



PARAMOUNT HOUSE

SENIOR LIVING

ASSISTED LIVING & MEMORY CARE

707-455-0300

Everything's Roses

"Stop and smell the roses" may be healthy advice in more ways than one. The flower's delicate scent can produce a relaxing effect. Rose extracts, often used in beauty products, have anti-inflammatory properties that help soothe dry, irritated skin. And German researchers found that sleepers who were exposed to the smell of roses experienced pleasant dreams.

Remember When: Automats

Long before fast-food restaurants were commonplace, automats provided quick, affordable meals. The self-service cafeteria-style eateries offered a variety of fresh entrees, sandwiches, slices of pie and more, each displayed in a compartment inside a large glass case. Most of the items cost 5 or 10 cents, and diners dropped nickels into a slot, turned a knob and opened a small door to retrieve their food.

A Grand Anniversary

President Theodore Roosevelt called it the "one great sight which every American should see." Arizona's Grand Canyon, carved out by the Colorado River over millions of years, is considered one of the world's natural wonders. Grand Canyon National Park was established Feb. 26, 1919, and will be celebrating its centennial with special events all year long.

Super Bowl 2019

Super Bowl LIII, the 53rd NFL championship game, is set for Sunday, Feb. 3, in Atlanta.

February 2019

UPCOMING MUSIC ENTERTAINMENT

Sweet G's	Feb 4, 3:00 pm
Alvin	Feb 7, 3:30 pm
Sweet G's	Feb 11, 3:00 pm
Some Day Soon Band	Feb 14, 3 pm
Dance w/ DJ Noel	Feb 25, 3:00 pm

HEART IDIOMS

1. Person who is kind and generous is said to have this?
 2. Person with similar tastes and preferences to another?
 3. Done without much thought or effort?
 4. To cry for an extended period of time?
 5. Kind, selfless, and/or caring?
- (See answers on pg. 2).

GROUND HOG DAY

This year Ground Hog Day is Feb 2. This tradition stems from similar beliefs associated with Candlemas Day and the days of early Christians in Europe. The custom was to have clergy bless candles and distribute them to people. According to various poems or an old English song, if it was cloudy and rain then no more winter.

The Germans concluded that if the sun made an appearance on Candlemas Day, an animal, the hedgehog, would cast a shadow, predicting six more weeks of bad weather. The early settlers in Pennsylvania were Germans and they decided that the groundhog, resembling the European hedgehog, was a most intelligent and sensible animal.

The Germans recited: For as the sun shines on Candlemas Day, so far will the snow swirl until May.

Activities Update

This month's activities include shopping trips to Savers & 99 Cent Store and outings to BJ's and Panera bread. We also will have our Valentine's day party with the Some day Soon Band. Come find out who will be this year's King and Queen. All are encouraged to attend these and all activities.

Town Hall Meeting

Our Town Hall meetings are conducted with our residents. Siobhan, our Executive Director, will be available for questions and answers and conclude on previous topics. This meeting is held on the first Tuesday of each month.

HEART IDIOMS' ANSWERS

1. HEART OF GOLD
2. A MAN AFTER MY OWN HEART
3. HALF-HEARTED
4. CRY YOUR HEART OUT
5. GOOD-HEARTED

VALENTINE'S DAY-THEMED HUMOR

1. What did the male eye say to the female eye?
 2. What did the male fern plant say to the female plant?
 3. What did the MasterCard say to the VISA card on V-Day?
 4. What did the carrot say to his girlfriend on Valentine's Day?
 5. What did the blueberry say to his lady on Valentine's Day?
- (See answers on pg.3)

Activities for Heart Month

American Heart Month has been observed every February since 1964, encouraging people to learn more about heart disease and ways to practice heart-healthy habits. These ideas can help you take charge of your health as well as raise awareness in your community.

Wear red. Sport some crimson clothing on National Wear Red Day, the first Friday in February, to show your support for Heart Month. Consider wearing a red ribbon all month long to spark conversation about heart health.

Know your numbers. Take advantage of blood pressure checks and cholesterol screenings in your community. Record your numbers and work with your doctor to make any needed changes.

Get fit with a friend. Exercise is one of the best ways to help your heart, and it's often more fun with another person. Invite a friend to join you for a walk or to try a new exercise class.

Set a nutritious example. Focus on making heart-healthy foods a regular part of your diet. When others see you choosing options such as fish, whole grains, beans, fruits and veggies, they may be motivated to do the same.

Give back. Participate in health fundraisers and events, such as a 5K or blood drive. Or you could make a donation in honor of Heart Month.

Management Team

Siobhan Lehman

Executive Director

Monica Welcker

Business Office Director

Kristine Soriano

Resident Care Director

Niila Paulin

Memory Care Supervisor

Tony Maglalang

Food Service Director

Eira Rea

Community Relations Director

Rickey Jackson

Maintenance Director

Kathleen Pawlak

Activity Director

SUPER BOWL TRIVIA

1. This brash young quarterback guaranteed that his New York Jets would defeat the heavily favored Baltimore Colts in Super Bowl III.

2. He won a Heisman Trophy while at Annapolis, served a tour in Vietnam, and led the Dallas Cowboys to wins in Super Bowls VI and XXI.

