



HAWTHORNE HAPPENINGS

Valentines Day around the World



Valentines Day is fast approaching and let's take a look into how our lovers around the globe celebrate their Valentine's Day....

Centuries ago Italy used to celebrate this "love" day as a spring festival that was usually held in open-air. Young people would gather around trees and luscious ornamental gardens where they would listen to and perform romantic music and lovely poetry.

Valentine's Day in Scotland is celebrated with a festival and involves an equal number of single guys and gals. Each one of them is made to write their names on a piece of paper. These papers are then folded and placed into a hat. The ladies then would try to display and pin the piece of paper over their hearts or their sleeves. The ladies would then be given gifts by their "valentine" and a dance would follow at the end of the festival.

Our Spanish friends on the other hand, enjoy simpler customs practiced every Valentine's Day. Courting couples exchanges gifts during the day and husbands are required to give their wives bouquets of roses.



In Japan, they celebrate Valentine's Day twice! They celebrate the lover's day on two different dates, February 14 and March 14. It is the female who gives a gift to the male on the first date and come the second date, the male will return the gift that he received from the female.

Korea too celebrates it on two different dates on February 14 and March 14. The gifts involved are usually candies. It is custom that the females are the ones who give the gift. March 14 for Korea is also known as "White Day". It is that time of the day that young men confess their undying love to their sweethearts for the first time. Korea also has something for those who have no romantic partner; April 14 is their date and it is called "Black Day". They all get together to eat Jajang noodles- a distinct kind of noodles that is black in nature.

Taiwan celebrates on February 14 and July 7. On these dates, Taiwanese men buy and purchase expensive bouquets of roses and flowers for their dear ones. Taiwanese tradition states that the color and the number of roses are very significant for they contain distinct messages. A single rose would carry a message of "an only love"; eleven roses mean "to my favorite", ninety-nine of these roses would whisper "forever" to your sweetheart and a hundred and eight of them would loudly state "marry me."

-From the Internet-



Happy Valentine's Day February 14th!



Food for Thought

“It’s O.K. to Ask”

In an average day, caregivers do a range of tasks for residents. Simple tasks like helping someone be more comfortable in bed can result in thousands of microorganisms being transferred to the hands of the caregiver.

Residents are encouraged to ask their caregiver and their visitors if they have washed their hands before they perform any care task. Facilities that have implemented similar programs have found that hand washing is greatly increased when the resident gives a friendly reminder to caregivers, physicians and visitors. Both soap & water and waterless alcohol hand rubs are extremely effective at reducing the number of germs present on the skin.

Washing with an alcohol hand rub should be done by everyone:



- When entering your room or before touching or giving care to you.
- Upon leaving your room, if they have touched you or any object in the room.

In addition, soap & water should be used



- When hands are visibly dirty.
- When hands are soiled with blood or other bodily fluids.
- After visiting a restroom.
- Before and after eating.

Everyone caring for you should clean their hands. If you do not see the doctor, nurse or other healthcare provider clean their hands with soap and water or use a waterless alcohol hand rub when entering your room to provide care, remember...**IT’S OK TO ASK!**

Be an active participant in the hand hygiene process. It only takes a few simple words to help encourage this healthy habit:
“Excuse me; did you clean your hands?” -or – “I saw that you cleaned your hands – thank you!”

At Hawthorne, residents gather in groups for meals and for social activities. It is recommended that residents, staff, volunteers and family members clean their hands before and after these.

Practicing good hand hygiene is the single most important thing you can do to stop the spread of infection. It’s a healthy habit for anyone, whether you are in the hospital, at work, or at home.

And remember, it’s ok to ask someone to clean their hands...your health may just depend on it.



LOST AND FOUND CORNER

From time to time lost items are turned in to the Hawthorne “Lost and Found”. We would be happy to check in the “Lost and Found” for your missing treasure.

If you have lost a personal item such as a piece of jewelry please let Kathi Holt know at 604 468-5019.

(Description required for return)

National Volunteer Week!

April 15-21, 2012 is National Volunteer Week. This year, the theme is “**Volunteers = Passion. Action. Impact.**”

We are fortunate to have many wonderful volunteers and we would like to show you our appreciation for all that you do.

Please mark down the date below on your calendars:

Date: Thursday, April 12, 2012
Time: 7:00 pm
Location: Lodge Dining Room



Welcome New Volunteers!

Mani
Leah
Katie

Brynn
Pauline
Trevor

During the late afternoon, often a time of restlessness and need, music has been emanating down the halls of Arbutus, Birch, and Cedar to enhance quality of life and comfort for the residents in Hawthorne Lodge. Thank you Russell and Philip for the wonderful violin music you provide.

Submitted by Michael Sochor, Music Therapist



For inquiries, please contact Vicki Robertson, Volunteer Coordinator at 604-468-5037 or e-mail at vrobertson@hawthornecare.com



Sports Trivia



1. What franchise has played in the most NBA finals since 1947?
2. What two NBA players won the MVP trophy three times each from 1986 through 1992?
3. What player did the Boston Celtics draft between won-lost seasons of 29-53 and 61-21?

Answers: 1. The Lakers 2. Magic Johnson & Michael Jordan 3. Larry Bird

Daylight Saving Time ~ in most of Canada, Daylight Saving Time begins at 2:00 a.m. local time on **Sunday, March 11, 2012**. Turn your clocks **ahead** one hour.

