RoseWood Village
Assisted Living and Memory Care

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February 2026

February Greetings

It's February, the shortest month of the year! Will it also be the coldest month? We shall see!

Hugs and Kisses

Etched on candy hearts and signed at the bottom of love letters, the letters "xoxo" symbolize a sweet sentiment of "hugs and kisses." Substituting the letter X for a smooch dates back to the Middle Ages. People who could not read or write would sign documents with an X, then kiss the mark to pledge their sincerity. The letter O joined the X much later, in the mid-1900s, to pair the kiss with a hug.

Love and Be Loved

"And I'd choose you, in a hundred lifetimes, in a hundred worlds..." ~Kiersten White

Smitten With Gloves

Did you know that gloves have long been associated with romance? Knights were said to carry the glove of a sweetheart in their helmets to bring them good luck and to show remembrance. In Victorian England, a suitor would gift a pair of gloves to the girl of his dreams, who'd wear the gloves in public if she returned his affections. And a Latvian tradition has been for brides to fill a hope chest with hundreds of handmade mittens as a sign of devotion.

Valentine's Day Treat

Conversation hearts, also known as candy hearts or Sweethearts, date back to the late 1800s when Oliver Chase and his brother Daniel created the sugary treats. They used vegetable dye to print words on what were originally scallop-shaped confections. Phrases were much longer then, such as "Married in white, you have chosen right" and "How long shall I have to wait? Please be considerate." In 1902, the famous heart shape appeared, and simpler prints came out, like the familiar "Be Mine" or "Kiss Me."

A Love-ly Laugh

Q: What do you call two birds in love?

A: Tweethearts.

Wit & Wisdom

"A flower cannot blossom without sunshine, and man cannot live without love."
—Max Muller

"Love is sharing your popcorn."
—Charles Schulz

"We love life, not because we are used to living but because we are used to loving."
—Friedrich Nietzsche

"If love is the answer, could you rephrase the question?"
—Lily Tomlin

"Love isn't something you find. Love is something that finds you."
—Loretta Young

"To love and be loved is to feel the sun from both sides."
—David Viscott

"People think love is an emotion. Love is good sense."
—Ken Kesey

Let's Get Crafty!
Cottage and Assisted Living residents had a great time making snow-themed crafts in January! Check your February activities calendar to find opportunities for Valentine's Day crafting!
Also plan to join us for a cup of hot chocolate at a social, a cupcake at our monthly birthday party, or a glass of wine or sparkling cider at our weekly Happy Hour.
"Winter is not a season, it's a celebration."
--Anamika Mishra

Celebrating Black History Month

Each February, the United States observes Black History Month to honor the achievements of African Americans throughout history. Learn more about the man called the father of Black history, a coal miner turned Harvard-educated historian.

In 1875, Carter G. Woodson was born to two survivors of slavery in Virginia. As a teen, Woodson worked in the local coal mines to help support his family. When he was 20, he started high school, and two years later, he graduated and started teaching high school himself, later earning multiple college degrees, including a doctorate from Harvard.

Woodson wanted the contributions of the heroic Black men and women who helped shape the nation and its culture to be recognized and celebrated. In 1926, he created an event to promote Black history during the second week in February because it included the birthdays of abolitionist Frederick Douglass and President Abraham Lincoln.

Fifty years later, after decades of support, the event expanded to Black History Month, a national observance, as part of the country's bicentennial.

Boost Your Immunity

Your immune system fights off illness and disease, and several everyday habits can make it stronger.

Eat healthy foods. Colorful fruits and vegetables are rich in vitamins and antioxidants, which strengthen immunity. The good bacteria found in yogurt and sauerkraut also helps fight infections. Limit sugar, unhealthy fats and processed foods.

Stay hydrated. Consuming plenty of fluids flushes out toxins and keeps the respiratory system moist, providing a protective barrier against germs. In addition to drinking water, sip on herbal teas and soups.

Exercise. Regular physical activity, such as walking, swimming and other low-impact exercise, promotes good circulation, helping boost immunity.

Get plenty of sleep. Seven or eight hours a night is ideal for most people. Sleep restores the body and lowers cortisol, a stress hormone that can damage the immune system.

Socialize. Loneliness can lead to depression, which can weaken immunity. Chatting with a friend, joining a club or taking part in a group activity can reduce feelings of isolation.

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 our 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 conversations about heart health.

Know your numbers. Take advantage of blood pressure checks and cholesterol screenings in the 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. You could also make a donation to the American Heart Association or other organization in honor of Heart Month.

Happenings

A special thanks goes to Korey and Geoff from BrightStar Care of Charlottesville who brought a carnival activity to our community! We had amazing games, prizes, popcorn, and laughs! Stay tuned for our next event with BrightStar Care!

Q: How does a snowman get to work? A: By icicle

February 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Tu B'Shevat Begins	2 	3	4	5 Sweater Day	6 Wear Red Day Winter Olympics Begin	7
8 Super Bowl Sunday Joyful Worship: Connie & April	9	10	11 Appreciate a Friend Day	12	13	14 
15	16 Presidents Day	17 Mardi Gras Lunar New Year	18 Ash Wednesday Music: Praise Band	19	20	21
22 Winter Olympics End	23	24	25 Music: Eric Franzen	26	27 Birthday Party: DJ Josh Urban	28

"This Month In History"

FEBRUARY

1878: Thomas Edison receives a patent for his first major invention, the phonograph.

1905: The first Rotary Club meets in Chicago. The service organization now has more than 35,000 clubs worldwide.

1914: In Washington, D.C., a groundbreaking ceremony is held on the western end of the National Mall for the Lincoln Memorial.

1922: Embracing the "broadcasting boom," President Warren G. Harding has a radio installed in the White House.

1935: The board game Monopoly goes on sale with a price tag of $2. Now a classic favorite, millions have played the property trading game.

1947: Inventor Edwin H. Land demonstrates his Polaroid Land Camera, which could produce a black-and-white photo in 60 seconds.

1954: A group of children in Pittsburgh is the first to be inoculated against polio with a new vaccine developed by Dr. Jonas Salk.

1968: With smiles, songs and stories, the TV series "Mister Rogers' Neighborhood" premieres on national public television.

1985: The Coca-Cola Company launches a new flavored soft drink, Cherry Coke.

1995: American businessman Steve Fossett completes the first solo flight across the Pacific Ocean in a balloon.

2006: At the Winter Olympics in Italy, U.S. speedskater Shani Davis becomes the first black athlete to win an individual gold medal in Winter Games history.

2011: "The Artist" wins the Oscar for best picture. It was the first silent film to win the award since "Wings" in 1927.

2014: Comedian Jimmy Fallon becomes the host of the late-night talk show "The Tonight Show."