

HEART IDIOMS Answers

* Heart of Gold

*A man after my own heart

* Stout Heart

* Be still my beating heart

*Cry your heart out

*From the bottom of my heart

* Half-Hearted

* Good-Hearted

* Have your heart set on something

* Broken-Hearted

* To pour your heart out

Highlights for February

2/2/20 Superbowl Party

2/7/2020 The Travler

2/10/20 Social Comittee meeting

2/11/20 IL Resident Council

2/12/20 AL Resident Council

2/12/20 Wine Wednesday

2/14/20 Pizza Party

2/17/20 Food Comittee

2/18/20 Spa Day

2/19/20 Resident Education

2/20/20 Thirsty Thursday

2/27/20 Mix and Mingle

Don't forget to RSVP at the Concierge's Desk for your spot at the Sedgwick Plaza Spa Day.
Let US Pamper YOU!!

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The Plaza Buzz

February 2020



SEDGWICK PLAZA

A GRACE MGMT COMMUNITY



PREVENT COLDS & FLU

Because of the increased risk for flu, gastrointestinal and respiratory illness at this time of the year, we ask that you take precautions to prevent the spread of germs.

1

WASH

Wash your hands for at least 30 seconds (sing Happy Birthday twice) with soap and warm water.



2

COVER

Cover your mouth and nose when you cough or sneeze with your elbow or tissue.



3

DON'T TOUCH

Don't touch your eyes, nose or mouth! These are the areas where a virus can enter your body.



4

AVOID

Avoid close contact with those who are sick. Wash your hands or use hand sanitizer after.

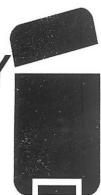


WIPIES CLOG PIPES

They may be flushable but the pipes say



ALL WIPIES for FACE, BODY & BEHIND must go in the TRASH.



History Of Valentines Day

There are two theories about the origins of Valentines Day. One is that people from ancient Rome honored Juno, the Queen of Roman Gods and Goddesses on February 14. They also regarded Juno as the Goddess of Women and Marriage. Names of the young Roman girls were written on slips of paper and placed into jars. Each young man drew out a girl's name and was paired with the girl on the following day February 15, a festival called the Feast of Lupercalia and for the next year.

Another Theory is the day was named after a third century priest named Valentine who preformed secret marriages in defiance of the Roman Emperor Claudius II around 260 or 270 A.D. This ruler thought unmarried soldiers would be more likely to enlist in

Resident Council Meeting
January 14, 2020

At 2:30 pm Rich Langholz called the meeting to order. Larry Mitchell led the group in prayer and Jerry Baker led the Pledge of Allegiance.

Terri Greaves, our Director gave us an update about Sedgwick Plaza. Our building and its plumbing are old, so please Do Not Flush Wipes, even if they say they are flushable. Instead put them into a waste basket so they do not cause a huge problem. Very soon we will be replacing the floor in the kitchen dishwasher room. The floor will be braced from below, then the floor and the new dishwasher will be installed. During this time we will only use disposables for our meals. This will happen for about a week. A new National Director is asking for better quality in the Life Enrichment area. This will require updating our personal information on file in the Plaza office, birth date, vehicle description family info etc. It is cold and Flu season so please remember to wash your hands often, use the hand sanitizer that has been placed by the elevators and if your feeling sick stay home. We were reminded that we are not allowed to give gratuities to staff here at the Plaza. It puts staff in a difficult position of telling you they cannot accept your gift. If you want to give one, then give to all so you are treating all staff the same. The Osborne (information screen) is down and will be replaced by another that will allow local input of the information. The Mix and Mingle was left off of the calendar but is scheduled for Jan 30. The Mix and Mingle has been moved to the last Thursday of the month rather than the last Friday of the month. It is suggested that you bring a sealed container if you would like to take food back home with you, to avoid any messes or spills. Our February Valentine party will be held on Feb 14th. It will be a Pizza party, because Terri will be cooking that day! We were again reminded of the reward program when we bring in new residents. You can help fill our rooms. Plans are in place to interview residents on their "move in" anniversaries to see what the Plaza can do for us as reward for our being neglected some-what during the remodel. Rich introduced resident of the month (see resident of the month on next page).

Rich called for the reading of the minutes for the previous meeting. The minutes were read and approved as read. Under New business Rich announced a concert by Frankie Valens on Jan 17 and a food committee meeting Jan 20. Bob F made a motion to end the meeting. It was seconded by Bob P. The meeting was adjourned at 3:35 p.m.

Secretary
Pat Walker

Resident of the Month

Rich introduced Ken Ellsworth as our resident of the month. Ken was born in Kansas City, MO. His father was a Baptist church minister so the family moved about every 2 years. Ken said Concordia felt like it was his hometown. Ken attended Ottawa University and earned a degree in sociology. He then joined the Peace Corp. He spent 2 years in Kenya living in a group of natives out in the country. He helped the natives learn to farm in better ways so they could pay back their loans. Ken said those were the best 2 years of his life. Living as a minority in Kenya was a very different experience for him. He came home to face the military draft. He was afraid that he would be sent to Vietnam, but was stationed in Germany instead, a beautiful place. Later he worked in Texas as a photographer, then a reporter for 30 years before coming to Sedgwick Plaza. He has a 36 year old son, and he enjoys reading, crossword puzzles and music.



Ken Ellsworth resident of the Month!!

HEART IDIOMS

* **Person who is kind and generous is said to have this**

* **Person with similar tastes and preferences to another**

Courage or determination

* **Exclamation that something is too exciting or overwhelming for one to bear**

* **To cry for an extended period of time**

Truly or sincerely

* **Done without much thought or effort**

* **Kind, selfless, and or caring**

To have strong desire for something

* **Very sad, typically due to a tragic event or the end of a romantic relationship**

* **To share ones deepest or most intimate emotions, thoughts or secrets**

See back page for answers



Bridge Club

These ladies have been playing Bridge for years at Sedgwick Plaza. The Club consists of Rosie Thannum, Janet Myers, Oleva Copeland, and Helen Perrin. If your looking for one of these ladies on a Thursday afternoon you'd better check the Activity Room because 'Bridge' is the word.

Are you ready for some Football?

Come join us For Super Bowl LIV

When: February 2

Tailgate party starts at 5 pm Kickoff at 5:30 pm

Where: Meadowlark Room

