



MARTHA'S COMMUNITY CORNER

FEBRUARY 2026

A Message from your Site Manager



Dear Residents.

We have made it through what always feels like the longest month of the year! The days have been short and the nights have been long, the weather has been up and down with some cold weather and then some welcome relief with milder temperatures and sunny skies. My mind has been wandering to spring and what I am going to do in the gardens both at home and at Martha's House; stay tuned to see what is forth coming this spring!

February Birthdays

Happy Birthday to the following residents and staff:

February 1 – Heath Stevenson
February 6 – Lloyd Currie
February 14 – Phyllis Alexander
February 21 – Lisa Waage
February 23 – Louisa VanBuuren
February 25 – Wayne Vadnais
February 27 – Henny Veluw
February 27 – Delvoir Longair

STAFF BIRTHDAYS

February 16 – Albert Nyarko
February 24 – Geoff Pries
February 25 - Charlie Brooks



Farewell from Martha's House

We wish the following residents well as they depart Martha's House for new homes.

Bill Povey
Betty Kato

Lena Laidlaw
Barb Lanczik

Super Bowl 60

This year's Super Bowl will be held on Sunday, February 8th, 2026 at 4:30 pm MST. The game will be on the T.V. in the TV Lounge as well as in Martha's Vineyard. There will be wings & chili dogs as a supper option and the pub will be open. Come cheer on your favorite team!

Health Link & Senior Mental Health Numbers

Access to health advice is available, from Health Link, by calling 8-1-1. Health Link will provide the caller with recommendations to relieve symptoms and provide comfort or advice to seek further treatment. This quick access support system has been found to help avoid emergency visits. Those in an emergency situation should call 9-1-1. For mental health concerns the Confidential Senior Mental Health outreach number is 403-388-6551.

Area Rug Risk

We wish to remind residents that as we age, we tend to not raise our feet as much when we walk. This "shuffling gait" poses more of a risk for a fall. This is especially true with obstacles on the floor such as area rugs. Please eliminate the use of small area rugs in your suite to reduce your risk of falls. We also ask that you do not keep your walkers or rugs in the hallway to avoid any potential risk to your neighbor, visitors or staff members.

Front Door Security

Please do not open the front door for people coming to Martha's House. All guests are required to dial 100 days, to be admitted to the building. This policy is to keep everyone in our building safe.

Pony Wall of Love

Let's fill our Pony Wall with a sea of love. Please bring down pictures that can stand on the pony wall for the month of February of the people & things we hold dear in our hearts.

Walker Reminder

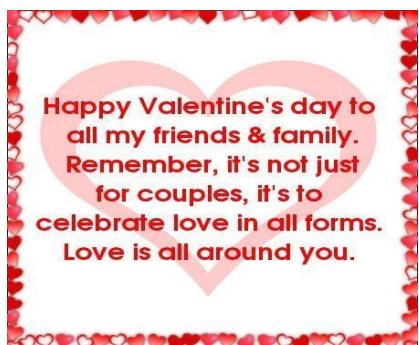
Please remember to label your walker with your name and suite number.

Also, please do not leave your walker unattended in the foyer. We have had walkers go missing.

Toonie Tuesday

Congratulations to Paul T. who won the January 13th pot of \$118.00, and congratulations to Sandie U. who won the January 27th, pot of \$130.50.

Thank you to everyone who participated!



happy Valentine's day

Valentine's Day

1. Approximately how many Valentine's Day cards are given out in the USA ever year?
101 Million 144 Million 157 Million 180 Million
2. Venus was the goddess of love and beauty. What was her son called?
Keith Cupid Lenny Declan
3. What was Venus' favorite flower?
Tulips Daisies Roses Lilies
4. According to a survey, how much did Americans spend on Valentine's Day in 2017?
2 Billion 8.5 Billion 18.2 Billion 21.3 Billion
5. Cadbury's brought out the first box of Valentine's Day chocolates in which year?
1868 1925 1948 1973
6. Teachers receive the most Valentine's Day cards. True or false?
7. Finland call Valentine's Day *Ystävänpäivä*. What does that mean?
Chocolate Day Flower Day Secret Card Day Friend Day
8. Who thought it would be bad luck to sign a Valentine's Day card?
The Romans The Victorians North Americans People in a tiny Italian Village called Valentino
9. What percentage of people give their pets a gift on Valentine's Day?
1% 3% 5% 8%
10. How many Valentine Cards are sent each year around the world?
50 Million 75 Million 90 Million 1 Billion



Activity Change ANNOUNCEMENT

Please be advised the Sit & Fit classes have been combined and will take place at **8:30 am. Monday – Thursday**

This will allow other activities to be scheduled.