General Store Hours



Monday	10:30 am to 12:00 pm
Tuesday	12:45 pm to 2:00 pm
Wednesday	11:30 am to 1:00 pm
Thursday	11:30 am to 1:00 pm
Friday	1:30 pm to 2:30 pm
Saturday	12:45 pm to 2:00 pm

Usually open 4:00pm-5:00pm Monday to Friday

“A cup of coffee shared with a friend is happiness tasted and time well spent.”

Anonymous



Poetry Corner



Love is not a thing to understand.
Love is not a thing to feel.
Love is not a thing to give and receive.
Love is a thing only to become
and eternally be.

Sri Chinmoy

The hands of Power are often destructive. The hands of
Love are always creative.

Sri Chinmoy

If we really want to love
we must learn how to forgive.

Mother Teresa

“Love knows no answer for it does not question.”

Silent lotus

Love is an endless mystery, for it has nothing else to
explain it.

Rabindranath Tagore



~ From the Internet

Food for Thought



Heartfelt Words

In the English language, the heart is often used to denote the seat of passion, compassion, courage and intelligence. Using the expressions that follow, identify each common word that contains the word “heart”.

1. To take seriously _____
2. Please be merciful _____
3. Be reassured _____
4. To desire earnestly _____
5. To be frightened _____
6. Discouraged _____
7. Substantial, as a meal _____
8. The central issue _____
9. To be well intentioned _____
10. Characterizing a good person _____

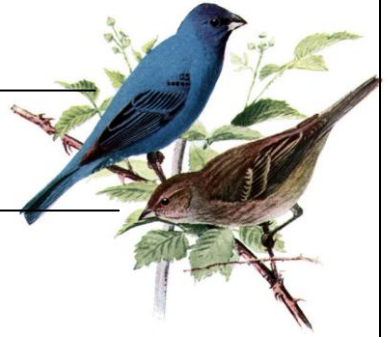
Answers:

1. Take to heart
2. Have a heart
3. Take heart
4. Have one's heart set on
5. To have one's heart in one's mouth
6. Disheartened
7. Hearty
8. The heart of the matter
9. Have one's heart in the right place
10. Heart of gold, good-hearted

~ Submitted by Kathi Holt (from the Internet) ~



Food for Thought



Pause

Pause when you are undecided on the course to take.
Pause when you are flustered and a quiet moment make.
Pause to calm the troubled mind and ease the sense of strain.

Pause to rest the jangled nerves, your balance to regain.



Pause before you do the thing that leaves an ugly scar.

Pause before you lose your grip and anger goes too far.

Pause before you say the word that breaks a human tie.

Pause a little, long enough to let the storm blow by.

~ Author Unknown ~

Saint Patrick



Saint Patrick is believed to have been born in the late fourth century. He was the patron saint and national apostle of Ireland who is credited with bringing Christianity to Ireland. Most of what is known about him comes from his two works, the Confessio, a spiritual autobiography, and his Epistola, a denunciation of British mistreatment of Irish Christians.

Saint Patrick is most known for driving the snakes from Ireland. It is true there are no snakes in Ireland, but there

probably never have been – the island was separated from the rest of the continent at the end of the Ice Age. As in many old pagan religions, serpent symbols were common and often worshipped. Driving the snakes from Ireland was probably symbolic of putting an end to that pagan practice. While not the first to bring Christianity to Ireland, it is Patrick who is said to have encountered the Druids at Tara and abolished their pagan rites.

Saint Patrick's Day has come to be associated with everything Irish: anything green and gold, shamrocks and luck. Most importantly, to those who celebrate its intended meaning, St. Patrick's Day is a traditional day for spiritual renewal and offering prayers for missionaries worldwide.



~ From the Internet ~

How Pussy Willows Got Their Name

Many springs ago, according to an old Polish legend, tiny kittens were chasing butterflies along the edge of the river and fell in. The mother cat, helpless to save them, started crying. The willows at the river's edge swept their long, graceful branches into the water towards the kittens. The kittens gripped the branches tightly and were rescued.



Each spring since, goes the legend, willow branches sprout tiny fur-like buds where the tiny kittens once clung.

~ From the Internet

Food For Thought



Groundhogs

Many Canadians celebrate Groundhog Day by attending festivals, engaging in activities and reading or listening to news about groundhog appearances on February 2.

Thousands of years ago when animalism and nature worship were prevalent, people in the area of Europe now known as Germany believed that the badger had the power to predict the coming of spring. They watched the badger to know when to plant their crops.

-From the internet-

What do the Residents/Tenants have to say?



During the recent snowstorm, residents of the North Cottage came up with the following ways to cope with the cold winter weather....

“Stay home and cuddle up with your wife” - Ray



“Have a good hot stove going” – Madeline

“Send the kids outside to play in the snow” – Ray

“Go outside and make snow angels, write in the snow” - Margaret

Submitted by Sally Howard Music Therapist



Food for Thought

Be Mine Find-a-Word

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

Hearts

Venus

Cards

Candy

Chocolates

Cupid

Heart

Happiness

Lovebirds

Red

Rings

Roses

Secret Admirer

Valentine

Romeo & Juliette

