

February Birthdays



Residents:

- Nurun U. February 2nd
- Bonita G. February 6th
- Rhonda R. February 19th
- Helen A. February 25th
- John C. February 28th
- Sandra F. February 28th

Staff:

- Carol E. February 16th
- Ed B. February 25th

Chasing Winter Glory

The 2026 Winter Olympics are headed to the stunning landscapes of northern Italy, bringing together athletes and fans for a celebration of winter sports, culture, and camaraderie. Set across Milan and Cortina d'Ampezzo, the Games promise a picturesque backdrop of snow-capped Dolomite peaks, charming Alpine villages, and historic cities bursting with Italian flair. Visitors can expect not only thrilling competitions but also the chance to savor local traditions—from hearty mountain cheeses and cured meats to rich pastries and steaming bowls of polenta. Northern Italy's cuisine, hospitality, and vibrant markets offer a unique flavor to the global event, making the Olympics more than just an athletic spectacle.

At the heart of the Games are the timeless Olympic values: teamwork, perseverance, and friendly rivalry. Whether athletes are coordinating flawless passes on the ice or supporting teammates in grueling downhill runs, the Olympics

showcase how dedication and collaboration turn individual effort into shared achievement. For winter sports enthusiasts, the 2026 Olympics also carry a strong sense of nostalgia. Fans will relive the thrill of skiing down glittering slopes, the elegance of figure skating routines, and the exhilaration of sledding through icy tracks. From alpine skiing and snowboarding to speed skating and bobsled, the Games celebrate the full spectrum of winter sports, each steeped in history and tradition.

The Milan-Cortina Olympics offer a rare combination: breathtaking scenery, rich cultural experiences, and the universal language of sport. As nations gather to compete, cheer, and share in this global festival, the event promises to leave lasting memories for athletes and spectators alike. The 2026 Winter Olympics are shaping up to be a heartwarming celebration of skill, spirit, and wintertime joy.

Notable Quotable

"It took me 17 years to get 3,000 hits in baseball. I did it in one afternoon on the golf course."

~ Hank Aaron, born Feb. 5, 1934

Pomeroy Living

February 2026 Newsletter

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February Features!

Planned Special Events:

February 3rd & February 17th, 6:00. p.m.

Visits with Simba-friendly golden retriever who loves people! Simba is quite the traveler and enjoys taking adventures to Disney!



February 13th, 6:00 p.m.

Manda's Rhythm & Dance Studio will be performing just in time for Valentine's Day after dinner.



February 17th- Mardi Gras festivities!

February 20th, 2:30 p.m.

February Birthday party with Heart of the Hills, an entertaining ensemble of seniors who put on a variety show of music, dancing, and humor.



Activities

We had many recreational events in January. From ice cream socials to painting Parties, beanbag shuffleboard, movies, and magic entertainment, here is a photo review highlighting some of the events:



Dancing the Divine



The term ballet comes from the Italian balletto, meaning "little dance."

Ballet is not only a beautiful and elegant dance form, but it's also the perfect civilizing art, says ballerina, critic, and historian Jennifer Homans.

Throughout its history, ballet has been used to refine the body, mind, and soul. Since its origins as a dance of wealthy Italians during the Renaissance, ballet grew beyond the dance floors of the rich.

To develop its fluid and balanced movements, choreographers used math and geometry, then taught by ballet teachers to their students. The dance was thought to be so harmonious and perfect that it was given religious significance. In their view, mastering ballet could actually improve the soul. With results like that, why not try a few steps on February 7, Ballet Day?

Good Deeds and Good Fortune



Special attention is given when cleaning corners, windows, and doorways—places where old energy is thought to gather.

February 17 may ring in China's new year, but preparations often begin weeks ahead of Chinese New Year's Day. One of the most important customs is a thorough cleaning of the house. This ensures any bad luck built up over the past year is swept away. Similarly, one must not clean during the first days of the new year so as not to sweep away any new good luck. Cleaning house also means it's time to take care of unfinished business; paying debts and resolving quarrels are all part of prepping for the new year.

Food is an important part of any Chinese New Year celebration, but most food must be prepared in advance, thanks to a popular superstition dictating that knives be put away on New Year's.

Perhaps the most important New Year's tradition is paying respect to ancestors. Celebrations can

begin only after proper homage has been paid. On New Year's Eve, temples are often crowded with people bringing food, incense, and other offerings for their departed forebears.

Next door to China in neighboring Tibet, February 18 brings the new year, called *Losar*—Tibet's most important holiday. Drawing from Buddhist tradition, Tibetans believe good comes only to those who do good themselves. For this reason, Losar rituals include a focus on "virtuous attitudes," "virtuous actions," and thus, a "virtuous new year." For three to 15 days, depending on the locale, family and friends gather and celebrate by eating good food, telling stories, lighting fireworks, and playing games. Celebrations also involve donning one's finest clothes to visit temples and offer good wishes to the living, dead, and spirits of the enlightened.



Because their fur traps heat so effectively, polar bears are surprisingly hard to spot with thermal imaging.

Guardians of the Arctic

You don't have to live in the Arctic to celebrate International Polar Bear Day on February 27. The polar bear is one of nature's most awesome beasts and is the world's biggest hunter. Polar bears spend much of their time lying in wait outside holes cut in the ice by ringed seals, which must return to the surface for air. A seal's survival depends on maintaining its series of breathing holes. That same survival instinct is what eventually provides the polar bear with its next meal.

As the Arctic warms and ice recedes, polar and brown bear habitats have begun to overlap, and hybrid offspring have appeared. Dubbed *nanulaks* by Canadian wildlife officials, the hybrid bears are whitish brown with long claws and a humped back. Offspring of a male polar bear and a female grizzly are called *pizzlies*; reverse the parentage and it's a *grolar bear*. However, as long as there is ice to roam and seals to hunt, a polar bear's home will always be the Arctic.

February Aloha



In hula, the hands and arms are the true storytellers, while the hips simply keep rhythm and flow.

For those dwelling in the northern hemisphere, February brings a chill to both the air and the spirit. Sure, spring is just a month away, but who can think of spring when the snow's still falling? Drive away the February chill on February 1 with Hula in the Coola Day.

Hula dancing is an integral part of Hawaii's Polynesian history and culture. The dance is far more than swaying the hips in a grass skirt; it's a ritual way to explain Hawaiian gods and goddesses, the history of the people, and the mysteries of natural phenomena through chanting, singing, and dancing. Hula has been performed during religious rituals, rites of passage, social gatherings, and even football games. If you're looking to warm your spirit this February 1 with a little *aloha*, find a real *kumu hula* teacher.

Then ditch the grass skirt for one made of *kapa*, a traditional fabric handcrafted from the bark of the paper mulberry tree.

Since hula is Hawaii's iconic dance, the ukulele must be Hawaii's iconic instrument. In the 1900s, the ukulele became part of the musical backdrop to hula dances, so it stands to reason that World Ukulele Day falls on February 2, the day after Hula in the Coola.

Perhaps no ukulele musician was as beloved as Israel "IZ" Kamakawiwo'ole. Raised in a musical family from Honolulu, he was exposed to entertainers like Don Ho and Palani Vaughan. His version of "Over the Rainbow" may rival Judy Garland's. It will, no doubt, be strummed the world over on World Ukulele Day.

Volunteers Needed!

Do you or a friend have spare time throughout the week? We are looking for volunteers to assist with companionship and small recreational tasks. Any day of the week works! If you or someone you know may be interested in this rewarding opportunity, please reach out to ACTIVITIES and ask for Megan:

activityss@pomeroyliving.com or
(586) 978-8820 ext. 213.

Thank you!

