

February 2022

# The Manor Highlights

Yorkshire & Stonebridge Manor | 3511 / 3515 Leonard St NW, Walker MI 49534 | (616) 791-0111 | (616) 791-9090



## Celebrating February

**Women Inventors & Black History Month**

**Chinese New Year:  
Year of the Tiger**  
*February 1*

**Groundhog Day**  
*February 2*

**Devotions w/ Chaplain Val**  
*February 2*

**Winter Olympics Begin**  
*February 4*

**Performance: Senior Steppers**  
*February 8 @ 2 pm (East)*

**Valentine's Day**  
*February 14*

**Catholic Mass**  
*February 17 @ 10:30 am (South)*

**Store-on-Wheels**  
*February 19*

**Presidents' Day (U.S.)**  
*February 21*

**Performance: Bob Lacy**  
*February 22 @ 2 pm (South)*

## THRIVING IN PRAYER

For the month of February we are going to practice THRIVING in prayer. As Believers, we are rooted in Jesus Christ and our way of communication with him is through prayer.

One way to THRIVE is to "Trust in the Lord with all your heart and lean not on your own understanding, in all your ways acknowledge him and he will direct your path" Proverbs 3:5-6. Another way to THRIVE is found in 1 Thessalonians 5:17 where Paul encourages us "...to pray without ceasing.." in all the ups and downs of this life!

There are many ways in which we can THRIVE in prayer and I offer you four ways:

1. Thriving in prayer in a quiet place – this 'quiet' can be difficult in our day and age, however, it does offer less distractions, and as we have conversation with God, we "grow in the grace and knowledge of our Lord and Savior, Jesus Christ" 2 Peter 3:18.
2. Thriving in prayer outdoors – Jesus prayed in the wilderness, on a mountain and in the Garden of Gethsemane. You and I can pray in the very same places as well as a park, a river or while hiking. I challenge you to pray Psalm 19 while hiking and gazing upon the sky, or Psalm 42 while meditating near a body of water or Psalm 62 while sitting on a rock and "finding rest for your soul in God your rock and salvation".
3. Thriving in prayer with others – Matthew 18:20 is encouraging, "for where two or three are gathered in my name, there am I among them". Praying together is a time for you and me to be in community with fellow image bearers, seeing the very image of God in each other and bringing the work and power of the Holy Spirit into community. What an opportunity you and I have to practice this in our homes! If you and I don't pray with and for each other, how will we THRIVE?
4. Thriving in prayer using images – If we are new to prayer or going through a difficult time in life and cannot find the words to pray, we can use images such as a picture, a poem, some memorabilia, a sunset, or a sunrise. Romans 8:26-27: "Meanwhile, the moment we get tired in the waiting, God's Spirit is right alongside helping us along. If we don't know how or what to pray, it doesn't matter. He does our praying in and for us, making prayer out of our wordless sighs, our aching groans. He knows us far better than we know ourselves, knows our pregnant condition and keeps us present before God. That's why we can be so sure that every detail in our lives of love for God is worked into something good" (The Message).

This month of February, I challenge each one of you to pray and write down how you see yourself growing vigorously and flourishing in communication with God, yourself and others! *Like a tree planted by the water, you will never run dry, living water flowing through you, you will thirst for more of God!* (Paraphrased THRIVE by Casting Crowns). Happy THRIVING!!

## Service with a Smile

**Lynn Rhodes**, our Food Service Director, answered an advertisement in the newspaper almost 5 years ago, and the rest is history.



Lynn decided to make a big change in January 2017, she moved from Hersey, MI to Grand Rapids, MI. She went from the country to the city and absolutely loves it! She says, "I would never move back to the country!"

Lynn lives with her Shitzu dog, named Prince. She has 2 adult boys and 4 grandchildren. When Lynn is able to enjoy some free time, she enjoys going to movies, listening to Hip-Hop music, reading books, solving puzzles, and visiting with her grandchildren. She also loves taking her dog, Prince, for walks and sharing cheeseburgers, while watching movies together.



In the future, Lynn hasn't given much thought to retirement because she absolutely loves her work so very much.

