

February 2014

The Judson Courier

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Celebrating February

Bird Feeding Month

Spunky Old Broads Month

Women Inventors Month

Olympic Games
February 7-23

Engineers Week
February 16-22

Cowboy Poetry Week
February 21-23

Change Your Password Day
February 1

Liberace Day
February 4

Hippo Day
February 15

Presidents Day
February 17

For Pete's Sake Day
February 26

Tooth Fairy Day
February 28

January In Review

It's hard to believe 2013 is over, and January 2014 has already come and gone! What a month it's been!

This is our first edition of *The Judson Courier*, and we are so excited to start off this endeavor with all of you! Since our opening in November of 2013, we have created warm memories to look back on, and exciting adventures to look forward to.



On Saturday, January 26th, 2014, our very own in-house sweet hearts, Mr. & Mrs. Antoinette & Lee Manzone celebrated their 66th anniversary. An Italian couple, through and through, they celebrated with a catered Italian meal from their favorite local restaurant. Antoinette was born in Italy, but raised in France. Lee was raised in Connecticut, but has a 100% full-blood Italian history! The couple met in New York City, the melting pot of America, and have traveled many times to Italy. These two have a

bond that melts our hearts. We wish you a happy and healthy 66 more!

We also began our "Healthy Focus" group this month, focusing on healthy weight. Each month will feature guest speakers on a host of health-related topics pertinent to that month. Mary Robinson, our in-house Director of Nursing, shared with us her expertise to start the new year right, and maintain a healthy weight. Next month, we will focus on heart health, and are excited to invite our guest speaker, a clinician from the Ellis Medical Group, to come on February 18th.

We also began our monthly educational series with our Executive Chef, Keith Smith. This month's focus was on citrus. In February, we will learn about the power of legumes!



Winter Olympics

The Winter Olympics have returned and will be hosted by Sochi, Russia, from February 7–23, 2014. Sochi is a popular resort city on the coast of the Black Sea near the Caucasus Mountains. There will be two Olympic venues: a cluster of stadiums on the coast showcasing the many skating events and curling, and a mountain cluster hosting the skiing events, bobsled, luge, and skeleton.

This will be the first time Russia has ever hosted the Winter Olympics, and many are worried that Sochi is not up to the task. After all, Sochi has a subtropical climate complete with palm trees and year-round flowers. Some worry that there may not be enough snow for a winter Olympics. Organizers, however, are well prepared. For the last three years, Sochi has been stockpiling snow and protecting it under massive insulated blankets just in case no natural snow falls. In February 2013, world championship ski and snowboard events were cancelled in Spain due to lack of snow, so Sochi must be prepared for anything.

One of the most recognizable names of the winter games is Shaun White, the American snowboarder who has won gold in the half-pipe competition in the last two Winter Olympics. The Canadians look strong in figure skating, led by 23-year-old, three-time world champion Patrick Chan. The U.S. and Canadian hockey teams could be headed for a gold medal rematch after Canada took gold in 2010 thanks to Sydney Crosby's overtime goal. Sadly, France's downhill skiing champion Marion Rolland will miss the Olympics after suffering a knee injury. The women's downhill gold medal is up for grabs for American Lindsey Vonn, Tina Maze of Slovenia, and Maria Hoefl-Riesch of Germany. These are just a few of the athletes headlining the Sochi games. Hopefully the weather will stay cold and the athletes will catch fire.

Do Them a Favor

Is there someone in your life who is a perpetual grouch? Are they forever grumpy? Is every day a bad day? February 16 may be your day to help them. It's Do a Grouch a Favor Day.

Hunger is a definite biological cause of grouchiness. Perhaps the best favor you can do for a grouch is bake them a treat or buy them lunch. Some people are grouchy first thing in the morning. The grouch might say they're "not a morning person," but this grouchiness may have a biological cause. Some suffer a groggy period after waking up that is called the "sleep inertia" phase. It takes from five to 30 minutes for a person to feel awake. Or, if someone is an interminable grouch, perhaps the biggest favor you can do them, and yourself, is leave them alone.



Employee Spotlight

Deyona "Dey Dey" Faulkner, HHA



What inspired you to work in the healthcare field?

There are two things that inspired me: one is my mom, who is a CNA and has been for 30 years. And two, because I love helping people.

How long have you been at Judson Meadows?

Since August 29th, 2013.

How would you describe your role in the Judson Meadows community?

Providing and taking care of all the residents' needs as well as helping with other things as needed.

What do you do when you aren't working?

I'm either working my second job, going to school, or spending time with my family.

What do you find most rewarding about working here?

The joy of knowing that I'm able to help people and make their days bright.

What do you find most challenging?

There are very few, if not any things that I find challenging working here.

What is the best thing that's happened since you began working here?

Meeting all of my coworkers.

What advice would you give to someone looking to work in this field?

To make sure you have compassion to do this kind of work. Don't just work for a pay check. Love what you do.

What do you wish other people knew about Judson Meadows?

That it is a fun and rewarding place to work.

What might someone be surprised to know about you?

That I work two jobs, go to school full time, own my own party planning and catering business, and I have a four year old son.

What do you think sets Judson Meadows apart from other communities in the area?

That we are not just a community. We are a family.



