Since it's common to hurl barley flour, known as *tsampa*, as a spiritual offering, it may be a good thing their neighbors have a broom handy.



## February Birthdays

**Ginger – Feb. 10**

**Ann – Feb. 10**

**Lou- Feb 27**

**Carl – Feb 27**

Tommy Smothers (comedian) – Feb. 2, 1937  
 Hank Aaron (ballplayer) – Feb. 5, 1934  
 Lana Turner (actress) – Feb. 8, 1921  
 Susan B. Anthony (activist) – Feb. 15, 1820  
 Sidney Poitier (actor) – Feb. 20, 1927  
 Steve Jobs (tech guru) – Feb. 24, 1955  
 Jimmy Dorsey (band leader) – Feb. 29, 1904  
 Dinah Shore (singer) – Feb. 29, 1916

## The Long Sleep

Karolina Olsson of Sweden became known as the "Sleeping Beauty of Oknö" when, on February 22, 1876,



at age 14, she fell into a deep sleep and did not awake for 32 years. How did she survive? Legend has it that family members diligently spoon-fed her sweetened milk each day. Over the years, they sometimes observed her sleepwalking or crawling. Her family and much of her small remote village believed the girl bewitched. When Olsson finally awoke, she looked in the mirror and burst into tears. She hardly recognized herself. And yet, she seemed to have aged only to her mid-20s, when she should have been 46. Doctors examined her to find no lasting physical or mental damage, only that her mind was still that of a 14-year-old. Olsson had amazingly, inexplicably "hibernated," though today's doctors suggest she might have been in a state of catatonia.

# Select Senior Living

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## Celebrating February

**763-767-1127**

**Vanessa Nguyen**  
Executive Director

**Katie Bauer**  
Director of Nursing

**Ashley Roy**  
Director of Marketing

**Renee Voyce**  
Life Enrichment Director

**Eric Gebel**  
Director of Maintenance

**Jameel Robertson**  
Director of Culinary



## Chasing Winter Glory

The 2026 Winter Olympics are headed to the stunning landscapes of northern Italy, bringing together athletes and fans for a celebration of winter sports, culture, and camaraderie. Set across Milan and Cortina d'Ampezzo, the Games promise a picturesque backdrop of snow-capped Dolomite peaks, charming Alpine villages, and historic cities bursting with Italian flair. Visitors can expect not only thrilling competitions but also the chance to savor local traditions—from hearty mountain cheeses and cured meats to rich pastries and steaming bowls of polenta. Northern Italy's cuisine, hospitality, and vibrant markets offer a unique flavor to the global event, making the Olympics more than just an athletic spectacle.

At the heart of the Games are the timeless Olympic values: teamwork, perseverance, and friendly rivalry. Whether athletes are coordinating flawless relay passes on the ice, supporting teammates in grueling downhill runs, or striving to shave precious seconds off their times, the Olympics showcase how dedication and collaboration turn individual effort into shared achievement. Even the competition itself, while intense, is framed by respect and admiration, highlighting the joy of challenging oneself and connecting with others from around the world.

For winter sports enthusiasts, the 2026 Olympics also carry a strong sense of nostalgia. Fans will relive the thrill of skiing down glittering slopes, the elegance of figure skating routines, and the exhilaration of sledding through icy tracks. From alpine skiing and snowboarding to speed skating and bobsled, the Games celebrate the full spectrum of winter sports, each steeped in history and tradition.

The Milan-Cortina Olympics offer a rare combination: breathtaking scenery, rich cultural experiences, and the universal language of sport. As nations gather to compete, cheer, and share in this global festival, the event promises to leave lasting memories for athletes and spectators alike. Whether you're drawn by the chance to witness record-breaking performances or simply to enjoy the snowy landscapes and Italian charm, the 2026 Winter Olympics are shaping up to be a spectacular, heartwarming celebration of skill, spirit, and wintertime joy.



## From our Director of Nursing

Hello everyone!

We finally make it through the never-ending month of January!

This month I would like to focus on the importance of having good hygiene. Good hygiene for older adults prevents infections, supports skin and oral health, boosts mental well-being, and helps detect health issues early, promoting independence and dignity by reducing illness risk (colds, UTIs, skin infections), improving self-esteem, and providing routine for cognitive function. It's crucial for seniors who may face mobility or cognitive challenges, ensuring comfort for a higher quality of life.

### Physical Health Benefits:

- **Infection Prevention:** Reduces risk of colds, flu, urinary tract infections (UTIs), and bacterial/fungal infections, which are more dangerous as immunity wanes.
- **Skin Health:** Prevents dryness, irritation, and infections by removing bacteria and dead skin cells through regular bathing and moisturizing.
- **Oral Health:** Maintains healthy teeth and gums, preventing painful issues.
- **Early Problem Detection:** Regular bathing allows seniors and caregivers to notice unusual bumps, bruises, or skin changes sooner.

### Mental & Emotional Benefits:

- **Boosts Self-Esteem & Confidence:** Feeling clean and well-groomed enhances self-image and dignity.
- **Maintains Routine:** Daily hygiene tasks provide structure and stability, which is good for the mind, especially with cognitive decline.
- **Improves Mood:** Reduces feelings of embarrassment, shame, and vulnerability, fostering better emotional well-being and potentially lessening depression.
- **Encourages Social Interaction:** A fresh appearance promotes social engagement and reduces isolation.

If you need any assistance with tasks such as bathing, oral care or grooming, please reach out to the nursing department, we are happy to assist you! 😊

## Update from Life Enrichment



Welcome to the month of February! Let's remember to make this February an amazing chapter in our lives! Whether we are celebrating Valentines Day, Chinese New Year, or the Winter Olympics lets make the most of every moment that this month brings.

This month we will be talking about Singapore. This is a beautiful country so make sure to come down and enjoy learning about the beauty and culture of this country.

On **Wednesday, February 4** we will be having the 4H group come in and introduce us to the animals they are raising. This will be from 5:30 -7.

On **Friday, February 6** you can stop by the Movie Room from 1-3 and watch the Opening Ceremonies for the Winter Olympics.

on **Thursday, February 12** we will have Valentine Plinko at 1. Then on **Friday, February 13** we will be having an extra Bingo with a Valentine theme right before Happy Hour. Also, Judee, our resident will be showing you how to make a Valentine Card on Thursday, February 12 at 2:30 in the Community Room.

On **Monday, February 16** at 1, we will be learning about our Presidents. (It will be Presidents Day).

On Wednesday, **February 18** we will be having an Ash Wednesday service at 1:00 in the Community Room. All are welcome to attend.

One of the items brought up at the planning meeting was a desire to have more Bingo. We will be fitting it in on Friday's at 12:30.

### Outings-

Monday, February 9- Walmart

Monday, February 16 -Dollar Tree

Thursday, February 19 – Pizza Ranch (cost for buffet \$12.75 not including tip or beverage)

### Craft Time

Tuesday, February 3- Valentine Kiss Box

Thursday, February 12- Card Making with Judee

### Happy Hour with Music

Friday, February 13 – Tom Hips

Friday, February 27 – Dale Martell