

Last Month in Review

From Social Activities, Pet Therapy, Lunch Outings, Socialization with friends in our courtyard, and Family Parties, we make sure our residents enjoy their daily life here at The Crossings at Riverview.



February 2024

The Crossings News

The Crossings at Riverview Assisted Living & Memory Care Community
8451 US HWY 301 S. Riverview, FL 33578 ~ 813-671-0222 ~ www.thecrossingsatriverview.com



Celebrating February

Bird Feeding Month

Spunky Old Broads Month

Women Inventors Month

Engineers Week

February 18–24

Change Your Password Day

February 1

Liberace Day

February 4

Periodic Table Day

February 7

Chinese Lunar New Year's Day

February 10

Galentine's Day

February 13

Valentine's Day

February 14

Presidents' Day

February 17

For Pete's Sake Day

February 26

Leap Day

February 29

New Residents

A very warm welcome to the newest members of our community:

- Byron
- Meg
- Celina
- Ricky
- Richard
- Dorothy
- Leonard
- Mary



New Staff

A warm welcome also goes to the people who joined our team in the month of January!

- Vicki (Activity)
- Jessica (Med Tech)
- Shaunta (Med Tech)
- Arianna (Med Tech)
- Rebekah (Med Tech)
- Varonnica (Cook)
- Natalie (Receptionist)

February Birthdays

- Sandi (2/1)
- Eileen (2/1)
- Winchester (2/12)
- Annie (2/16)
- Leonore (2/18)
- Tina B (2/19)
- Al (2/25)



The Magic of Mardi Gras



Mardi Gras, the vibrant and exhilarating Carnival season celebrated in various parts of the world, is a spectacle of merriment, color, and

culture. It typically involves parades, masquerade balls, and the donning of elaborate costumes, offering a unique blend of tradition and modern revelry. Each year, it is a time for people to indulge in festivities and enjoy the spirit of community. In 2024, the celebration begins on January 6. It leads up to Fat Tuesday on February 13—the culmination of the Carnival season.

In 2024, Mardi Gras promises to be an exceptional experience. While the details of the celebrations vary from place to place, grand parades with intricate floats, live music, and colorful Mardi Gras beads are common features. The heart of Mardi Gras lies in its diverse cultural influences, blending elements of French, Spanish, African, and Creole heritage, which contribute to the rich tapestry of this celebration.

A tasty aspect of Mardi Gras is the king cake, a traditional pastry with a hidden figurine or token inside that brings good luck to the person who discovers it. Vivid, intricate masks and costumes add to the visual spectacle of Mardi Gras, as participants embrace anonymity and the freedom to be anyone they choose for a day.

Whether you're in New Orleans, Rio de Janeiro, or any of the other cities that celebrate Mardi Gras, the joyous atmosphere and sense of unity are universal. Partygoers let loose, enjoy the parades, savor delicious cuisine, and partake in a global festival of life and culture.

But Mardi Gras is more than just a party; it's a colorful expression of tradition, diversity, and the indomitable human spirit. Mark your calendars for Mardi Gras 2024 and prepare to join the revelry!

A Cutting-Edge Hobby

It's not an illusion or a magic trick—sword swallowing is a serious and even ancient art. On February 24, World Sword Swallowers Day, many practitioners will perform free demonstrations of their weird art form.

How does one learn to swallow a sword? Apprentices begin by putting objects of increasing size down their throats: fingers, spoons, paintbrushes, knitting needles, coat hangers, and then swords. Eventually, a swallower's esophagus is so relaxed that the sword travels down the throat and into the stomach. Today it may be a showy act for street performers and circus sideshows, but in ancient India, it was considered a demonstration of divine union with their gods, akin to walking over hot coals. Only a few dozen people worldwide currently risk this dangerous pastime. Luckily, for many, the worst injury they suffer is "sword throat."

Spreading Sunshine

Is there someone in your life who is a perpetual grouch? Are they forever grumpy? Is every day a bad day? February 16 may be your day to help them. It's Do a Grouch a Favor Day.



Hunger is a definite biological cause of grouchiness. Perhaps the best favor you can do for a grouch is bake them a treat or buy them lunch. Some people are grouchy first thing in the morning. The grouch might say they're "not a morning

person," but this grouchiness may have a biological cause. Some suffer a groggy period after waking up that is called the "sleep inertia" phase. It takes from five to 30 minutes for a person to feel awake. If someone is an interminable grouch, perhaps the biggest favor you can do for them, and yourself, is leave them alone.

Upcoming Events

Friends & Family Party (Memory Care)
Thursday, February 8th at 3:30pm

Sweetheart Dance in France
Thursday, February 15th at 1:30pm in the Bistro

Family Support Group
Date to be determine (families see email)

Friends & Family Party (Assisted Living)
Thursday, February 22nd From 4-6pm

Regular Events

- Happy Hour - Thursday at 2pm unless otherwise posted.
- Catholic Services are every Friday at 10:00am
- Salon is open Mondays & Tuesdays, if you will like an appointment, please see the front desk.
- Pastor Joe will be here Feb 4th & 18th
- Resident Council meets the third Monday of the month
- Butterbean Auction fourth Monday of the month

Gratitude Corner

January's Employee of the month:

- Abeer

January's WOW Card Winner:

- Ron



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@crossingsatriverview

The Art of Being Humble

February 22 prefers not to call attention to itself. It is Be Humble Day, a day not to brag, boast, or call attention to your accomplishments. The words *humble* and *humility* come from the Latin word *humus*, which means "earth," literally the dirt beneath our feet. To be humble is to have a modest estimate of one's own worth and to never have a superior attitude over others. Humility is perhaps the greatest of virtues.

In our loud, proud, and power-driven society, humility can be viewed as a weakness. However, humility has often proven to be a leader's greatest strength. Humility comes from the self. Humility is also attractive to others, often because a good and humble leader will sacrifice personal gain for the benefit of the entire group. Humble leaders also do not create their identity from their accomplishments. Identity and accomplishment are entirely separate. This is why a humble leader will remain flexible. When their choices are criticized, they do not take it personally but rather are willing to learn from their mistakes. Taking a day to be humble may make us all stronger leaders, whatever our tasks.

Get Ready to LOL



February 8 is Laugh and Get Rich Day. If only it were that easy! Gelotology is the psychological study of laughter, and scientists are still trying to figure out just why we laugh. Laughter involves many different parts of the

brain as well as the coordination of many muscles. Laughing 100 times is equal to 15 minutes of exercise on a bike. It's a total body workout, with all the physical and psychological health benefits to boot. So, while laughter may not fill our bank accounts, it certainly enriches our lives.