

Chestelm Adult Day Services

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Celebrating February

Podiatrist
February 1

Groundhog Day
February 2

Gina & Jen, Volunteers
February 1 & 15

Sue, the Hairdresser
February 13

Valentine's Day with Leslie Carr and Crowning of King and Queen of Hearts
February 14

Communion and Service With Rev. Adam Yates
February 14

Regina P.T., Volunteer
February 12

Memory Club 4-5:30 PM
February 20

Office Notes:

In the event of closing due to bad weather conditions or loss of power, we will post closings or a delay on channel 3 WFSB and channel 30 NBC. If you would like to be notified via text or by a phone call, please let Liz know by calling (860)873-3833. Call Liz if you have any questions or concerns. If you would like to add a day or change your scheduled day, please call the office to let Liz know. Sue, the hairdresser, will be here on February 13. Please send your money in advance of your appointment.

Nurse's Notes:

With colder weather, please remember to dress in layers. If you are wearing a new coat, please remember to put your name in it. If you would like to schedule a client care conference, please let Liz know by calling her at (860)873-3833. The podiatrist will be here February 1st. If you have not already signed up to see her, please call Liz to get an appointment. The Memory Club will meet on February 20 from 4-5:30 PM. Call Liz if you have any questions or if you are interested in attending. All are welcome!

Kathy's Corner:

We were very happy to have Rev. Adam Yates from the St. Stephen's Episcopal Church in East Haddam join us last month for communion and service. He will be with us now on a monthly basis. Everyone will get to vote for the King and Queen of Hearts this month. We are voting for the client that is nice and kind to everyone. We will celebrate on Valentine's day with a special dinner! This month, weather permitting, we will be going to the new Dollar General Store in Haddam and then for pizza at Haddam Pizza. Kathy will be collecting \$15 for the out trip. There is room for 13 clients, first come first serve. When you give Kathy your money then you will have reserved a seat on the van. Regina a physical therapist will be volunteering once a month to do an exercise program. Gina and Jen from Women and Family Services will be volunteering twice a month to do programs with the clients. We are excited to welcome them to CADS.

February's Birthstone

Amethyst is loved for its soft pink and purple tones. According to legend, amethyst received its enchanting purple hue from Dionysus, the Greek god of wine. Amethystos, a woman he was pursuing, refused his affections and prayed to the gods to remain chaste. The goddess Artemis thus transformed her into a white stone. Dionysus, who was humbled and inspired by Amethystos' purity, poured wine over the stone as an offering. As a result, the color of the crystals changed to purple.

February's Flower

The violet is a popular little plant. Not only is it February's flower of the month but it is also the state flower of Illinois, Wisconsin, New Jersey, and Rhode Island. As frequently as it crops up in Greek mythology, it's a wonder that the violet isn't the national flower of Greece. In the Victorian era, violets were significant in the language of flowers. Purple violets said, "I'll always be true." White and cream-colored blooms said, "Let's take a chance on love and happiness." Even the heart-shaped leaves of the wild violet symbolize love.

February Birthdays

In astrology, those born between February 1–19 are Water Bearers of Aquarius. Water Bearers are deep-thinking intellectuals, unafraid of exploring outlandish ideas. Their strong sense of community makes them good friends and valuable team members. Those born from February 19–28 are the slippery Fish of Pisces. Selfless Pisces are very wise and empathetic, making them always willing to help others. These deep emotions also make Pisces talented artists and good friends.

Erin- February 13th

Clarence- February 24th

George- February 26th

Garland- February 28th

General George

He was a boy born in Virginia and he longed for a reputation
 And adventure and swimming He learned the basics from friend and family
 Spent 10 years on the Rappahannock River Fredericksburg was near to there
 He excelled in math and became a civil engineer then he became a professional surveyor.
 Before he was 16, he was making money in this profession he learned social graces,
 dancing, fencing, Fox hunting, appropriately acting, speaking and dressing.
 When his older brother, Lawrence, passed on he was given his military position, his rank
 was major.

Virginia was progressing rapidly West untamed land full of American Indian's and French
 Yes, The Father of the United States of America, at one time fought for the Britain Empire
 He became commander of Virginia's entire military, with an Army of a few hundred
 strong.

He was supposed to protect a frontier 350 miles long,
 He acquired skills in commanding men, they took control of the Ohio Forks again.
 When Pittsburg was safe and secure, we had the end of the French and Indian War
 Washington thought he was slighted by England, they hardly acknowledged hard work he
 had done.

Then General George married a wealthy widow, with lots of money and lots of land
 This mansion & farm found in Mt. Vernon, Martha already had two children, he raised
 them as his own.
 The next 26 years Washington farmed and became an entrepreneur
 Experimented with new crops, fertilizers, tools and breeding livestock.

