

February 2024



National Wear Red Day

Wearing red, the color of life and love, is more than just a bold choice of clothing. It could help save lives. As part of the American Heart Association's Go Red For Women movement, millions of women are wearing this color on February 2 to celebrate their commitment to keeping their hearts healthy!

Color is an easy and affordable way to express yourself. Fill in the neckline of a red blouse or sweater with a scarf in a softer shade. Wear a red skirt, pants or boots. Or simply wear red accessories: a purse, necklace, bracelet, earrings, hat, or shoes.

Red isn't just for women, either; men can 'Go Red' by wearing a red shirt, tie or socks. Learn more about how you can help raise awareness and get involved at goredforwomen.org

Exercise and Heart Health

If you've been diagnosed with heart disease or are at risk of developing heart disease, regular exercise is essential for the health of your heart, body and mind. In fact, aerobic exercise and heart health really do go hand-in-hand.

“Lack of exercise” is on The American Heart Association list of major risk factors for heart disease. The other risk factors are smoking, high blood pressure, and high blood cholesterol.

Exercise not only helps fight heart disease and gets you in shape, but if you live a sedentary lifestyle, a

regular exercise routine can also:

- help control high blood pressure
- reduce the risks of Type II diabetes
- help prevent osteoporosis
- improve your general wellbeing and help fight depression, anxiety and stress
- greatly help to lose weight

Be sure to speak with your physician before adding exercise to your routine, so you know what type and amount is right for you.

Activity Highlights

Since November, we have had many activities surrounding the holidays. In November, Embassy of Rockport hosted a Don't Wine, Say Cheese networking event for Social Workers, Case Managers, Administrators, and other healthcare professionals in the community. The healthcare workers made their own charcuterie board while enjoying a glass of wine. The events that were held for the residents during November were the Veterans ceremony for Veterans Day, baking cookies, ice cream social, tea party, and outings to Marcs and Giant Eagle.

In December, Rockport hosted a Polar Express Christmas Party for the residents, family members, and individuals in the community. Santa made a special appearance along with the conductor from the Polar Express. In comparison to the movie, the facility offered cookies and hot chocolate. Many pictures were taken with Santa, the homemade Polar Express train, and the many Christmas trees decorated throughout the facility. Other activities that we had during the event were trivia, caroling, and a craft. A party would not be the same if the Polar Express movie was not played especially watching it in your PJs. Along with this event, there were many Christmas and New Year's events. The residents had a gift exchange the Wednesday before Christmas. Leading up to the New Year's holiday, our Activities Director, Donna, hosted a New Year's party for the residents with punch, cheese, crackers, shrimp, and maple pretzel treats.

New Year, New Activities! In January, the Activities Department hosted activities centered around Winter and the New Year. Some fun events included a snowball fight, Winter blues gathering, milkshakes for National Milkshake Day, mini pizzas for National Pizza Week, hot cocoa day for National Hot Cocoa Day, and polka dot painting for National Polka Dot Day. Look out for some Valentine's theme activities for February. Donna is open to suggestions for new activities. Please see her with new ideas or any questions about upcoming events.



Christmas Craft



Christmas Tree Decorating



Don't Wine, Say Cheese Networking Event



New Years Party



Don't Wine, Say Cheese Networking Event



Polar Express Christmas Party



Tea Party



Polar Express Christmas Party



Polar Express Christmas Party

New Year Resolutions

With 2024 here and the previous year of 2023 behind us, it is a time to reflect on how the year treated us. Ask yourself, what was the most awarding thing that happened in 2023? Are there areas that I can improve on in 2024? Are there new activities that I want to achieve for 2024? If so, what are they? Here are some ideas for New Year's Resolutions for 2024:

1. Drink More Water: Drinking water has many benefits.

Some benefits of drinking water is it boosts skin complexion, regulates body temperature, helps maintain blood pressure, and increases energy. Sometimes we forget to drink water and how important it is. Stay hydrated for 2024!



2. Stay Active: Especially during the winter months, it is hard to exercise due to being cold outside.

Many exercises can be executed indoors including yoga, chair exercises, walking, and workout videos. Exercise can improve brain health, help manage weight, improve mood, boost energy, improve brain activity, and many more benefits. Try a new exercise during the New Year.