Sealed with a Kiss

Valentine's Day always falls on February 14, and, truth be told, many may be happy to see it pass. But in the south of France, people are still planting kisses until the Saturday after Valentine's Day.

The residents of Roquemaure call it the Festival of the Kiss, and kiss they do. They smooch from sunup to sundown in honor of their favorite saint, Saint Valentine. Valentine became the patron saint of love when, on February 14 in the year 268, he was caught performing illegal marriage ceremonies for Roman soldiers and was martyred by Roman Emperor Claude the Cruel.

In 1868, the supposed remains of Saint Valentine were purchased in Rome and transferred to Roquemaure. The French village was renowned for its winemaking, but in 1868, its vines were diseased. Villagers and winemakers believed that the arrival of Saint Valentine's remains would cure their ailing vines. Miraculously, within four years, the vineyards had recovered.

And so during the Festival of the Kiss, Roquemaure returns to the year 1868. Residents wear costumes from that era, with some even dressing up like monks, nuns, or saints. Horses and carriages clop down the streets. Storefronts boast 19th century decorations. A market sells traditionally fashioned items. Even the street names are rewritten, bearing the names of France's most lovesick poets and artists. Everyone drinks wine and kisses until they can't feel their lips. This is why Roquemaure is known as "La Capitale des Amoureux," the Capital of Lovers. The local winery is named Cave Saint Valentine and produces specialty wines for the occasion. The local post office even gets in on the fun, sealing every letter with a kiss.

The Power of Humility

February 21 prefers not to call attention to itself. It is Be Humble Day, a day not to brag, boast, or call attention to your accomplishments. The words *humble* and *humility* come from the Latin word *humus*, which means "earth," literally the dirt beneath our feet. To be humble is to have a modest estimate of one's own worth and to never have a superior attitude over others. Humility is perhaps the greatest of virtues.

In our loud, proud, and power-driven society, humility can be viewed as a weakness. However, humility has often proven to be a leader's greatest strength. Humility comes from the self. Humility is also incredibly attractive to others, often because a good and humble leader will sacrifice personal gain for the benefit of the entire group. Humble leaders also do not create their identity from their accomplishments. Identity and accomplishment are entirely separate. This is why a humble leader will remain flexible. When their choices are criticized, they do not take it personally but rather are willing to learn from their mistakes. Taking a day to be humble may make us all stronger leaders, whatever our tasks.

Get Rich Quick

February 8 is Laugh and Get Rich Day. If only it were that easy!

Gelotology is the psychological study of laughter, and scientists are still trying to figure out just why we laugh.

Laughter involves many different parts of the brain as well as the coordination of many muscles. Laughing 100 times is equal to 15 minutes of exercise on a bike. It's a total body workout, with all the physical and psychological health benefits to boot. So while laughter may not fill our bank accounts, it certainly enriches our lives.



Library Love Story

While couples are courting each other with the perfect valentines on February 14, local libraries are wooing their local communities on Library Lovers Day. Citizens have always appreciated their local libraries, but on this day, libraries show that the feeling is mutual.

Library patrons, how do your libraries love thee? Let us count the ways. One library hosted a couple that renewed their wedding vows after 40 years of marriage. Another library held a “blind date with a book” party, where borrowers were hooked up with mystery books. The staff of another library dressed up as characters from Jane Austen’s novel *Pride and Prejudice*, held a tea party for borrowers, and read excerpts from the book.

Why do we develop such emotional connections with books? Is it because we love learning new things? Books can teach us anything and everything, from cooking to space travel to macroeconomics. Do we love the way they inspire our imagination to take flight? We think we have only one life to live, but through books we inhabit other lives and even other worlds. Reading allows us to explore an infinite variety of paths in life. Reading is not a passive act, but an intensely challenging mental act. Reading is as good for our brains as exercise is for our bodies. Regardless of your reason for loving books, instead of taking your loved one out to a restaurant this Valentine’s Day, consider taking them to a library.

Looking for more reasons to indulge your love of literature? February 9 is Read in the Tub Day. How do you keep the pages from getting wet? Simply lie a plank or caddy over the tub to rest your book and your rubber ducky on. Just remember not to take those library books into the bath with you.

Caught On Camera



February Birthdays

If you were born between February 1–18, you are an Aquarius, the Water Bearer. Aquarians are loyal and smart humanitarians who want to make a difference in the world. They are energetic, have inquisitive minds, and come up with creative solutions. Those born from February 19–28 are Pisces, the Fish. Like fish, Pisces like to go with the flow in an easygoing manner, but on the inside they are intuitive, intensely spiritual, and deeply emotional.

About Face



On February 4, 2004, the Internet changed forever. Harvard freshman Mark Zuckerberg launched Facebook, a website that has transformed the way people socialize and communicate. Facebook has more than 900 million active users a month. For many, staying in touch via Facebook, sharing pictures, sending messages, and commenting on the statuses posted by friends is preferable to communicating by mail, telephone, or email.

Surely, for many users, Facebook is the ultimate way to keep in touch. However, a scientific study in August of 2013 suggested that using Facebook had negative consequences. The more people in the study used Facebook, the worse they felt afterward. Users felt less satisfied with their lives and were lonely. It seems that direct social contact may still be the best form of interaction of all.

