

February 2025



HASTINGS MANOR

MANOR TIMES

## THIS IS WHAT LOVE IS ALL ABOUT!

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It was a busy morning, approximately 8:30 a.m., when an elderly gentleman in his 80's, arrived to have stitches removed from his thumb. He stated that he was in a hurry as he had an appointment at 9:00 a.m.

I took his vital signs and had him take a seat, knowing it would be over an hour before someone would be able to see him. I saw him looking at his watch and decided, since I was not busy with another patient, I would evaluate his wound.

On exam, it was well healed, so I talked to one of the doctors, got the needed supplies to remove his sutures and redress his wound.

While taking care of his wound, we began to engage in conversation. I asked him if he had another doctor's appointment this morning, as he was in such a hurry. The gentleman told me no, that he needed to go to a nursing home to eat breakfast with his wife. I then enquired as to her health. He told me that she had been there for awhile and that she had Alzheimer's Disease. As we talked, I asked if she would be upset if he was a bit late. He replied that she no longer knew who he was, that she had not recognized him in five years now.

I was surprised and asked him "And you still go every morning, even though she doesn't know who you are?"

He smiled as he patted my hand and said "She doesn't know me, but I still know who she is."

I had to hold back tears as he left, I had goose bumps and thought "That is the kind of love I want in my life." True love is neither physical, nor romantic. True love is an acceptance of all that is, has been, will be and will not be.



# FORGET ME NOT By Daniel Chamberlain

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Forget me not,  
Her favourite flower,  
How ironic for it to fade,  
With the waning hour.

With the waning hour.  
The past pushes forward,  
Confusing her mind,  
And none of her flowers,  
For anyone to find.

Alone with her thoughts,  
She'd slip into despair,  
Remembering a flower,  
She'd smelt in night air.

Her favourite flower,  
In her mind with no name,  
She can't remember the flower,  
Nothing is the same.

There are flowers on her dresser,  
They smell light and tame,  
She knows they're her favourite,  
But still has no name.

She's tired and lonely,  
And is ready for sleep,  
But isn't quite done,  
With flowers she keeps.

As they lay her to sleep,  
She whispers in sorrow,  
"forget me not."  
The most beautiful flower.



## HISTORY OF GROUNDHOG DAY

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Groundhog Day is celebrated in Canada and the United States every year on February 2nd. Legend has it that watching a groundhog emerge from its burrow can determine the weather forecast for the coming weeks. Accordingly, if it is a sunny day and the groundhog sees its shadow, it goes back to sleep for six more weeks of winter. If the weather is cloudy and the groundhog does not see its shadow, it stays outside, meaning that the worst of winter is over and spring will soon arrive. In North America, the tradition of predicting the weather by watching groundhogs come out of their burrows dates back to 1887. In Canada, Wiarton Willie, of Wiarton, Ontario, is the most famous groundhog and has been predicting the weather since 1956.

## VALENTINE TRIVIA

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1. What Valentine's Day candy was first created on equipment made for lozenges?
2. What do yellow roses symbolize?
3. What fruit was once known as a "love apple" for its alleged aphrodisiac properties?
4. Who is the unofficial patron saint of love?
5. What two items are the most popular Valentine gift?
6. Which shape is the symbol of Valentines Day?
7. Who receives the most valentines day cards?
8. Who are Shakespeare's star crossed lovers?
9. What is the traditional first year anniversary gift?

\*Answers found on Page 8

## FAMILY COUNCIL

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***Due to high winds, Family Council cancelled the meeting scheduled for January 27th. RAI Coordinators Tyler and Donna will attend a meeting in the coming months to speak and answer questions about the Resident Assessment Instrument. As a friendly reminder, there will be a joint Family and Resident Council Social/Meeting on February 10th at 2pm where the councils will hear from Administration and have the opportunity to collaborate, meet each other and share ideas. Family Council will have their next meeting on Monday February 24th at 3pm where Bhawana and another guest will speak about UTI's and IPAC education.***

# ART OF MUSIC AT HASTINGS MANOR

Hastings Manor was proud to host  
*Art of Music*  
Presenting a Collection of Canadian Music  
*Songs for the Season*  
Solely Funded by the Canada Council for the Arts  
Bringing Concerts to Resident's in Long-Term Health Care

Residents enjoyed an afternoon of music and fun



# READERS DIGEST STORIES

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## Nuts About Love

“Driving through Southern California, I stopped at a roadside stand that sold fruit, vegetables and crafts. As I went to pay, I noticed the young woman behind the counter was painting a sign. ‘Why the new sign?’ I asked. ‘My boyfriend didn’t approve of the old one,’ she said. When I glanced at what hung above the counter, I understood. It declared: Local Honey Dates Nuts.” — *Contributed by Theodore Bologna*

## Making the Grade

“My high-school English teacher was well known for being a fair, but hard, grader. One day I received a B minus on a theme paper. In hopes of bettering my grade and in the spirit of the Valentine season, I sent her an extravagant heart-shaped box of chocolates with the pre-printed inscription: “BE MINE.” The following day, I received in return a Valentine from the teacher. It read: Thank you, but it’s still BE MINE-US.” — *Contributed by Brad Wilcox*

