

From Your Valentine

On February 14 each year, sweethearts celebrate Valentine's Day by exchanging cards, chocolates, and other tokens of love. But do these sweethearts know who they are celebrating? The true identity of St. Valentine is murky and there are differing stories detailing his role in the church and the acts that inspired the popular holiday bearing his name.



Competing stories depict St. Valentinus (the Latin version of the name) as either a priest from Rome or the Bishop of Terni during the reign of Emperor Claudius II. Legend has it that Valentinus aided Christians who were persecuted under Claudius II's reign. Eventually, Valentinus, too, was put

under house arrest at the home of Judge Asterius. It so happened that Asterius had a blind daughter. The judge asked Valentinus to prove the power of Christ by restoring the girl's sight. When Valentinus performed the miracle, the judge thanked him by freeing him and all the Christians he had imprisoned. But Valentinus did not remain free for long. He was again arrested and brought before Emperor Claudius II himself. When Valentinus attempted to convert Claudius to Christianity, he was executed on February 14, AD 270, but before his martyrdom, he is said to have written a note to the daughter of Asterius, which he signed "From your Valentine."

Another story details how Claudius II outlawed marriage for young men in the belief that single men made better soldiers than those with wives and families. Valentine defied Claudius and performed marriages in secret, purportedly cutting hearts of parchment and gifting them to the couples as a sign of God's eternal love. When Valentine's secret was discovered, Claudius executed him.

These stories are different yet they both illustrate Valentine's devotion to his faith and his people. As these legends spread, so did Valentine's reputation for heroic love and devotion, inspiring a holiday dedicated to the ideals he died for.

February Birthdays

Marge Berteran – February 20

Ayn Rand (author) – February 2, 1905
 Gertrude Stein (writer) – February 3, 1874
 Rosa Parks (activist) – February 4, 1913
 Laura Ingalls Wilder (writer) – February 7, 1867
 Thomas Edison (inventor) – February 11, 1847
 Galileo (astronomer) – February 15, 1564
 Michael Jordan (athlete) – February 17, 1963
 Sidney Poitier (actor) – February 20, 1927
 Nina Simone (singer) – February 21, 1933
 George Washington (president) – February 22, 1732
 Elizabeth Taylor (actress) – February 27, 1932
 Dennis Farina (actor) – February 29, 1944

Do a Grouch a Favor

You probably know someone who is a grouch. Maybe it's your friend, neighbor, parent, or even spouse! February 16 is the day to forgive them for their sullen and grumpy attitudes and do something nice, for it is Do a Grouch a Favor Day. What favors could possibly satisfy the irritable nature of a grouch? Psychologists



believe that the most common sources of irritability are often little things throughout the day, small annoyances that come with everyday tasks such as driving or shopping at the grocery store. Compassion, they say, is necessary for forgiving those around us for their minor transgressions and annoyances. So perhaps the biggest favor we can do for a grouch is to show them compassion. Understanding others' emotions is the first step we can take toward alleviating their suffering and dispelling loneliness.



Celebrating February

Library Lovers Month

Mend a Broken Heart Month

Black History Month

Groundhog Day

February 2

Westminster Dog Show

February 10–11

Valentine's Day

February 14

Presidents' Day: U.S.

February 17

Mardi Gras

February 25

Leap Year Day

February 29

The Gardenview

Gable Pines of Vadnais Heights

GardenView News

Hello Friends and family from the Gardenview at Gable Pines.

Another month has passed so quickly, probably because we have had so many activities that have kept us busy. We think the favorites are the new "snack and chat" in the afternoons and every Friday we enjoy music with Carolyn – these seem to be big hits so we will continue with these and add more next month. We have some volunteers that help us with a variety of things but we are always looking for more – if you have any skills or interests that you would like to share with us please contact Kendra (651-728-6887) and she will walk you through our volunteer process.

A couple of other things to look for in February will be our Family Fun night on Saturday February 15th from 3:00pm until 4:00pm and the focus will be on Valentine's Day. On February 20th at 4:30pm Family Council will be held in the theater – We will have a guest pharmacist join us.

Gardenview has become a new home for some residents; they have been welcomed by staff and current residents. As you can see by the photo below they enjoy each other's company.





Valentine's Day Family Fun Day

Please join us on February 15 for

Valentines Fun Day.
3-4pm

There will be Valentines Bingo and snacks.



Events for February

- Feb 7 Music with Patrick Sullivan @ 2:30
- Feb 10 Piano with Charles Kemper @ 2:30
- Feb 11 Music with Phil Kitze @ 10:30**
- Feb 15 Family Fun Day 3-4**
- Feb 17 Roseville Jazz Trio @ 2:30
- Feb 18 Music with Phil Kitze @ 10:30**
- Feb 19 Music with Mary Hall @ 2:00
- Feb 25 The Gardens Waffle Breakfast**
- Feb 25 Music with Phil Kitze @ 10:30**

- Feb 20 The Gardens Family Council @ 4:30**

