



Friendship

SALEM TERRACE

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LEADERSHIP TEAM

Brent Poff Administrator
 Ben Plunkett Director of Marketing
 Jennifer Matthews Director of Nursing
 Mary Jennings Assistant Director of Nursing
 Katie Mason Program Director
 Anton Stankov Director of Dietary Service
 Catherine Jordan Lead Housekeeper
 Dean McDaniels Maintenance
 Becky Blott Administrative Assistant
 Michelle Andrews Administrative Assistant

Blood Pressure Prescription Tips

February is American Heart Month, and blood pressure is an important aspect of heart health. Prescription medication is a common treatment for high blood pressure, a condition that affects nearly half of the adults in the U.S. These tips can help the medicine be most effective:

- Have a routine; taking the medication around the same time each day will decrease the chances of forgetting a dose.
- Follow prescription directions, including duration of medication. Feeling better? Blood pressure reading normal? The medicine is doing its job; make sure to continue taking it as directed.
- Check and record blood pressure often. Taking your pulse rate is never a bad idea, either.
- Refill prescriptions before they run out; this way, you'll be prepared for unexpected situations.

February 2023



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, with sayings 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."

From the Oval Office

Anyone celebrating a special achievement, from birthdays and graduations to weddings and anniversaries, can get a personal greeting from the U.S. president. You can fill out a form for yourself or someone else at [WhiteHouse.gov/presidential-greeting](https://www.whitehouse.gov/presidential-greeting).



Happy Birthday

Resident Birthdays

Ronnie Stump 2/6
Mae Hauk 2/10

Employee Birthdays

Madyson Huson 2/5
Hanna Eveland 2/7
Melanie Walton 2/9
Shaquashia Taylor 2/15
Jennifer Mathews 2/18
Shantell Lee 2/19
Catherine Jordan 2/20
Stephany Brown 2/26

Famous Faces Born in February

Feb. 1, 1987: Ronda Rousey
Feb. 2, 1937: Tom Smothers
Feb. 10, 1927: Leontyne Price
Feb. 14, 1992: Freddie Highmore
Feb. 19, 2004: Millie Bobby Brown
Feb. 21, 1979: Jordan Peele
Feb. 25, 1966: Nancy O'Dell
Feb. 28, 1940: Mario Andretti



Activities Fun

Check out these pictures from some awesome activities last month!



Serving Those Who Serve

The United Service Organizations Inc. has a long legacy of providing comfort and support to American troops stationed all over the world, offering a “home away from home.”

In February 1941, several service organizations came together to form the USO. Their mission: boost the morale of America’s armed forces, both at home and abroad. USO clubs, lounges and recreational centers were established in places like

storefronts, museums, train depots and even barns! Military and support personnel could come to these sites to socialize, watch movies or stage shows, play sports and attend dances. The clubs also provided a quiet spot to write letters, receive travel assistance or simply rest and recharge.

From the first year of service, Camp Shows, traveling shows featuring famous entertainers of the day, were a hallmark of the USO. As one of the USO’s biggest supporters, actor Bob Hope became known as the “one-man morale machine” for his devotion to America’s service members.

Daisuke Inoue is credited with perfecting the karaoke business model, creating a coin-operated karaoke machine and producing tracks in keys that were easy to sing along to.

The popularity of karaoke spread quickly across the globe, especially as new video technology emerged, allowing for on-screen lyrics and at-home karaoke collections that could be played on a VCR. Nowadays, the internet and computers have made karaoke even more versatile.



The Karaoke Connection

No musical talent? No worries! You can still feel the rush from singing on stage. The popular activity of karaoke has been bringing people together for decades.

Karaoke was born in Japan during the 1960s and '70s. Meaning “empty orchestra,” it referred to instrumental recordings that were used at events when a live band was unavailable. Several karaoke machines, each consisting of a tape deck, microphone and lyric sheet, were invented during this time, so both professional and amateur singers could seamlessly provide entertainment. Musician

Team Member of the Month



WINNER

Brian Haywood

WOW Team Member In the Spotlight



WINNER

Kimberly Tuckwiller



A Rose by Any Other Name

The rose, the flower of love, is a shining star in bouquets and gardens. Rose growers often name new hybrids and varieties after celebrities. Which of these roses with a famous name is your pick?

Rose Name	Description	Debut
Amelia Earhart	Pink-tipped cream blooms	1929
Queen Elizabeth	Pink upright petals	1954
Christian Dior	Crimson double blooms	1958
Mr. Lincoln (Abraham Lincoln)	Velvety red flowers	1965
Pelé	Apricot and white blend	1979
Dolly Parton	Orange-red blossoms	1984
Elizabeth Taylor	Deep pink with darker edges	1985
Whoopi Goldberg	Red and white miniature	1991
Freddie Mercury	Pink-tipped yellow blooms	1994
George Burns	Red and yellow striped petals	1998
Dame Judi Dench	Ruffled apricot blooms	2017

"This Month In History"

FEBRUARY

1903: The first teddy bear, named after President Theodore Roosevelt, goes on sale.

1913: New York City's newly renovated Grand Central Terminal opens. More than 150,000 people visited the train station on opening day.

1935: In a secret demonstration, engineer Robert Watson-Watt uses radio waves to determine the location of nearby aircraft. The experiment led to the development of radar, from the words "radio detection and ranging."

1942: The first-ever gold record is presented to Glenn Miller for his song "Chattanooga Choo-Choo," which had sold 1.2 million copies.

1959: Commonly known as a microchip, the integrated circuit is patented, allowing electronics to become smaller, faster and less expensive.

1964: The Beatles perform in the U.S. for the first time.

1971: Apollo 14 lands on the moon, becoming the third crewed mission to do so, as well as the first to visit the lunar highlands.

1990: In South Africa, Nelson Mandela is released from prison at age 71. He served 27 years for his activism against the government-sanctioned segregation known as apartheid.

2001: Disney's California Adventure Park, a 72-acre attraction next door to Disneyland, opens.

2018: Paul Simon announces his farewell tour. His singing and songwriting career spanned six decades as both a solo artist and as part of the duo Simon & Garfunkel.