3. Stay Connected (and meet new friends): Social interaction with others is proven to decrease loneliness, prevent cognitive decline, and overall improve quality of life.

Joining activities can help meet new people and stay connected with current friends.



4. Participate in Brain Activities: Brain activities can help strengthen memory, reinforce flexible thinking, prevention of dementia, and increase problem-solving skills. Try out puzzles, crosswords, word searches, and trivia to increase brain function ability.



5. Learn Something New: Along with learning new exercises, new skills and activities can be pursued in 2024. Is there a new skill that you always wanted to try? A new year means new opportunities. Try out a new experience and achieve it with a positive mindset.



Welcome New Residents

Embassy of Rockport would like to give a warm welcome to the new members of our community. Say hello to:

Barry S., Patricia F., Barbara C.,
Fredrick D., Mary A., Marian T.,
Norman P., Joyce D., James L.,
Judith M., John H., and Michelle B.

We are thrilled to have you apart of our community and providing you with the care you need. Our team is dedicated to making sure your transition is as smooth as possible and we are committed in providing a safe and comfortable environment. On behalf of Embassy of Rockport, we are here to support you in any way possible.

Valentine's Day Facts

- ♥ Many believe the X symbol became synonymous with the kiss in medieval times. People who couldn't write their names signed in front of a witness with an X. The X was then kissed to show their sincerity.
- ♥ Did you know 189 million stems of roses are sold in the U.S. on Valentine's Day? 15% of U.S. women send themselves flowers on Valentine's Day.
- ♥ About 8 billion candy hearts will be produced this year – enough to stretch to and from Rome, Italy to Valentine, Arizona 20 times.
- ♥ After chocolate and flowers, jewelry is the third most popular gift given on Valentine's Day. Popular pieces include necklaces, earrings, or bracelets.

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Embroidery Month

Embroidery is a craft most notably mastered by the early Egyptians, as well as the Chinese in the Zhou Dynasty of China. Studies show that this art may have also existed in primitive cultures in many parts of the world. From generation to generation, the art of stitching has evolved and reached a new height in popularity among hobbyists.

Most of the time, embroideries are made for use in clothing and other household furnishes. In the early days, the type of embroidery and the fabric that was used indicated a certain economic level relative to society. While this craft is now more accessible today than ever, it remains as a productive hobby all the same.

All types of embroidery started with hand embroidery. From this, people have invented so many other techniques such as machine embroidery, weaving, cross-stitching, and many more. Today there are millions of hobbyists that are fond of hand embroidery. To get started, all you need is a thimble, fabric, thread, a pattern, and a variety of needles!

Lauren Koch

Director of Marketing and Admissions

Office Hours: 8:30 AM - 4:30 PM

Office: 440.799.8111

Please contact me to schedule a tour
 or any additional questions.



February – Word Search

Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!

A	Q	H	M	X	W	C	A	B	E	H	A	T	V	Q
M	L	L	G	H	F	X	C	E	H	H	A	Q	G	F
I	Z	K	H	O	D	L	A	M	E	V	K	A	U	B
G	D	F	X	C	H	O	Z	B	A	A	P	E	Q	H
H	R	U	E	C	E	V	I	R	L	L	C	D	Y	I
N	C	O	Q	B	A	E	E	O	T	E	P	N	S	S
E	J	H	U	S	R	W	Z	I	H	N	I	C	S	T
X	B	E	O	N	T	U	L	D	J	T	N	I	M	O
E	L	X	W	C	D	Q	A	E	P	I	K	A	J	R
R	R	K	O	E	O	H	R	R	T	N	D	D	B	Y
C	O	Y	U	A	L	L	O	Y	Y	E	T	U	Q	V
I	S	S	V	O	Z	R	A	G	R	E	G	I	X	S
S	E	Y	P	B	P	Q	Y	T	H	T	J	F	N	G
E	S	U	H	X	F	L	O	W	E	R	S	I	G	V
Y	H	L	D	E	I	G	D	A	P	C	O	C	P	K

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|------------|-----------|---------|---------|-----------|
| CHOCOLATE | FEBRUARY | HEALTH | JEWELRY | RED |
| EMBROIDERY | FLOWERS | HEART | LOVE | ROSES |
| EXERCISE | GROUNDHOG | HISTORY | PINK | VALENTINE |