

VALENTINE PARTY

Join us for our Valentine Party on the 14th. We will be serving Valentine Cookies and having Music by Paul



MARDI GRAS PARTY

Mardi Gras takes place on February 17th. We will be having music w/ Mike, serving King Cake and giving away beads. Come and join the fun!



CELEBRATE BLACK HISTORY MONTH

Honoring African American History & Achievements

Black History Month is celebrated each February to honor the history, culture, and contributions of African Americans. This month is a time to reflect on the incredible achievements and past struggles of the Black community, recognizing the trailblazers who have helped to define American history.

From the powerful leadership of civil rights figures like Martin Luther King Jr. and Rosa Parks, to the incredible talents of artists, writers, scientists, and athletes, Black Americans have made a lasting impact on every part of our

During Black History Month, we celebrate heroes like Harriet Tubman, who bravely led slaves to freedom through the Underground Railroad; Frederick Douglass, whose words championed equality; Maya Angelou, whose words inspired generations; and countless others who fought for justice and equality.

*** Black History is American History. ***

Take time this month to learn more, reflect, and honor the incredible legacy of Black Americans who have shaped our nation



INDEPENDENT IN ROOM ACTIVITIES

If you would like any books, cards, word search, crossword or sudoku puzzles, adult coloring pages etc., please call ext 2162 with your name, room number and what you would like and we will bring it to your room.

**REHAB
&
NURSING
CENTER
NEWSLETTER**

Oak Manor

SENIOR LIVING COMMUNITY

FEBRS ? PW 2024

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**SPOTLIGHT ON A RESIDENT
PEGGY PATRICK**



Peggy was born on January 27, 1933, in Asoka, Virginia as an only child. She dedicated her career to Army recruiting in Virginia, proudly serving others before retiring in Georgia.



Peggy was married to her late husband, James Patrick, and together they built a loving family. She is the proud mother of James Anthony and Terrell Embrey. Her family has continued to grow over the years, blessing her with three grandchildren, four great-grandchildren, and one great-great-grandchild, making family one of the most important parts of her life.



After becoming an empty nester, Peggy embraced travel and adventure. She visited many beautiful destinations including Hawaii (twice!), France, Canada, England, California, and Alaska, creating memories that she still cherishes today.



In her free time, Peggy enjoys reading and especially loves a good game of bingo — one of her favorite activities here at Oak Manor. She has been part of the Oak Manor community for one year, celebrating her anniversary in February 2025. Peggy shares that she truly enjoys therapy services and bingo, which keep her engaged and connected.



Family remains close to Peggy's heart. Her son Tony lives nearby and visits every other day, providing loving support and companionship.



OAK MANOR DEPARTMENT MANAGERS

ADMINISTRATOR/EXECUTIVE DIRECTOR/OWNER Brad Graham ext. 2111	HOUSEKEEPING Jose Bones ext. 2119
ASSISTANT ADMINISTRATOR: Tina Ianovich ext. 2267	MAINTENANCE DIRECTOR Bradley Schurman 3330
ADMISSIONS Kim Hyer ext. 2115	PHYSICAL THERAPY Jenny Zirbel ext. 2128
ACTIVITIES Cindy LaVine ext. 2162	RESIDENT ACCOUNTS Holly-Greene-Stephany, Ext. 2216
DIRECTOR OF NURSING Frantz David, ext. 2110	SECURITY Robert Tippit 2200 or (727) 482-3930
CO-ASST. DIRECTOR OF NURSING Bo Ornduff ext. 2104	SOCIAL SERVICES Jessica Sewell ext. 2117
FOOD SERVICES Debi Burger ext. 2237	Mikayla Hearn ext. 2114

COOKING

- 5th Making Valentine Cookies
- 12th Making Pink Fluff Dessert
- 19th Making Pink Fudge
- 26th Making Strawberry Cream Cheese Dip

RELIGIOUS SERVICE

Suncoast Community Church will take place on the 2nd & 4th Sunday.

Mount Caramel Church is here the 2nd Sunday of each month. Please check your calendar for dates.