## Irresistible Irony

“About a year had passed since my amicable divorce, and I decided it was time to start dating again. Unsure how to begin, I thought I’d scan the personals column of my local newspaper. I came across three men who seemed like they’d be promising candidates. A couple of days later, I was checking my answering machine and discovered a message from my ex-husband. ‘I was over visiting the kids yesterday,’ he said. ‘While I was there I happened to notice you had circled some ads in the paper. Don’t bother calling the guy in the second column. I can tell you right now it won’t work out. That guy is me.’” — *Contributed by Pat Patel*

## VALENTINE JOKES

What did the stamp say to the envelope on Valentine’s Day? *I’m stuck on you!*

What did one flame say to the other on Valentine’s Day? *We’re a perfect match!*

Did you hear about the bedbugs who fell in love? *They’re getting married in the spring!*

How did the phone propose to his girlfriend on Valentine’s Day? *He gave her a ring!*

Do you have a date for Valentine’s Day? *Yes, February 14th!*

What’s the difference between a girl who’s sick of her boyfriend and a sailor who falls into the ocean? *One is bored over a man, and the other is overboard!*

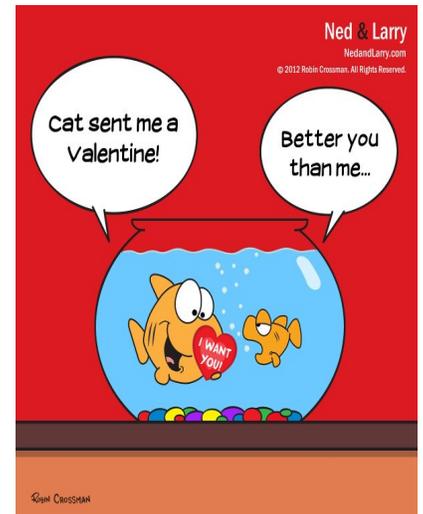
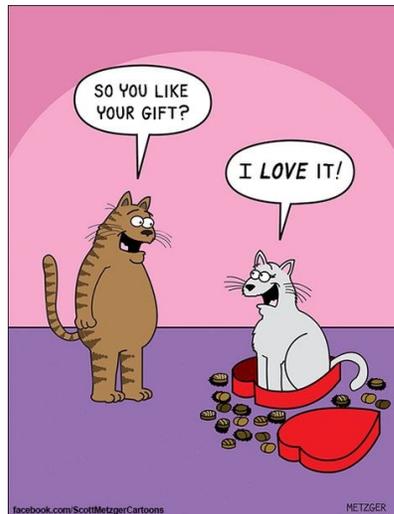
What’s Cupids favourite band? *Kiss!*

# FEBRUARY BIRTHDAYS

Ralph (Oak)	Feb 1	Brenda (Birch)	Feb 16
Marjory (Elm)	Feb 3	Ann (Pine)	Feb 16
Alice (Birch)	Feb 4	John (Pine)	Feb 16
Allan (Beech)	Feb 4	Anna (Beech)	Feb 17
Etta (Birch)	Feb 8	Darlene (Cedar)	Feb 19
Joan (Spruce)	Feb 9	Kevin (Maple)	Feb 22
Lise (Cedar)	Feb 12	William (Pine)	Feb 22
Rita (Maple)	Feb 12	Alexander (Maple)	Feb 23
Claudia (Birch)	Feb 13	Herbert (Beech)	Feb 25
Marieberthe (Maple)	Feb 14	Diane (Pine)	Feb 26
Shirley (Maple)	Feb 14	Bernice (Cedar)	Feb 27
Samuel (Pine)	Feb 15	Ray (Spruce)	Feb 27

## February Word Scramble

TEHRA  
 NKPI  
 SVLEOR  
 OMCERNA  
 BYEAFRUR  
 WLSFERO  
 HLTCCOEOA  
 VELO  
 PDCIU  
 WROAR



\*Answers for Puzzles Found on Page 8

# Valentine's Day Word Search

K H T A S F S G F Z Z S P L M  
E J S D W X M F R F E Z O M W  
R W Q T E V O L W S O V H J X  
Q O X P V S L I S N E V H X Z  
V U S T Y D P I L L L F B S Z  
Y D N A C M K D E O R O S E S  
C H O C O L A T E S V R O A F  
S D C R Z Z T Y X H C E Y H E  
T X I B C E L E U Z E V Y U B  
R H E P R X N G X N A E B O R  
A L C X U I S B R E Z R O D U  
E C F S M C S F Y V Y E V G A  
H X A E V A L E N T I N E R R  
D I B R U L X G Q E S R H C Y  
A P D Q D V X N I X T M M C E

BE MINE  
CHOCOLATES  
FOREVER  
I LOVE YOU  
LOVE LETTER

CANDY  
CUPID  
HEARTS  
KISSES  
ROSES

CARD  
FEBRUARY  
HUGS  
LOVE  
VALENTINE

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## Lions Club Bingo Winners

Peter	\$20
Natalie	\$20
Joel	\$10
Brenda	\$10
Cecelia	\$10
Ernie	\$10
Delores	\$10
Voula	\$10
Sharon	\$10

Congratulations to all Winners!



*“Love is a promise; love is a souvenir, once given never forgotten, never let it disappear.” -John Lennon*

Trivia Answer Key: 1. Sweethearts, 2. Friendship, 3. Tomato, 4. St. Valentine, 5. Flowers and Chocolate, 6. Heart, 7. Teachers, 8. Romeo and Juliet, 9. Paper

Word Scramble Answer Key: Heart, Pink, Lovers, Romance, February, Flowers, Chocolate, Love, Cupid, Arrow