K O A E P T S S S C F L R X C  
 R L T D D D A W R A S N K A S  
 M U W Y N A O E E N O T R X K  
 C G H E B P W E W D N D F J K  
 N D I P U C O T O Y S J V I J  
 E R A N Y K R H L S R A R H G  
 F Y H L J T R E F O L T L E T  
 X B R W S T A A P E L O V E D  
 H T N A I F N R N K I S S E S  
 Z Y R K U Q E T A L O C O H C  
 Q T N E L R I X V K Z C F S A  
 G I X F A N B T P P D I A Z J  
 P Y S T E T U E O D T A K I J  
 A I E C F S S H F N A H V K E  
 P T C S K J E Y O W J W U I N

- |           |  |            |
|-----------|--|------------|
| ARROW     |  | GIFTS      |
| CANDY     |  | KISSES     |
| CARDS     |  | LOVE       |
| CHOCOLATE |  | PINK       |
| CUPID     |  | RED        |
| FEBRUARY  |  | SWEETHEART |
| FLOWERS   |  | TREATS     |
| FRIENDS   |  | VALENTINE  |

## Why "Red" Roses for Valentine's Day?

Where does the tradition of giving roses for Valentine's Day come from? The tradition has several origin stories rooted in Greek mythology. Sara Cleto, PhD, a folklorist and cofounder of the Carterhaugh School of Folklore and the Fantastic say, "the first red rose was created when the Greek goddess Aphrodite was scratched by a white rose's thorn, causing that rose to turn red. Other historians say, "the first red rose grew on the ground where Adonis, Aphrodite's lover, died and the goddess's tears fell."

As far as the history behind the tradition, an early figure sometimes connected to the association between roses and romance is Lady Mary Wortley Montagu, wife of a British ambassador to Turkey during the 1700s. "Lady Montagu wrote letters home enthusing over a version of Turkish 'flower language,' or the process of assigning certain symbolic meanings to certain flowers, but she seems to have misinterpreted this local custom, which had more to do with rhyming words than the significance of the flowers themselves," Cleto says. In 19<sup>th</sup> century England, the concept of 'flower languages' caught on, and over the course of that century, roses became ever more tightly linked to romantic love.

A huge reason giving roses for Valentine's Day has persisted as a tradition Cleto states, "is simply because roses are beautiful, fabulous-smelling flowers that happen to travel really well." "Flowers are usually shipped over long distances, and roses are both gorgeous and hardy, so that is a huge part of why this practice has continued."

In 2021 alone, people spent \$21.8 billion on Valentine's Day, according to the National Retail Federation. Of that, \$2 billion went to Valentine's Day flowers, averaging out to a little over \$15 per person. This figure typically increases every year, so there's a decent chance the figure will be even higher in 2022.

If you are wanting to tell somebody in your life that you love them this year, think about something as simple as giving them a single red rose.

## Winter Olympics-Beijing

A mere six months after the close of Tokyo's Summer Olympics, the Opening Ceremonies of the Winter Olympics are set to start on February 4 in Beijing, China. Tokyo's games have been hailed a success despite their being held during the COVID pandemic. The amazing athletic feats of the competitors remained the focus, not the mostly empty stadiums or COVID-related protocols. Beijing will allow Chinese fans into stadiums and has asked all organizers and participants to abide by a "closed bubble" system. China certainly appears ready to take the torch from Tokyo.

Beijing will host popular events like figure skating, speed skating, hockey, and curling. Many of the venues built for Beijing's 2008 Summer Olympic Games have been repurposed for the Winter Games. For example, the National Aquatics Center, popularly known as the "Water Cube," was transformed into the "Ice Cube." The Olympic pool that saw Michael Phelps win eight gold medals is now the curling rink.



The picturesque village of Yanqing is just a 40-minute high-speed train ride from Beijing. This quiet vacation destination for city dwellers and tourists wishing to see the popular Badaling section of the Great Wall of China will get a dose of alpine skiing, bobsled, luge, and skeleton during the Olympics. As one of the top female skiers in the world, American Mikaela Shiffrin hopes to compete in every possible alpine skiing event at Beijing 2022.

