

Sunset SENIOR LIVING

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Love and Be Loved

"How you love yourself is how you teach others to love you." —Rupi Kaur

A Friendship Fashion

Woven into intricate patterns from embroidery floss, friendship bracelets celebrate the bond between buddies. Inspired by Central American handicrafts, the bracelets became popular in the U.S. in the 1970s and remain a trendy activity for kids and teens. The colors are said to represent traits such as loyalty (blue) and kindness (pink), and pals wear the bracelets constantly as a symbol of lasting friendship.

Memorable Melody: 'Rose Colored Glasses'

Waltzing bars of melancholy piano music open the title track from country singer John Conlee's debut album, released in 1978. Reaching No. 5 on the country charts, the tune kickstarted Conlee's career and became his signature song, showcasing his rich baritone voice singing about the false romantic hope caused by metaphorical glasses that "show only the beauty" yet "hide all the truth."

Timely Motto

Whether you read the New York Times, the Washington Post, or no daily paper at all, it's a slogan you've likely heard: "All the News That's Fit to Print." The famous words first appeared on the front page of the New York Times 125 years ago, on Feb. 10, 1897, and have remained in the upper left corner ever since.

February 2022



Amazing Orchids

The orchid family is a unique group, displaying different shapes, sizes, colors and fragrances. With over 25,000 different species, there are more kinds of orchids on the planet than birds or mammals! It may take many years for an orchid to bloom, but some blossoms will last for months, making the friendly-looking flowers popular houseplants.

Cards From the Heart

The earliest surviving Valentine's Day message, a poem, dates from 1415. Victorian-era greetings featured lace and embossed paper, and at that time, it was considered bad luck to sign a Valentine's Day card. Today, more than 1 billion valentines are exchanged each year.

Month of Games

All eyes are on athletes this month, with many major sporting competitions taking place. The Winter Olympics run from Feb. 4 to Feb. 20; Super Bowl LVI will be Feb. 13; and Feb. 20 will see both the NBA All-Star Game and the Daytona 500 NASCAR race.

Delicious Duos

As friends and couples share the love on Valentine's Day, take a moment to celebrate these dynamic duos that inspire many ways to finish the phrase, "We go together like ..."

Peanut butter and jelly. The classic lunchtime sandwich first appeared in a cooking magazine in 1901 and was included in military rations during World War II. It's estimated that the average American will eat nearly 3,000 PB&J sandwiches in their lifetime.

Milk and cookies. There's a reason this childhood snack is popular with all ages: science! Milk's mild taste helps tone down a cookie's sweetness without altering the flavor, and the compounds that make milk so creamy interact with the cookie's ingredients to make every scrumptious bite go down extra smooth.

Macaroni and cheese. It's the comfort food that's so beloved, there's a Crayola color named after it! The dish was most likely invented in medieval Europe, and Thomas Jefferson is credited with bringing it to the U.S.

Peas and carrots. This produce pairing most likely came about because both veggies grow best in cool temperatures, so they're often harvested together in early summer. The colorful combo provides whopping amounts of protein, fiber and vitamins A, B, C and K.



Rose Colors Decoded

Red roses are popular on Valentine's Day, but the fragrant flowers are admired in any hue. Traditionally, the color of a rose holds a particular meaning.

Red. The color of romance, red roses have a simple yet heartfelt message: "I love you." Additional symbols of a red rose include respect, passion and beauty.

White. Often seen in bridal bouquets, white roses signify reverence, loyalty and purity. Due to their quiet, solemn beauty, white roses are a popular pick for sympathy arrangements.

Yellow. The flower of friendship, yellow roses represent joy and good luck. A sunny bouquet is sometimes used to say "welcome back" or "remember me."

Pink. Bright or dark pink roses are a common thank-you gift to show gratitude and appreciation, while blooms in a softer pink shade symbolize elegance, sweetness and grace.

Lavender. These light purple roses give an air of mystery and enchantment, and are the perfect choice for a secret admirer to send to their crush.

A Cook-Off of Regional Chili Recipes

Every cook has their own way of making chili, and so do many states and regions in America. Which is your favorite?

