

FEBRUARY 2017

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VALENTINE TRADITIONS

In Whales, wooden spoons were carved with hearts, keys and keyholes, and given as gifts on February 14th. Hence, “You unlock my heart!” In the Middle Ages, young men and women drew names from a bowl to see who their valentine would be. They would wear the names on their sleeves for one week. Hence, “To wear your heart on your sleeve.”

Here at Holy Family Manor, we have our own annual event, hence, the Spaghetti Dinner, to benefit Holy Family Manor, Mount Nazareth Learning Center and Nazareth Housing Services. The dinner will be on Friday, February 17th from 5:30 p.m. to 7:30 p.m. in our auditorium.

Residents, families and friends can purchase their tickets at the reception desk or by calling Lynn at 412-931-6996 x6512, or email:

Istys@chfmanor.org. Tickets are \$8 for adults and \$6 for seniors and children. There is no charge for children 5 and under. Payment is accepted by cash, check and now credit cards.

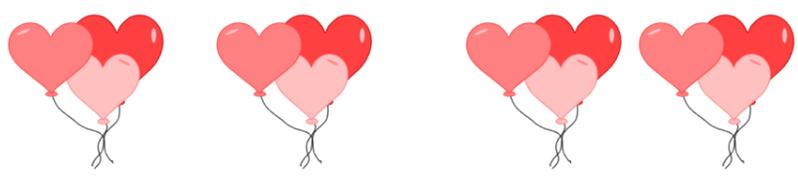
This event serves as a kick-off for the Highmark Walk for a Healthy Community. Residents who are not attending will have their dinner served in the dining room as usual.



MANOR MEMOS

- Just a reminder that all guests and family members are to sign in and get a **VISITOR BADGE** from the receptionist for emergencies and the safety of our residents.
- February is **Heart Health Month**. Come join us for our Monday and Wednesday work outs on the third floor at 10:00 a.m. and Tai Chi Class on Tuesdays at 2:00 p.m. in the auditorium.
- Holy Family Manor’s annual **Spaghetti Dinner** fundraiser will be held on Friday, February 17th in the auditorium. Residents will be served their meal in the dining room. If they plan on attending, they can purchase a ticket at the reception desk.
- We welcome Mary Fleig as our new Activity Assistant. Mary joins Marleen and Jennifer and brings lots of experience, new ideas, and enthusiasm.

FEBRUARY BIRTHDAYS

Marie D. 2 nd Irene H. 4 th	Helen H. 4 th Sister Florence Therese 8 th
	
Sister Kate 8 th Sister Delores 18 th Joanne R. 22 nd	Casimir M. 14 th Grace L. 18 th Helen M. 23 rd

HFM COOKBOOK

There is still time to submit an entry for our Holy Family Manor Cookbook. Forms are available at the reception desk. The deadline for submission is **February 14th**. So “**have a heart**” and get your recipe and memory in the cookbook. It may just be one selected to be made for everyone by our Dietary Department.

WELCOME

Audrey K.
 Room 105 ♥
 Terry B.
 Room 103
 ♥ Milton C.
 Room 315

RESIDENT SPOTLIGHT

With the arrival of the cold weather, it was easy to pick Jack S. as our Resident Spotlight because he brings his humor and warmth to all of us. Jack was born and raised on the Southside in Brookline with his two brothers and step-sister. He attended Oliver and South High School but left to sign up for the Army when he was a junior and later received his diploma.

Jack served with the military police for four years. After his time in the military, Jack worked at various jobs but met his future wife, Barbara, while at Standard Machine and Supply. For Jack it was love at first sight but he chuckles when he says that he had to chase her until she was caught! This loving couple were married at St. Peter’s on the Northside and shared their lives together for 56 years.

After living in various places in the city, Barbara and Jack settled in Brookline and began their family. They were blessed with a lovely daughter, Tina Marie. Tina currently lives in North Carolina but keeps in good touch with her father. She is the one who buys her dad his funny t-shirts.

Jack has done many things in his life and worked many jobs. He enjoyed sales, being an active member of the American Legion for 50 years, photography and bowling. Jack is an avid Pittsburgh Sports fan, dog lover and jokester. He helps lead the weekly Rosary and wins a lot at bingo! Jack is a gentleman and looks out for anyone who needs a helping hand, a kind word or a cup of coffee! We are blessed to have Jack S. as part of our Holy Family Manor Family.

♥

HERE ARE SOME TIPS FOR A HEALTHY HEART:

- Don't smoke.
- Maintain a healthy body weight.
- Get regular physical exercise.
- Eat a balanced diet.
- Get regular physicals.
- Eat less sugar and fat.
- Minimize stress.
- Know your family history.

MANOR MEMORIES

We started off our New Year with lots of projects and programs. We made cupcakes for dessert, birdfeeders for the birds, and popcorn snowmen to celebrate National Popcorn Day. These are just a few of the many activities we enjoyed in January. Please look at your February calendar because we have lots of parties and festivities planned throughout the month. Come and join the fun. You'll be glad you did.



Helen C. puts the icing on the cupcakes while Ray H. does the decorating.



Sister Lucille, Jane C. and Mary Della K. string food for the birds.



Mary Fleig, our new Activity Assistant, helps Margaret S. and Sister Florence K. with their popcorn snowmen. Sister Annette shows off the finished product.



**YOU
CAN
NEVER
DO
A
KINDNESS
TOO
SOON,
FOR
YOU
NEVER
KNOW
WHEN
IT
WILL
BE
TOO
LATE.**

**RALPH WALDO
EMERSON**





Feast Day of Our Lady of Lourdes

O ever Immaculate Virgin, Mother of Mercy, health of the sick, refuge of sinners, comforter of the afflicted, you know my wants, my troubles, my sufferings; look with mercy upon me.

By appearing in the Grotto of Lourdes, you were pleased to make it a privileged sanctuary, whence you dispense your favors; and already many sufferers have obtained the cure of their infirmities, both spiritual and corporal. I come, therefore, with complete confidence to implore your maternal intercession.

Obtain, O loving Mother, the grant of my requests. Through gratitude for your favors, I will endeavor to imitate your virtues, that I may one day share your glory. Amen.

February 11, 2017