



Grace Manor at North Park

FEBRUARY 2019

What is Valentine's Day and how did it start?

Valentine's Day, or St Valentine's Day, is celebrated every year on 14 February. It's the day when people show their affection for another person or people by sending cards, flowers or chocolates with messages of love.

Who was St Valentine?

The day gets its name from a famous saint, but there are several stories of who he was. The popular belief about St Valentine is that he was a priest from Rome in the third century AD.

Emperor Claudius II had banned marriage because he thought married men were bad soldiers. Valentine felt this was unfair, so he broke the rules and arranged marriages in secret.

When Claudius found out, Valentine was thrown in jail and sentenced to death. There, he fell in love with the jailer's daughter and when he was taken to be killed on 14 February he sent her a love letter signed "from your Valentine".

How did Valentine's Day start?

Having a particular Valentine's Day is a very old tradition, thought to have originated from a Roman festival.

The Romans had a festival called Lupercalia in the middle of February - officially the start of their springtime.

It's thought that as part of the celebrations, boys drew names of girls from a box. They'd be boyfriend and girlfriend during the festival and sometimes they'd get married. Later on, the church wanted to turn this festival into a Christian celebration and decided to use it to remember St Valentine too.

Gradually, St Valentine's name started to be used by people to express their feelings to those they loved

**The first Valentine's Day
was in the year 496!**


Dear Families and Friends

After a very mild start to our winter season, the cold and snow has finally arrived. Though we avoided the big "blizzard", we did get a little snow that created a beautiful blanket on the trees and lawn. The temperatures dipped a little farther down than we hoped for, but we kept ourselves warm and cozy inside, sipping hot chocolate and enjoying lots of fun activities.

The calm and peacefulness of January was a welcomed reprieve from all the hustle and bustle of the holidays. It allowed us to get rested up and ready for the upcoming February holidays. We will be keeping an eye on Phil in the hopes that he does not see his shadow. We are going to celebrate Mardi Gras with some Fat Tuesday snacks and drinks, and even cheer during the super bowl, though our Steeler's didn't get there this year (Go Rams;) We will also be celebrating Valentine's day with a lively party themed, "My Funny Valentine". You may want to plan a visit this day to join in the fun.

As always, you are more than welcome to join us at any of the activities we have planned throughout the month. Check out our calendar and come on in!

Sincerely, Maureen and Sharon



*We have many family members,
friends and community members
who volunteer throughout the year to help
make the residents lives brighter.*

*We thank you for the generous
Donation of your time*



Happy Valentine's Day



Dr. Spence will be joining us every Sunday in February for a non-denominational Church Service. Church services will be at 10:30

Every Monday – 6:30 PM
Catholic Prayer Group

Monday, February 4 – 2:00
St. Alexis Catholic Mass

Tuesday, February 5 – 2:00
Mardi Gras Bingo
w/Fat Tuesday Snacks

Tuesday, February 12 – 10:15
Sing-a-long w/Barb

Wednesday, February 13 – 1:00
Watercolor class w/Marian

Friday, February 15 – 2:00
“My funny Valentine” Party
w/Vaughn Hudspath

Wednesday, February 20 – 2:00
Sing-a-long w/ Ginny

Thursday, February 21 – 2:00
Peanut Auction

Monday, February 25 – 2:00
“Funny Money Flea Market”
Donations are always
Greatly Appreciated



Just a reminder for family and friends, the resident email address to help keep in touch is.....resident@gracemanorthpark.com. Please place the resident's first and last name in subject line and the Activity



The Importance of Celebrating Valentine's Day with Your Aging Loved One

Valentine's Day is a holiday for couples. This holiday can be very painful when a loved one doesn't have their husband or wife by their side.

For your widowed mom or dad, they could be experiencing this pain. Watching others celebrate with their spouses can trigger deep sadness, and even depression, in your aging loved one.

By celebrating together, you can show the one you love that this holiday is about love, not just spouses. This act may help alleviate some of that grief.

How to Help

As Valentine's Day approaches, take it upon yourself to do something to help with this sense of loss. While you can't completely take away the pain of a lost spouse, through your love and thoughtfulness, you can do your part to bring some joy to your loved one on this normally difficult day.

- Send a card – Send a card, and encourage friends and other relatives to do the same. Brightening up your parent's home with cheerful greetings will help bring reminders of loved ones who are still here.
- Pay a visit – If you live close enough, pay a visit to your mom or dad on Valentine's Day. Don't be surprised if your parent expresses deep sadness. This is normal, but rest assured that your presence is helpful.
- Reminisce together – Use this special holiday to remember together the love that you shared and still share as a family. Look through old scrapbooks, bring up gifts from Valentine's Days past and turn a sad time into a happy time of remembering.
- Re-create past celebrations – If the one who has passed away had a special tradition on Valentine's Day, consider re-creating it with your mom or dad. While you won't replace the one who is missing, this can help take the sting of grief away a bit.
- Do something unexpected – If you've been contemplating doing something unexpected, like taking your dad on a golfing excursion or spending the day at the spa with mom, Valentine's Day is an excellent time to do so.

Allow Time for Grief

Grief can be difficult to watch, especially when someone you love is the one who is grieving. Remember, though, that grief is normal. Give your parent some room and time to grieve, if it is warranted.

Just be sure that you do not neglect the holiday altogether. Visit, call and send a card to help provide your own type of love on this love-filled holiday.

Key Takeaways

- Valentine's Day can be a difficult holiday for those who have been recently widowed.
- Show your aging loved one you are thinking of them with gifts, cards or visits.
- Provide time to grieve, and grieve together, as you celebrate this holiday.