Senior Exercise

My doctor told me to start an exercise program. Not wanting to harm this old body too much, I've decided on the following schedule

MONDAY: Beat around the bush, jump to conclusions, climb the walls and wade through the morning paper.

TUESDAY: Drag my heels, push my luck, make mountains out of mole hills, and hit the nail on the head.

WEDNESDAY: Bend over backwards, jump on the band wagon, run around in circles, and pull out all the stops.

THURSDAY: Advise the Prime Minister how to run the country, toot my own horn, and add fuel to the fire.

FRIDAY: Open a can of worms, put my foot in my mouth, start the ball rolling and go over the edge.

SATURDAY: Pick up the pieces.

SUNDAY: Kneel in prayer, bow my head in Thanksgiving, uplift my hands in praise, and hug someone

and encourage them to exercise too.

WOW...What a work out and am I ever tired!





Pink Shirt Day

February 25th, 2026 marks Anti-Bullying Day and Pink Shirt Day. All residents and staff are encouraged to wear something pink that day and take a stand against bullying.

ACTIVITIES REMINDERS

Residents are reminded that they should not be entering the dining room or pub for an activity until the staff have finished clearing the tables, washed and disinfected the tables and chairs, and everything is set up and ready for the activity.

You will be notified by a staff member or volunteer when the area is ready for use. This includes bingo, nickel bingo, crib, mass, happy hour, Mass etc. The staff need to have the opportunity to complete their job in a manner that is safe for everyone; staff and residents.

Please also remember to be appreciative of how hard our staff and volunteers work to organize these activities for you. Some of our activities can be very busy and it will take time for the staff to be able to assist you. Your consideration and appreciation goes a long way.

1) 144 Million 2) Cupid 3) Roses 4) 18.2 Billion 5) 1868 6) True 7) Friend Day 8) The Victorians 9) 3% 10) 1 Billion

Name: _____

Date: _____

Find the words listed. Words may appear forward, backward, up, down or diagonal. Words may overlap and cross each other. When you have found a word, be sure to circle it and cross it off the list.



February

Word Search



AFFECTION	W T K Z A Q U A R I U S N M M P M J
AMETHYST	K L O V E W T N E D I S E R P M R F
AQUARIUS	L V K Z S V D L D T R K C C W H V K
BIRTHDAY	G B H L H S E M M R G U H A G X P Z
CANDLELIGHT	V R I E N C I T H X C N P N N L P N
CARD	T A A R N T S K R A K P N D O R M G
CHOCOLATE	Y R L A T Y R E R P N L J L T A A R
CUPID	T L M E H H N D I N O R K E G E R O
DATE	F O A T N N D S L C I V X L N Y R U
DINNER	R L E S I T C A N N T X K I I P I N
ENGAGEMENT	G M O D O E I I Y N C G H G H A A D
FLOWERS	A M K W S P L N W P E X N H S E G H
GROUNDHOG	L D R V E K O C E M F F C T A L E O
HEART	M Y I W M R N R X X F D K T W D E G
HUG	T R P P Y X S F P C A R O S E S T Z
KISS	D Y C I U F E T A L O C O H C W A W
LEAP YEAR	E D L M N C E N G A G E M E N T D R
LINCOLN	R T M H K K V T R A E H T E E W S K
LOVE	P R E S I D E N T
MARRIAGE	P R O P O S A L
PINK	R E D
PISCES	R O M A N C E
	R O S E S
	SWEETHEART
	V A L E N T I N E
	W A S H I N G T O N