He no longer raised tobacco it ruined the soil and because of England it was not very
 profitable.
 His plantation expanded and engaged in flour milling and Chesapeake Bay commercial
 fishing
 His success with flour lead to a Southern Mediterranean Market.
 His hard work resulted in growth of his mansion.

Plus, lots more land up to 8,000 acres, he also operated a huge distillery 11,000 gallons of
 rye whiskey.
 George Washington and slavery in Virginia, slaves were accepted and legal
 After the Revolutionary War he changed his view, he had free Blacks and slaves fight in
 that war.

He was one of the few Southern founding Fathers that opposed slavery,
 But Washington got disenchanted with England and all the taxes, interfered with Freedom
 of the colonist
 When he heard about the Boston Tea Party Washington stepped up, "You can count on me,
 if need be".

He tried to conquer New York but he had far fewer troops and they were less trained and
 because of the mighty English Navy, he was humiliated
 He regrouped and tried again another humiliating defeat
 Then he went to White Plains where he had another great loss
 Washington withdrew to Pennsylvania with his 2,800 men.

The English had every good reason to believe the Colonist would surrender in a few
 months
 Rather than be conquered and become English subjects
 Then Washington made a gutsy move, on Christmas day he crossed the Delaware River
 And conquered Fort Trenton, and then he re-crossed the River to capture the Fort at
 Princeton.

Then a French General Compte-de-Rochambeau offered help and new hope
 They thought maybe of attacking New York again
 But they changed their mind it wouldn't work, instead Washington marched South to
 Yorktown
 And the French General put squeeze on them, After Cornwall Surrendered the war was
 over.

But it wasn't until 2 years that the peace treaty would be signed on the colonist terms
 General George Washington could have declared himself King
 Instead he went back to Mt. Vernon and his wife, But America still needed him.

Secretary of the Treasury, Hamilton, Secretary of the State, Jefferson
 Constitution written by Madison, Secretary of Defense, John Knox, after his first term
 He thought he had established the new Republic on solid ground.

Jefferson talked him into staying another term, there was a war in Europe
 Washington decided to stay neutral, that America would do better spreading West
 Northwest Indian tribes backed by The Brits and access to the Mississippi by the Spanish.

Written by Mark Rockefeller, a client at Chestelm Adult Day Services

Drawing the Short Straw

February 22 is Skip the Straw Day. Banning straws has certainly been a hot topic. More and more companies and communities are outright banning these seemingly harmless modern conveniences. This is because Americans, on average, use one million plastic straws each day, and many of those plastic bits are ending up in landfills and our oceans. For those who still want straws or need them for medical reasons, some companies now provide customers with biodegradable or compostable straws, including paper straws. People used to sip drinks through long hollow reeds of ryegrass. That all changed in 1888 when inventor Marvin Stone patented a spiral winding process for paper and created the first paper straw. His straws were far superior to ryegrass straws, for they did not impart a grassy taste to the beverage. So it seems that we have come full circle, back to Stone's original invention. But will banning plastic straws actually save the environment? Not entirely. Plastic straws are just a tiny percentage of plastic pollution. But the anti-straw movement might raise awareness about the harms of plastic to our planet.



Millie played the drums with Marci Conway for our New Year's Eve Party!



Dale played the drums, while Herman was wearing his party hat to celebrate 'Ringing in the New Year'! We had a fun time with Marci Conway bringing instruments for everyone to play.



Chris and Elsie had a fun time wearing their New Year's Eve hats and playing musical instruments with Marci leading us in song and keeping everyone in tune with the music! Then David made a toast with some bubbly and special cookies to ring in the year 2019!

Right from the Heart

I'd like to take my girlfriend on a date,
 And we could stay out very late.
 How about we don't worry about getting thinner,
 And we'll go out for dinner.
 I hope it doesn't snow,
 Because the temperature will be low.
 I'll get my wife a gift,
 And give her quite the lift.
 Roses for my Honey,
 No matter how much money?
 Let's give each other a kiss,
 And hopefully we don't miss!
 If I had a sweetheart,
 We would never part.
 I would give her chocolate candy,
 Now wouldn't that be dandy.
 I'd like to get a Valentine's Day Card,
 Which shouldn't be very hard.
 I wish my husband was here,
 Because he was someone so dear.
 We'll show each other some love, respect and trust,
 Which is a definite must.
 Real happiness is hard to find,
 But it is the Greatest kind!

This Valentine's Day poem was written by the clients at Chestelm Adult Day Services. Many Thanks to David T, Fran, Joe, Lenora, Paula, Richard G, and Steve for a job well done!

Beauty/Barber Services

Please call Kathy at (860)873-3833 to schedule your hair appointment. Sue will be here on February 13. If this doesn't work for you please let Kathy know. Please remember to send in your money in advance of your appointment. Thank-You!

The prices are as follows:

- Wash & Set: \$12
- Haircuts: \$15
- Wash, Cut & Set: \$18
- Color: \$25
- Perm: \$50

