

Celebrating February

Worldwide Renaissance of the Heart Month

Women Inventors Month

Black History Month

**Chinese New Year:
Year of the Tiger**
February 1

Groundhog Day
February 2

Winter Olympics Begin
February 4

Read in the Bathtub Day
February 9

Valentine's Day
February 14

World Day for Social Justice
February 20

Presidents' Day (U.S.)
February 21

Digital Learning Day
February 22

Tooth Fairy Day
February 28



January Celebrations

Staff Birthdays

India M- 2/02

Tina H- 2/13

Christine G- 2/27

Staff Anniversaries

Amy T- 2 years

Kristi C- 2 years

Trudy A- 15 years

February 2022

Lakeshore Assisted Living

16331 Robbins Rd. Grand Haven, MI 49417 Seville, Simarron, Sierra, Sorrell www.lakeshore.baruchsls.org

Leadership Team

Administrator
Amy Snyder

Director of Care
Trudy Abraham RN

Office Manager
Kaylah Jackson

Life Enrichment Director
Stacey Scharphorn

Food Service Director
Penny Langlois

Resident Care Managers
Natalie Grabman
Sue Modderman
Shane TenBrink

Seeing Red

Red hearts. Red roses. Red lipstick kisses. These are all popular symbols of Valentine's Day. While there is no record of St. Valentine ever wearing red, the holiday that bears his name is full of the color. The color red appears again on February 4 for Wear Red Day. Today, red symbolizes love, beauty, power, and passion, but humans have been fascinated by the color for millennia.

After black and white, red is the first color of the spectrum that babies can identify. Perhaps our adoration of the color comes from this strong first impression. Speaking of firsts, 40,000 years ago, prehistoric humans painted their bodies in red clay. Burial rites included covering the dead in red powder to ward off evil spirits. Prehistoric cave paintings discovered across the globe from Asia to Africa and Australia were all made with red ochre. Our Stone Age ancestors certainly thought red possessed power.

When did red specifically earn its association with love? Many historians point to the ancient Greeks. Aphrodite, the goddess of love and beauty, fell in love with Adonis. When Adonis was killed by a wild boar, Aphrodite rushed to his aid and was stuck by the thorn of a white rose. The goddess' blood fell on the white petals, turning them red. In this manner, the red rose came to symbolize Aphrodite's love for Adonis, and both the color red and the red rose became symbols of Aphrodite herself, as well as love, beauty, and passion.

This myth also demonstrates the mixed symbolism presented by the color red: the heart and blood, passion and anger, allure and danger, love and war. Cultures all over the world use red to different effects. Chinese brides wear red wedding dresses to symbolize love and good fortune. Catholic cardinals wear red robes symbolizing the blood of Jesus Christ. American drivers are warned to "STOP" with red stop signs and lights. In February, red might inspire romance or inflame passion, but on Halloween, it accompanies gruesome horrors. Good or bad, the color red has long asserted power over the human psyche.

PHOTO CORNER



Valentine's Day Celebration

This year Valentine's Day lands on a Monday! So each house will be having their own little parties after the lunch hour.



THRIVING IN PRAYER

For the month of February we are going to practice THRIVING in prayer. As Believers, we are rooted in Jesus Christ and our way of communication with him is through prayer.

One way to THRIVE is to "Trust in the Lord with all your heart and lean not on your own understanding, in all your ways acknowledge him and he will direct your path" Proverbs 3:5-6.

Another way to THRIVE is found in 1 Thessalonians 5:17 where Paul encourages us "...to pray without ceasing.." in all the ups and downs of this life!

There are many ways in which we can THRIVE in prayer and I offer you four ways:

1. Thriving in prayer in a quiet place – this 'quiet' can be difficult in our day and age, however, it does offer less distractions, and as we have conversation with God, we "grow in the grace and knowledge of our Lord and Savior, Jesus Christ" 2 Peter 3:18.

2. Thriving in prayer outdoors – Jesus prayed in the wilderness, on a mountain and in the Garden of Gethsemane. You and I can pray in the very same places as well as a park, a river or while hiking. I challenge you to pray Psalm 19 while hiking and gazing upon the sky, or Psalm 42 while meditating near a body of water or Psalm 62 while sitting on a rock and "finding rest for your soul in God your rock and salvation".

3. Thriving in prayer with others – Matthew 18:20 is encouraging, "for where two or three are gathered in my name, there am I among them". Praying together is a time for you and me to be in community with fellow image bearers, seeing the very image of God in each other and bringing the work and power of the Holy Spirit into community. What an opportunity you and I have to practice this in our homes! If you and I don't pray with and for each other, how will we THRIVE?

4. Thriving in prayer using images – If we are new to prayer or going through a difficult time in life and cannot find the words to pray, we can use images such as a picture, a poem, some memorabilia, a sunset, or a sunrise. Romans 8:26-27: "Meanwhile, the moment we get tired in the waiting, God's Spirit is right alongside helping us along. If we don't know how or what to pray, it doesn't matter. He does our praying in and for us, making prayer out of our wordless sighs, our aching groans. He knows us far better than we know ourselves, knows our pregnant condition and keeps us present before God. That's why we can be so sure that every detail in our lives of love for God is worked into something good" (The Message).

This month of February, I challenge each one of you to pray and write down how you see yourself growing vigorously and flourishing in communication with God, yourself and others! Like a tree planted by the water, you will never run dry, living water flowing through you, you will thirst for more of God! (Paraphrased THRIVE by Casting Crowns). Happy THRIVING!!

~ Chaplain Val

