

Illuminating the New Year



The Chinese Lantern Festival, also known as Yuan Xiao Jie, will be celebrated on February 12, 2025, marking the end of the Lunar New Year festivities. With a history that spans over 2,000 years, this

festival has its origins in the Han Dynasty (206 BC–AD 220), when emperor Han Mingdi promoted the lighting of lanterns to honor Buddha. Over time, the tradition evolved into a broader celebration of family, community, and hope for the future.

At the heart of the festival are the colorful lantern displays, which light up streets, parks, and homes. In ancient times, these lanterns were simple paper creations illuminated by candles, but today's festivals feature intricate designs, often shaped like animals or iconic symbols. Lanterns are believed to symbolize letting go of the past and embracing good fortune for the coming year. A unique aspect of the festival is the tradition of solving riddles attached to the lanterns. Dating back to the Song Dynasty (960–1279), these riddles provide a fun, intellectual challenge for festival-goers, with puzzles that range from playful to deeply philosophical.

Tangyuan, sweet glutinous rice dumplings, are a key part of the festival's culinary traditions. Their round shape represents family unity and harmony, and they're often filled with sweet sesame paste, peanuts, or red beans. The festivities also include lively performances, such as lion and dragon dances, along with dazzling fireworks displays that heighten the joyful atmosphere. Historically, the festival was one of the few occasions when young women could venture out in public, adding a romantic element for couples strolling beneath the lantern-lit sky.

The Lantern Festival remains a cherished cultural event in China, blending ancient traditions with modern celebrations and offering a moment to reflect on the past while welcoming the future with hope and light.

A Nose for Lies



On February 23, 1940, Walt Disney released Pinocchio. In honor of the wooden boy who could not tell a lie without his nose growing, enjoy the quiz below. Do you know which statements are true and which are false?

1. Pinocchio was created by Geppetto.
2. Jiminy Cricket serves as Pinocchio's conscience.
3. The Red Fairy helps Pinocchio learn right from wrong.
4. Moby is the name of the whale in the film.
5. Pinocchio is turned into a real boy at the end of the movie.

ANSWERS: 1. True: Geppetto is the kindhearted woodcarver who creates Pinocchio. 2. True: Jiminy Cricket guides Pinocchio as his conscience throughout the story. 3. False: The Blue Fairy plays a significant role in teaching Pinocchio important life lessons. 4. False: Monstro is the giant whale that Pinocchio and Geppetto encounter. 5. True: Pinocchio becomes a real boy after proving his bravery and honesty.

February Birthdays

Lou – February 27
Carl – February 27

Langston Hughes (poet) – February 1, 1902
Ina Garten (cook) – February 2, 1948
James Dean (actor) – February 8, 1931
Jimmy Durante (actor) – February 10, 1893
Toni Morrison (author) – February 18, 1931
Sidney Poitier (actor) – February 20, 1927
Steve Jobs (innovator) – February 24, 1955
Jackie Gleason (actor) – February 26, 1916
Elizabeth Taylor (actress) – February 27, 1932

February 2025

Select Senior Living

11350 Martin Street NW, Coon Rapids, MN 55433



Celebrating February

Staff Directory

Main Number
763-767-1127

Vanessa Nguyen
Executive Director

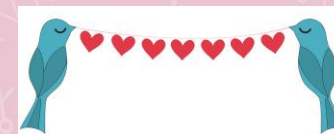
Patti Dufresne
Marketing Director

Buffy Reinmuth
Director of Nursing

Renee Voyce
Life Enrichment Director

Eric Gebel
Director of Maintenance

Jameel Robertson
Director of Culinary



Valentine's Day Greetings and Gifts

Valentine's Day is celebrated in the United States, Canada, Mexico, the United Kingdom, France and Australia. In Great Britain, Valentine's Day began to be popularly celebrated around the 17th century.

By the middle of the 18th, it was common for friends and lovers of all social classes to exchange small tokens of affection or handwritten notes. In the 1900s, printed cards began to replace written letters due to improvements in printing technology. Ready-made cards were an easy way for people to express their emotions in a time when direct expression of one's feelings was discouraged. Cheaper postage rates also contributed to an increase in the popularity of sending Valentine's Day greetings.

Americans probably began exchanging hand-made valentines in the early 1700s. In the 1840s, Esther A. Howland began selling the first mass-produced valentines in America. Howland, known as the "Mother of the Valentine," made elaborate creations with real lace, ribbons and colorful pictures known as "scrap."

Today, according to Hallmark, an estimated 145 million Valentine's Day cards are sent each year, making Valentine's Day the second largest card-sending holiday of the year (Christmas is ranked #1).



Resident of the Month Of February



The resident of the month for February is Ward.

He was born in St. Paul and had 3 siblings.

He is 102 years young!

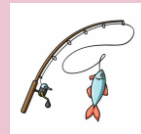
His favorite color is blue.

When growing up he loved recess.

He is a veteran and was in the Navy. He was a pilot in WWII and Korea wars. (Thank you for your service, Ward!) He served for 25 years in the Navy.

He has 5 children and lots of grandchildren.

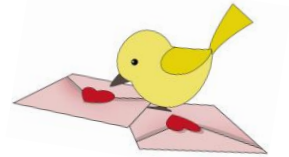
He loves fishing!



The thing he loves the most about living here at Select Senior is, " you don't have to worry about anything. They take care of me all the time. You have everything you need."

When asked what things have changed in the last 102 years he replied, "mechanical machines and mans ability to leave the earth."

Updates from Life Enrichment



"February is the month to embrace the healing power of laughter and find joy amidst life's challenges." I saw this quote and thought it was perfect for our February. Let's make sure to laugh and find joy every day in whatever comes our way.

Veterans, make sure to mark your calendars for Thursday, February 20. We will be having a Veterans Café that will only be for our Veterans. It will be at 1:00

On Friday mornings we will be featuring different church services that live stream recent sermons. You are welcome to come to one or all. If you have a special request for a church, let Renee know.

Our movie times on Monday are changing to 1:30. This will allow us to see some movies that go a bit over the 2-hour time frame.

Outings-

Monday, February 10 Walmart at 9:45
Thursday, February 13 Pizza Ranch at 2:00
Thursday, February 20 Dollar Tree at 9:45



Entertainers- all are at 2 during Happy Hour

Friday, February 7 Laurel and Matt
Friday, February 14 Ross McLeod
Friday, February 21 Tom Hipps

Crafts-

Thursday, February 6 Heart Craft for Door 10:00
Wednesday, February 26 Snow Cap 2:00

