

Harry & Jeanette Weinberg Village

Weinberg Village Assisted Living Residences

Sylvan & Jean Orloff Memory Support Unit

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February 2012

“The two most engaging powers of an author are to make new things familiar and familiar things new.”
 —William Thackeray (1811–1863). What do birds, mermaids and aviators have in common? Find out at the book signing that Weinberg Village is hosting on Thursday, Feb. 23, at 7 p.m. We are proud to support three local authors who will each present and read from their works. The authors include Herman Thorbecke, Diane Gugliotta and Denis Gaston. Diane and Denis are both well-known Florida artists, primarily painters who also spend their time writing. Herman was a stained glass artist, specializing in decorative entryways. The three actually met while exhibiting and competing at local art shows. They are excited to be joining our community for this event. We look forward to seeing you at Weinberg Village!

Dan Sultan
 Executive Director

Event: Thursday, Feb. 23, at 7 p.m. at Weinberg Village:

“Writing Artists Present”

- Denis Gaston: “Fear of Flying, Prose and Drawings,”
- Diane Gugliotta: “Told on an Atoll,”
- Herman Thorbecke: “So Long Europe, Hello South Africa, Tall Tales and Adventures.”

For planning purposes, please R.S.V.P. by calling (813) 969-1818.



{February}
LibraryLovers'
month

Chocolate: From Tree to Treat

Money may not grow on trees, but chocolate does. Those delectable confections in the box start out as pulp covered seeds inside a pod from a cacao (kah-KOW) tree. Cacao trees grow in the shadow of taller trees in tropical rain forests and flower year-round. A cacao pod holds 30 to 50 almond sized seeds, called beans, enough to process about seven milk chocolate bars. Here are some other facts about chocolate:

A minor jolt. Chocolate has an undeserved reputation for having lots of caffeine. Dark chocolate, the highest in caffeine, contains about 15 milligrams per ounce. You would have to eat 10 to 15 ounces of dark chocolate to match the amount of caffeine in one cup of coffee.

Yummy and healthy.

Chocolate also gets a bad nutritional rap. But research points out the helpful effects of antioxidants in chocolate, including a reduced risk of heart disease and stroke. These perks apply only to dark chocolate, and only when eaten in moderation. Adding milk to chocolate appears to lessen the benefits.



Health & Wellness

Medication Interactions: The Bottom Line

A **drug interaction** is a situation in which a substance affects the activity of a drug, i.e., the effects are increased or decreased, or they produce a new effect that neither produces on its own. Typically, interaction between drugs come to mind (drug-drug interaction). However, interactions may also exist between drugs and foods (drug-food interactions), as well as drugs and herbs (drug-herb interactions). These may occur out of accidental misuse or due to lack of knowledge about the active ingredients involved in the substances.

Generally speaking, drug interactions are to be avoided, due to the possibility of poor or unexpected outcomes. However, there are occasions where a drug to drug interaction is favorable. Drug interactions may be the result of various processes. These processes may include alterations, such as alterations in the absorption, distribution, metabolism and excretion of a drug. Alternatively, drug interactions may be the result of the properties of the drug.

The Bottom Line is this: your primary care physician and every specialist physician should have a complete list of every medication you take: prescribed, over-the-counter remedies, vitamins, minerals and supplements included. Always take a current list of your medications or the medications themselves to each MD visit. Review your medications with your primary care physician at every visit and don't be afraid to ask questions. It's your health!

What's Cooking

Weinberg Culinary Class

We are going to begin a cooking class led by William Langston, the Dietary Director. We will be cooking, demonstrating and taste testing. Join us on Feb. 15 at 2 p.m.

Happy Birthday

Our February Babies

Feb. 1	Anita K.
Feb. 14	Wilma A.
Feb. 28	Sylvia K.

Bumper Sticker Snicker

Never lie to an X-ray technician. They can see right through you.



Activities

Up-and-Coming

This month we are heading out to The Florida State Fair for Senior Day, and USF for the Senior Prom. We will also be going out on shopping trips to the Citrus Park Mall, Publix and Walmart. A sign-up sheet is at the front desk with the details for each trip. A monthly activity calendar is available upon request. Contact Lindsay Woods at (813) 769-2818 for questions.

Super Food: Strawberries

Sweet, juicy strawberries are ripe with flavor and rich in nutrients. Anthocyanins—the antioxidants that give strawberries their beautiful red color—protect cell structures in the body. Phenols, another antioxidant group in strawberries, help stave off heart disease and cancer. Strawberries' high level of vitamin C helps prevent macular degeneration. Enjoy strawberries in salads, smoothies, yogurt parfaits and, of course, in strawberry shortcake.

Sweet Stuff

National Sticky Bun Day is Feb. 21.

Wisdom Really Does Come With Age

Recent research shows that, in addition to a lifetime of experience, elderly wisdom can also be attributed to some changes in the brain. Brain scans reveal that older people are more likely than the young to utilize both the left and right sides of the brain, allowing them to make more balanced decisions. Aging brains are also less influenced by dopamine, the chemical that fuels emotion, so they are more inclined to think things through rather than act impulsively. That's why wisdom comes with age.

Poetry Corner



"A Love Story"

I saw them as I walked down the lane, holding hands in love again. She wore a red rose in her white hair, her face was flushed and without care. He carried a cane and wore a wink in his eye. I heard them both sigh as I thought to myself, how wonderful to be still in love at 83. Happy Sweethearts Day!

By: Carole Bernson

Birth of an 'Angel'

Farrah Fawcett was born on Feb. 2, 1947.

Wit & Wisdom

"I wonder what fool it was that first invented kissing."
—Jonathan Swift

"The sound of a kiss is not so loud as that of a cannon, but its echo lasts a great deal longer."
—Oliver Wendell Holmes Sr.

"They invented hugs to let people know you love them without saying anything."
—Bil Keane

"Kisses, even to the air, are beautiful."
—Drew Barrymore

"The recommended daily requirement for hugs is four per day for survival, eight per day for maintenance, and 12 per day for growth."
—Virginia Satir

"Kissing is like drinking salted water. You drink, and your thirst increases."
—Chinese proverb

"Kiss and make up, but too much makeup has ruined many a kiss."
—Mae West

"Did you know that if you visualize, you can actually hug on the phone?"
—Shelley Long

"What of soul was left, I wonder, when the kissing had to stop?"
—Robert Browning

Flower of [February]

Botanical name | Saintpaulia

Description | Five-petaled blossom with velvety feel. May be plain, ruffled, fringed, scalloped, spooned or pointed in shape

Colors | Blue, purple, red-violet, pink, lavender and white in solid, bicolors and multicolors

Facts | Baron Walter von St. Paul discovered the plant in Tanzania in 1892. It is extremely popular as a houseplant that blooms almost continuously with proper care.

[African Violet]

Meaning |
Faithfulness, virtue



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