OUTINGS

- 6th Beach Pizza & Dollar Tree
- 20th Steak n' Shake

ALTERNATE MENU FOR MEALS

If you do not like what is on the menu, you may order any of these alternatives:

- ✓ Cottage Cheese & Fruit Plate
- ✓ Grilled Cheese
- ✓ Cheeseburger
- ✓ Hamburger
- ✓ Chef Salad
- ✓ Hot Dog
- ✓ Chicken Tenders
- ✓ Baked Fish
- ✓ Tuna Salad
- ✓ Chicken Salad
- ✓ Egg Salad
- ✓ Chef Salad
- ✓ Grilled Chicken Sandwich
- ✓ Spaghetti & Meat Sauce

SOCIALS/PARTIES

- ✓ 2nd Monthly Birthday Party w/ Scott
- ✓ 6th Raspberry Cheesecake Social
- ✓ 9th Chocolate Social
- ✓ 13th Chocolate Covered Strawberries
- ✓ 16th Strawberry Shortcake
- ✓ 17th Mardi Gras Party w/ Mike
- ✓ 20th Chocolate Mousse
- ✓ 23rd Brownie Bar
- ✓ 27th Strawberry Cream Pie



VALENTINE FUN FACTS

Four U.S. states have a town named "Valentine."

There are four specific states that can claim the "city of love" title: Arizona, Nebraska, Texas and Virginia. Each contain a city or town named Valentine (or Valentine's with an "s" at the end, in Virginia's case.)

There's a singles-friendly alternative to Valentine's Day on the calendar.

International Quirkyalone Day, also observed on February 14, is a celebration for single people. Despite what you might think, it's not an anti-Valentines Day event, but a chance to embrace individuality and self-love! The holiday has been recognized worldwide since 2003.

Teachers receive the most Valentine's Day cards of all.

Valentine's Day isn't just for the lovers. Each year, teachers receive the most Valentine's Day cards, followed by children, mothers, and wives. If you remember all the sweet classroom Valentine's Day parties of your childhood, this shouldn't be shocking!

Your roses may have traveled further than you for Valentine's Day.

Because of this, millions of dollars worth of roses are grown around the globe and shipped to the U.S. for Valentine's Day. In 2021, the U.S. imported \$730 million worth of roses, making up 42% of the country's total flower imports that year. Valentine's Day movies aren't just love stories.

There are so many Valentine's Day movies to watch with your sweetheart, but not all of them are rom-coms! Many films related to the holiday are scary movies, including the 1981 hit, My Bloody Valentine

The red heart is one of the most popular emojis.

Valentine's Day-inspired emojis, with their heart shapes and cute colors, can be seen as a modern-day Valentine, of sorts. If you've ever texted your sweetie a heart to symbolize your love on Valentine's Day, you aren't alone. In 2024, the classic red heart was the second most-used emoji.

On average, consumers plan to spend upwards of \$150 on their partners and loved ones.

To be precise, the National Retail Federation estimates that consumers planned to spend an average of \$188.81 on their recipients in 2025. The standards are high!

Galentine's Day is incredibly popular these days, too.

The made-up holiday was first mentioned in a 2010 episode of the TV show Parks and Recreation, starting a massive, nearly unbelievable wave of "friend to friend" spending. The National Retail Federation states that since 2015, such friendly gift expenses have more than doubled to \$2.1 billion.

People like to celebrate their pets on Valentine's Day.

In 2024 alone, people planned to spend a whopping \$1.5 billion on their pets for the holiday of love. That means toys, clothes, beds, and more! The real question is, are gifts for our pets really just presents for ourselves?

Valentine's Day costs a *lot* more than you might think.

The National Retail Federation reported that Americans spent more than \$21 billion on Valentine's Day gifts in 2021 alone. And that was during the ongoing pandemic, for goodness' sake!

The symbol of roses traces back to a mix-up in the 18th century.

According to Time.com, the concept of flowers having different meanings dates back to the 18th century when Lady Montagu sent a series of letters from Turkey to her home in England describing the Turkish flower language known as s  lam. She misinterpreted it to mean that every flower symbolizes a different sentiment used to send love letters. Though this wasn't exactly true, the concept spread throughout society with the publication of a dictionary for the language of flowers in 1819. In turn, sales of roses (a perceived symbol of love and beauty) skyrocketed in the 19th century.

valentine's day facts lovebirdsH. Armstrong Roberts/ClassicStock//Getty Images

12The term "lovebirds" isn't just a figure of speech.