Zhangjiakou is another popular ski spot located in the mountains 120 miles northwest of Beijing. Several new venues have been built to host cross-country skiing competitions, biathlon, snowboarding, and ski jumping. China has also built a new high-speed rail line to the area along with the world's first flexible DC power grid. The cutting-edge grid utilizes local wind and solar energy. But the most electric energy will be in the arenas. Host nation China has high hopes to top the medal count, but Norway is expected to win a record 44 medals.

*In Loving Memory*

*Our thoughts and prayers are with the families of:*

*Bonnie Smith  
Elizabeth Labuzan  
Delphine Lyons  
Marge TenBrink  
John Searcy  
Sue Miller*

### **Calling ALL Volunteers!**

We are currently in need of dependable people who are willing to serve in our community. There are many opportunities available to suit one's interests; and with flexible scheduling, we can accommodate even those with the busiest schedules.

Volunteers help us in the following ways:

- Special events & outings
- Resident companion
- Exercise leader
- Snack cart attendant
- Bingo caller
- Fundraising committee
- Spiritual leader
- And many more...

If you are interested in volunteering, or wish to have more information, please do not hesitate to call or email the Director of Life Enrichment & Volunteer Services,

Wendy Heath.  
(616)791-9090  
wendy.heath@baruchsls.org

## Chinese New Year: Year of the Tiger



February 1 rings in China's Year of the Tiger. In one myth, the Jade Emperor dictated that the order of the Chinese zodiac would correspond to the order in which the animals arrived at his birthday party. Diligent Ox departed early and arrived first. Tiger, so quick and competitive, arrived second. When the Jade Emperor noticed that Rat had hitched a ride atop Ox and jumped down to reveal himself, clever Rat was reordered first to arrive, with Ox second. Tiger had to accept his place as third.

Just as Tiger was content with becoming third, in life Tigers never give up despite setbacks. They are considered courageous and adventurous, kind and benevolent, and, of course, competitive. Rich in emotion and imagination, art is a common calling for those born in the Year of the Tiger. They are also seen as the guardians of children. For this reason, babies and kids often wear tiger-themed clothes for protection against evil spirits. Women born in the Year of the Tiger are often considered to be great mothers.

The Chinese New Year marks a wonderful new beginning with high hopes for good fortune and prosperity. For this reason, one should never utter anything negative. To speak negative words such as *poor*, *pain*, *break*, or *sick* might jinx your entire year! Likewise, try not to break anything. Doing so might shatter your connection to prosperity. If a plate or bowl is dropped and broken, one should wrap it in red paper, the color of good fortune and happiness. It is traditional to sweep and clean before the new year, removing all bad luck from the house. However, once the new year arrives, sweeping is bad luck. Any type of cleaning or removing garbage might inadvertently remove good luck from the home.

One of the most important traditions is to gift red envelopes of money. This "money to anchor the year" is a means of wishing someone an entire year of good fortune. The elderly give such tokens to the young and vice versa. The middle-aged must honor both the old and young. How much do you give? How much is a year of prosperity worth?

## FEBRUARY

### Resident Birthdays

Diane Barszewski – 2nd  
Alice Love – 4<sup>th</sup>  
Pat Burmania – 13<sup>th</sup>  
Lois Systema – 13<sup>th</sup>  
Rita Defouw – 15<sup>th</sup>

### Staff Birthdays

Merissa Nelson – 12<sup>th</sup>  
Cheyanne Daling – 13<sup>th</sup>  
Bathsheba Bordeaux – 18<sup>th</sup>  
Amberly Dzimira – 21<sup>st</sup>  
Beth Strait – 22<sup>nd</sup>

### Your Leadership Team

**Administrator:** Beth Strait,  
[beth.strait@baruchsls.org](mailto:beth.strait@baruchsls.org)

**Associate Administrator:** Epiphany Donat,  
[epiphany.donat@baruchsls.org](mailto:epiphany.donat@baruchsls.org)

**Director of Life Enrichment/Volunteers:**  
Wendy Heath, [wendy.heath@baruchsls.org](mailto:wendy.heath@baruchsls.org)

**Director of Food Services:** Lynn Rhodes

**Director of Maintenance:** Ken Kuchnicki

**Resident Care Managers:** Jennifer Marckini

**Office Assistant:** Ally Deuel