3. He won a national championship as the quarterback at Notre Dame and how many Super Bowls did he win as a San Francisco 49er?

(See answers pg. 3)





Military-Made Movies

During World War II, a group of Americans served the nation by combining their specialized talents to form the First Motion Picture Unit, a division of the U.S. Army Air Forces.

The unit was formed in 1942. Recognizing the urgent need for a recruitment film, the commander of the USAAF, Gen. Henry "Hap" Arnold, called upon Jack Warner, the head of Warner Bros. movie studios. Warner and scriptwriter

Owen Crump quickly produced "Winning Your Wings," a short film starring actor and USAAF pilot Jimmy Stewart. It played in theaters nationwide, prompting more than 150,000 men to sign up for the Army Air Forces.

Staffed by professionals enlisted from the movie industry—actors, directors, animators and more—the FMPU began producing training films from its base at a Hollywood studio lot. The unit made more than 400 movies, covering topics such as survival skills and how to recognize enemy aircraft.

Some of the notable members of the FMPU included Clark Gable, William Holden, Alan Ladd and Ronald Reagan.

The Super Bowl of Car Racing

While much of the country is in the cold grip of winter, a speedway in Florida heats up this month for the "Super Bowl of stock car racing," the annual Daytona 500.

Since the early 1900s, automobile racing on beach courses had been popular in the Daytona Beach area. Bill France Sr. was a former driver and race promoter there who founded NASCAR, the National Association for Stock Car Racing, in 1948. He proposed and then oversaw construction of a permanent racetrack, Daytona International Speedway.

The first Daytona 500 was

held Feb. 22, 1959. It was a close one, with officials taking days to review photos before declaring Lee Petty the winner.

Today, the Daytona 500 is the first and most prestigious event of the NASCAR season. Drivers make 200 laps around the 2.5-mile course, racing a total of 500 miles. The winner earns a prize of more than \$1.5 million.

The race draws more than 100,000 fans to the speedway, and 20 million more tune in for the live TV broadcast.



Celebrating Birthdays

Andrea salinas	2/4
Dorothy Deffenbaugh	2/6
Ronald Kramer	2/7
Gary Whiteside	2/8
Catherine Scalise	2/11
Lester Ormond	2/11
Patricia Harmon	2/12
Joyce Smon	2/15
Daave McElroy	2/20

WELCOME TO YOUR NEW HOME!

We would like to welcome the following residents who joined our family: Lester Ormond, Laura and Peter Labrado, Bernard Sanders and Gary Whiteside.



VALENTINE'S DAY-THEMED HUMOR ANSWERS.

1. EYE love you!
2. I will turn over a NEW LEAF for you.
3. I get a CHARGE out of you.
4. Sweetheart, if you CARROT for me, I will always be there for you.
5. Come with me to Minnesota. We will have a BERRY, BERRY, good time.

SUPER BOWL ANSWERS

1. Joe Namath
2. Roger Staubach
3. Joe Montana. Four

SUDOKU

Sudoku requires no arithmetic skills.

The object of the game is to fill all the blank squares with the correct numbers.

Each row of 9 numbers must include all digits 1 through 9 in any order.

Each column of 9 numbers must include all digits 1 through 9 in any order.

Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

Solution

7	3	2	9	6	1	5	8	4
8	5	4	3	2	7	6	1	9
9	6	1	8	5	4	7	3	2
6	2	7	4	1	8	3	9	5
1	9	5	2	3	6	8	4	7
3	4	8	5	7	9	2	6	1
4	7	6	1	8	5	9	2	3
2	8	9	7	4	3	1	5	6
5	1	3	6	9	2	4	7	8

	1				2	4		
	8	9	7					6
	7				5			
	4	8				2		
1				3				7
						3	9	
			8				3	
8					7	6	1	
		2	9				8	

"This Month In History" FEBRUARY

1887: The first official Groundhog Day is celebrated in Punxsutawney, Pa., starting a tradition of the town's groundhog, named Phil, forecasting spring's arrival.

1913: Imposing a federal income tax, the 16th Amendment to the U.S. Constitution takes effect.

1936: With the mission of conservation, the National Wildlife Federation is formed.

1940: College basketball is televised for the first time.

A New York station broadcast the Pittsburgh vs. Fordham game from Madison Square Garden.

1955: "Sincerely" by the McGuire Sisters tops the pop music chart.

1963: Julia Child's pioneering cooking show "The French Chef" premieres on PBS.

1971: Wanting to do something special during the Apollo 14 mission to the moon, astronaut Alan Shepard hits two golf balls on the lunar surface.

1986: Pulitzer Prize winner Robert Penn Warren is named the first U.S. poet laureate.

1998: At the Winter Olympics in Japan, 15-year-old American Tara Lipinski wins the ladies' figure skating title, becoming the youngest gold medalist in Winter Games history.

2002: The newly created Transportation Security Administration begins overseeing air travel security.

2011: Celebrated author Maya Angelou is awarded the Presidential Medal of Freedom, the nation's highest civilian honor.

2018: The Philadelphia Eagles win their first Super Bowl title after defeating the New England Patriots 41-33.