"Lovebirds" is commonly used to describe two people who are very much in love, especially around Valentine's Day. But did you know that the taxonomic origin of this figure of speech is more literal than its everyday use? The word is also the common name for Agapornis birds, native to Africa. The brightly colored parrots mate for life, travel in pairs, and even feed each other—similar to couples you might see when going out to eat on Valentine's Day.

Valentine's Day is one of the most popular days to get engaged.

According to a survey from Wedding Wire, Valentine's Day was the most popular day in 2020. This matches up with plenty of other surveys which have found that February 14 Christmas, and New Year's are all dates that people love to pop the question.

The oldest known valentine was written from prison.

Yep, you heard that right! Charles, the Duke of Orl  ans, was imprisoned in the Tower of London when he was 21 years old. In 1415, he wrote a letter to his wife with a poem that used the term "Valentine" to refer to her. The first line read, "My very gentle Valentine," and is considered by many to be the very first recorded valentine.



AMETHYST

- Spiritual Enlightenment
- Connection to the Divine
- Support Sleep and Breathing Issues
- Reduce Stress and Anxiety
- Enhance Clarity of Thought
- Emotional Centering

MAIN USAGE

Spiritual Growth, Career

CHAKRA

Crown

ELEMENTS

Fire, Water

PLANET

Jupiter

ALT. BIRTHSTONE: BLOODSTONE



FLOWER: VIOLET



ALT. FLOWER PRIMROSE



COLORS ARE: LIGHT BLUE, YELLOW, PURPLE



The Beauty Shop is open every Tuesday & Wednesday from 9:30-4:00

To schedule an appointment, call Michelle @ ext. 2102



- 1st India Williams
- 2nd Nancy Gibbs
- 3rd Susan Benjamin
- 4th Mary Gordy
- 6th Dennis Kabelka
- 11th Phil Blau
- 19th Janice O'Brien Debona
- 21st Terry Burnett
- 26th Lee Dillahunt