Texas chili. True Texas chili, called "bowl of red" or "Texas red," has no beans whatsoever, though some folks say tomatoes are OK. Stewed meat or ground beef is slow-simmered in a spicy sauce that's given its signature color by whole dried chili peppers.

Cincinnati chili. Seasoned with a spice blend that includes cinnamon and cumin, the signature chili of Ohio is a tomato-based meat sauce that's served over spaghetti and covered with shredded cheese. Add beans or onions to make it a "five-way."

Chili verde. Travel to New Mexico to taste-test the best version of this green chili, made with smoked Hatch chili peppers, tomatillos and stewed pork.

Hoosier chili. Key ingredients make Indiana's otherwise typical chili recipe stand out: brown sugar for extra sweetness and broken spaghetti or elbow macaroni for a hearty serving of comforting carbs.





Snowy Sport Contest

Sports fans will gather around their TV screens this month to watch the XXIV Olympic Winter Games, taking place Feb. 4–20 in Beijing, China.

The Asian nation's capital is the first city to host both a Summer and Winter Olympics; the Summer Games were held there in 2008. Events will occur in Beijing and two nearby cities, Yanqing and Zhangjiakou. Although a mountainous region

of China, the area doesn't receive much snowfall, so artificial snow will be used for the outdoor contests.

Among the 15 sports featured at the 2022 Winter Olympics are Alpine and cross-country skiing, ice hockey, figure skating and snowboarding. One of the new events is women's monobob, a version of bobsled racing with only one driver.

Named "Flying," this year's Olympic torch has a red and silver spiral design, symbolizing the meandering Great Wall of China, the curvy skiing courses at the Games, and "mankind's relentless pursuit of light, peace and excellence."

Get Fit at the Barre

You don't need to be a dancer to benefit from barre exercises, which incorporate movements inspired by ballet.

The word "barre" refers to the handrail used by ballet dancers for stability as they do warmup stretches and practice foot placements. In a dance studio, the barre is often attached to a mirrored wall, and freestanding barres are also common. At home, a sturdy chair, railing or countertop can be used in place of a barre.

During a typical barre routine, you'll hold on to the barre for support as you gently move your body to different positions, flexing one specific

muscle at a time. The exercise is low-impact and easy on the joints, and modifications are easily made to accommodate one's abilities.

These workouts are designed to improve flexibility, core strength, posture and balance. Just a few barre sessions can help a person feel stronger and steadier on their feet, as well as reduce pain from arthritis or similar conditions.



Wit & Wisdom

"Nothing is more romantic than chocolate."

—Ted Allen

"Love is like swallowing hot chocolate before it has cooled off. It takes you by surprise at first, but keeps you warm for a long time."

—Henri Frederic Amiel

"The goal of life is to make your heartbeat match the beat of the universe."

—Joseph Campbell

"There's a sure shot way to get rid of that frown, when you have some chocolate around."

—Manali Manan Desai

"When you can't find the silver lining, look for the chocolate lining."

—Cathy Guisewite

"Your flaws are perfect for the heart that's meant to love you."

—Trent Shelton

"Nobody has ever measured, not even poets, how much the heart can hold."

—Zelda Fitzgerald

"A kiss makes the heart young again."

—Rupert Brooke

"As long as there is chocolate, there will be happiness."

—Wayne Gerard Trotman



Tunes by Twosomes

When two voices combine to sing a love song, the sentiment is doubly sweet. Spin through this record collection of popular duets.

Year	Song	Duo
1956	“Let the Good Times Roll”	Shirley & Lee
1965	“I Got You Babe”	Sonny & Cher
1966	“Ain’t No Mountain High Enough”	Marvin Gaye & Tammi Terrell
1976	“Golden Ring”	George Jones & Tammy Wynette
1981	“Endless Love”	Lionel Richie & Diana Ross
1987	“(I’ve Had) The Time of My Life”	Bill Medley & Jennifer Warnes
1997	“It’s Your Love”	Tim McGraw & Faith Hill
2004	“My Boo”	Usher & Alicia Keys
2018	“Shallow”	Bradley Cooper & Lady Gaga

“Then & Now”



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