



Oak Terrace Senior Living of Le Sueur February Newsletter

Scrambled Words

Valentine's Day Word Scramble



1. CPUDI
2. RRAOW
3. THAER
4. NCAYD
5. FOLERWS
6. DCRAS
7. SSIKES
8. GHUS
9. OLEV
10. SWTEEHAETR



1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

ANSWERS:
Cupid, Arrow, Heart, Candy
Flowers Cards Kisses Hugs Love



Community Highlights

What a blessing it is to spend time with each other enjoying the fun things in life during this month of hearts and candy!

Having Activities in this type of Community is important for many reasons. Planned Activities entice residents to venture out of their apartment, they also provide a sense of belonging, friendships, reminiscing, mental and physical health. These attributes are very important and necessary for all people.

Let's beat the winter blues with sharing smiles, empathy, and many laughs.

- Special Dates**
- 2/3- Allen Carlson Performance
 - 2/4- Michelle's Daycare Visit
 - 2/6- Yogurt Bar
 - 2/7- Wear Red Day!
 - 2/10- Cooking Time
 - 2/11- The Singing Cowgril
 - 2/13- Dollar Store: Le Center
 - 2/14- Will you be my Valentine
 - 2/17- Presidents Day Coffee Hour
 - 2/17- Tori Precious Pets Visit
 - 2/19- Coffee Tasting
 - 2/20- Family Fresh Market- St. Peter
 - 2/21- El Agave- Lunch Outing
 - 2/24 Resident Council
 - 2/25- Mardi Gras Happy Hour
 - 2/26- Ash Wenesday Services
 - 2/27-Town Errands: Le Sueur
 - 2/28- Birthday party of all residents

February Birthdays



Chuck Y 2/23

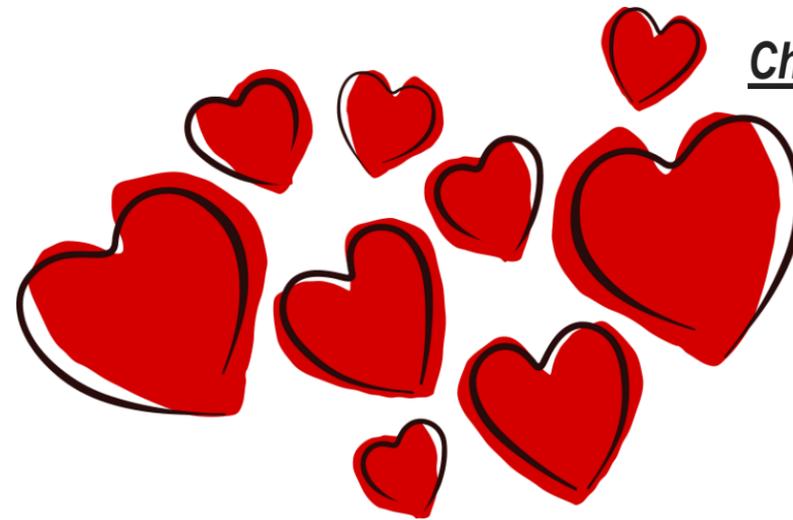
News

Blue Stone Doctor will be here 2/17

Podiatrist Visits will be 2/3 in the Mayo Room @ 9:00AM. If this is your first visit please make sure you speak with our nursing staff before attending the appointment.

TV INFO:

- **NEW CHANNELS HAVE BEEN ADDED! (RFD, Animal Planet, Golf Channel, food network, & TLC)**



Chocolate for Valentine's Day – Benefits of Dark Chocolate

Heart-shaped boxes of chocolate are everywhere on Valentine's Day. The intriguing question, debated by scientists for decades, is whether the candy inside helps your heart.

Popular mythology holds that chocolate is good for your heart, and that dark chocolate is better than milk chocolate. If chocolate does turn out to be an effective heart medicine, we foresee no problem getting people to comply with the prescription. In fact, the average American already consumes 14 pounds of chocolate each year.

When it comes to chocolate and the heart, the focus is on the dark stuff. Small, short-term studies suggest dark chocolate has some potential heart health benefits, including decreased blood pressure and blood clotting, increased blood vessel health, and improved LDL cholesterol.

Dark chocolate is rich in a group of antioxidants called flavanols – believe to be the “active” ingredient that confers chocolate's cardiovascular advantage. Experimental studies demonstrate several potential benefits of flavanols, including lowering blood pressure and reducing blood clotting. That's why we give the nod to dark chocolate over milk chocolate for its potential heart benefits.

Here's our verdict: In small amounts, chocolate can be part of a heart-healthy lifestyle. But don't forget about the calories. A standard chocolate bar contains 200 to 300 calories. And a single piece of premium chocolate from that heart-shaped box can have up to 70 calories. So, enjoy your dark chocolate in moderation.

Source: RealAge

Valentine's Day Humor



What did the boy elephant say to the girl elephant on Valentine's Day?

I love you a ton!

What did the boy bat say to the girl bat on Valentine's Day?

You're fun to hang around with!

What did one pickle say to the other on Valentine's Day?

You mean a great dill to me!

What kind of flowers do you NEVER give on Valentine's Day?

Cauliflowers

Groundhog Humor



What would you get if you crossed Groundhog Day with a puppy?

Ground-dog Day!

What happens if the ground log sees its shadow?

We'll have six more weeks of splinters!

What would you get if you crossed Groundhog day with a Christmas Drink?

Ground Nog Day!