VALENTINE'S DAY WORD SEARCH

D F X G W T D C N G O D I P U C X L

X E Z O F S N R J B H R K P K U O D

A F R M B T D U O P T L I D G D S G

C R E N O E C R A K W E S R A D O U

A F P Q U R E H E A R T S A N L D H

N F U E Q W C B O N K L I W U E I Y

D Y G R U E F Q A C E I Y R E T U O

Y E P T E E F V N L O F S R W S C U

Y N D G T I L Y E F S L I Y T R E A

I I J G F D O R Y T E W A G B M R Y

T T A S F H W K R Y E W Q T S B O L

R N B H J L E G D R S E S V E N M P

F E B R U A R Y I Q W D G T S Y A I

T L J R D H S R D S G T V W O B N P

E A I J E W X Y E Z G X M D R A C F

E V O L E T W S N F T N E I V O E U

F R T E U J R Q I W K M R P E Y B N

X I T S H G J E M J D N E I R F K L

T P E R B X R H E M E X A N E R M R

Y F S F J E S C B B X E C K N T J L

Arrow

Be mine

Bouquet

Candy

Card

Chocolate

Cuddle

Cupid

February

Flowers

Friend

Hearts

Hug

Kiss

Love

Pink

Red

Romance

Roses

Sweet

Valentine

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OAK MANOR REHAB & NURSING FEBRUARY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 1:1 Visits-IR 9:00 TELEVISED CHURCH SERVICE-CDR 10:00 Manicures-CDR 10:30 Sensory Programs-CDR 10:45 Appetizing Stimuli-CDR 2:00 Bingo-CDR 3:00 Movie-CDR 3:15 ACTIVITY CART VISITS-IR 1	GROUND HOG DAY 8:30 1:1 Visits-IR 10:00 Toss & Talk-CDR 10:00 VR Exercise-EDR 10:30 Reminiscing-CDR 10:45 Appetizing Stimuli-CDR 2:00 MONTHLY BIRTHDAY PARTY W/ SCOTT-CDR 3:00 Guess The Words-CDR 3:00 Sensory Stimulation-WDR 2	8:30 1:1 Visits-IR 10:00-11:00 COMMUNION-IR 10:00 ROSARY-CDR 2:00 Baking Cookies-CDR 2:15 Would You Rather Game-CDR 3:00 Bingo-CDR 4:00 Movie-CDR 3	8:30 1:1 Visits-IR 10:00 Noodleball-CDR 10:00 Dominoes-EDR 10:30 Current Events-CDR 10:45 Appetizing Stimuli-CDR 2:00 MAKING VALENTINE APPRECIATION CARDS-CDR/EDR 3:00 Bingo-CDR 3:00 Sensory Stimulation-WDR 4	8:30 1:1 Visits-IR 10:00 Cardio Drumming-CDR 10:30 Reminiscing-CDR 10:45 Appetizing Stimuli-CDR 2:00 MAKING VALENTINE COOKIES-CDR 3:00 LRC-CDR 5	8:30 1:1 Visits-IR 10:00 Manicures-CDR 10:45 Appetizing Stimuli-CDR 11:00 BEACH PIZZA & DOLLAR TREE 2:00 Bingo-CDR 3:00 RASPBERRY CHESECAKE SOCIAL & TRIVIA-CDR 6	8:30 1:1 Visits-IR 10:00 Exercise-CDR 10:30 Trivia-CDR 10:45 Appetizing Stimuli-CDR 2:00 Family Feud-CDR 3:00 Painting-CDR 7
8:30 1:1 Visits-IR 9:00 TELEVISED CHURCH SERVICE-CDR 9:15 MT. CAMEL CHURCH SERVICE-CDR 10:00 Manicures-CDR 10:30 Sensory Programs-CDR 10:45 Appetizing Stimuli-CDR 2:00 SUNCOAST COMMUNITY CHURCH-CDR 3:30 Movie-CDR 3:15 ACTIVITY CART VISITS-IR 8	8:30 1:1 Visits-IR 10:00 Toss & Talk-CDR 10:30 Reminiscing-CDR 10:45 Appetizing Stimuli-CDR 2:00 FOOD COMMITTEE & RESIDENT COUNCIL MEETINGS-CDR 2:30 CHOCOLATE SOCIAL & TRIVIA- CDR 3:00 GUESS THE VALENTINE WORDS-CDR 9	8:30 1:1 Visits-IR 10:00-11:00 COMMUNION-IR 10:00 ROSARY-CDR 2:00 Baking Cookies-CDR 2:15 Would You Rather Game-CDR 3:00 Bingo-CDR 4:00 Movie-CDR 10	8:30 1:1 Visits-IR 10:00 Cornhole-CDR 10:30 Current Events-CDR 10:45 Appetizing Stimuli-CDR 2:00 MAKING MARDI GRAS MASKS-CDR 3:00 Bingo-CDR 11	8:30 1:1 Visits-IR 10:00 Cardio Drumming-CDR 10:30 Reminiscing-CDR 10:45 Appetizing Stimuli-CDR 2:00 MAKING PINK FLUFF DESSERT-CDR 3:00 LRC-CDR 12	8:30 1:1 Visits-IR 10:00 Manicures-CDR 10:45 Appetizing Stimuli-CDR 12:00 DINE-IN FROM FIVE GUYS 2:00 VALENTINE SOCIAL W/ CHOCOLATE COVERED STRAWBERRIES-CDR 3:00 RICHARD O'JACOBSON SCHOOL VISITS-CDR 13	VALENTINE'S DAY 8:30 1:1 Visits-IR 10:00 Exercise-CDR 10:30 Trivia-CDR 10:45 Appetizing Stimuli-CDR 2:00 VALENTINE PARTY W/ PAUL-CDR 3:00 Ice Breakers Game-CDR 14
8:30 1:1 Visits-IR 9:00 TELEVISED CHURCH SERVICE-CDR 10:00 Manicures-CDR 10:30 Sensory Programs-CDR 10:45 Appetizing Stimuli-CDR 2:00 Bingo-CDR 3:00 Movie-CDR 15	PRESIDENTS DAY 8:30 1:1 Visits-IR 10:00 Toss & Talk-CDR 10:30 Reminiscing-CDR 10:45 Appetizing Stimuli-CDR 2:00 STRAWBERRY SHORTCAKE & FAMOUS COUPLE TRIVIA-CDR 3:00 Guess The Words-CDR 16	MARDI GRAS 8:30 1:1 Visits-IR 10:00-11:00 COMMUNION- IR 10:00 ROSARY-CDR 2:00 MARDI GRAS PARTY W/ MIKE CDR 3:00 Bingo-CDR 4:00 Movie-CDR 17	8:30 1:1 Visits-IR 10:00 Noodleball-CDR 10:00 Dominoes-EDR 10:30 Current Events-CDR 10:45 Appetizing Stimuli-CDR 2:00 MAKING HEART SUNCATCHERS-CDR/EDR 3:00 Bingo-CDR 3:00 Sensory Stimulation-WDR 18	8:30 1:1 Visits-IR 10:00 Cardio Drumming-CDR 10:30 Reminiscing-CDR 10:45 Appetizing Stimuli-CDR 2:00 MAKING PINK FUDGE-CDR 3:00 LRC-CDR 19	8:30 1:1 Visits-IR 10:00 Manicures-CDR 10:45 Appetizing Stimuli-CDR 11:00 OUTING TO STEAK N' SHAKE 2:00 Bingo-CDR 3:00 CHOCOLATE MOUSSE SOCIAL W/ TRIVIA-CDR 20	8:30 1:1 Visits-IR 10:00 Exercise-CDR 10:30 Trivia-CDR 10:45 Appetizing Stimuli-CDR 2:00 Family Feud-CDR 3:00 Ice Breakers Game-CDR 21
8:30 1:1 Visits-IR 9:00 TELEVISED CHURCHSERVICE-CDR 10:00 Manicures-CDR 10:30 Sensory Programs-CDR 2:00 SUNCOAST COMMUNITY CHURCH-CDR 3:00 Bingo-CDR 22	8:30 1:1 Visits-IR 10:00 Toss & Talk-CDR 10:00 VR Exercise-EDR 10:30 Reminiscing-CDR 10:45 Appetizing Stimuli-CDR 2:00 DARK BROWNIE BAR W/ TOPPINGS & SWEET SAYINGS TRIVIA-CDR/EDR 3:00 Guess The Words-CDR 3:00 Sensory-WDR 23	8:30 1:1 Visits- IR 10:00-11:00 COMMUNION-IR 10:00 ROSARY-CDR 2:00 Baking Cookies-CDR 2:15 Would You Rather Game-CDR 3:00 Bingo-CDR 4:00 Movie-CDR 24	8:30 1:1 Visits-IR 10:00 Bowling-CDR 10:30 Current Events-CDR 10:45 Appetizing Stimuli-CDR 2:00 MAKING CRYSTAL HEARTS-CDR 3:00 Bingo-CDR 25	8:30 1:1 Visits-IR 10:00 Cardio Drumming-CDR 10:30 Reminiscing-CDR 10:45 Appetizing Stimuli-CDR 2:00 MAKING STRAWBERRY CREAM CHEESE DIP-CDR 3:00 LRC-CDR 26	8:30 1:1 Visits-IR 10:00 Manicures-CDR 10:30 Reminiscing-CDR 10:45 Appetizing Stimuli-CDR 12:00 DINE-IN FROM CHICK-FIL-A 2:00 Bingo-CDR 3:00 STRAWBERRY CREAM PIE SOCIAL & TRIVIA-CDR 27	8:30 1:1 Visits-IR 10:00 Exercise-CDR 10:30 Trivia-CDR 10:45 Appetizing Stimuli-CDR 2:00 Family Feud-CDR 3:00 Ice Breakers Game-CDR 28
THEME FOR THE MONTH: "WARM HEARTS, COZY STARTS"	ROOM KEY O=OUTSIDE IR=IN ROOM CDR=CENTRAL DINING ROOM EDR=EAST DINING ROOM WDR=WEST DINING ROOM CY=COURTYARD AR=ACTIVITY ROOM WW=WEST WING CW=CENTRAL WING H=HALL	Happy Mardi Gras	Happy Valentine's Day	CELEBRATING BLACK HISTORY MONTH	HAPPY PRESIDENTS DAY	HAPPY GROUNDHOG DAY