

The Bethany Villager



February is American Heart Month

Heart disease is the leading cause of death in the United States and is a major cause of disability. The most common heart disease in the United States is coronary heart disease, which often appears as a heart attack. In 2010, an estimated 785,000 Americans had a new coronary attack, and about 470,000 had a recurrent attack. About every 25 seconds, an American will have a coronary event, and about one every minute will die from one. The chance of developing coronary heart disease can be reduced by taking steps to prevent and control factors that put people at greater risk. Additionally, knowing the signs and symptoms of heart attack are crucial to the most positive outcomes after having a heart attack. People who have survived a heart attack can also work to reduce their risk of another heart attack or a stroke in the future. For more information on heart disease and stroke, visit CDC's Division for Heart Disease and Stroke Prevention.

Know Your Signs and Symptoms

Some heart attacks are sudden and intense; however, most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- *Chest discomfort.* Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or pain.
- *Discomfort* in other areas of the upper body. Symptoms can include pain or discomfort in

one or both arms, the back, neck, jaw, or stomach.

- *Shortness of breath.* (May occur with or without chest discomfort)
 - *Other signs.* These may include breaking out in a cold sweat, nausea, or lightheadedness.
- The American Heart Association, the National Heart, Lung, and Blood Institute, the American Red Cross, and the National Council on Aging have launched a new "Act in Time" campaign to increase people's awareness of heart attack and the importance of calling 9-1-1 immediately at the onset of heart attack symptoms

Women and Heart Disease: Quick Facts

Although heart disease is sometimes thought of as a "man's disease," it is the leading cause of death for both women and men in the United States, and women account for nearly 50% of heart disease deaths.

In 2007, heart disease was the cause of death in 306,246 females.

Heart disease is often perceived as an "older woman's disease," and it is the leading cause of death among women aged 65 years and older. However, heart disease is the third leading cause of death among women aged 25–44 years and the second leading cause of death among women aged 45–64 years. Remember that many cases of heart disease can be prevented!

Men and Heart Disease: Quick Facts

- In 2007, heart disease was the cause of death in 309,821 American men.
- The average age for a first heart attack for men is 66 years.
- Almost half of men who have a heart attack under age 65 die within 8 years.
- Between 70% and 89% of sudden cardiac events occur in men.



The Bethany Villager



St. Valentine's Story

Let me introduce myself. My name is Valentine. I lived in Rome during the third century. That was long, long ago! At that time, Rome was ruled by an emperor named Claudius. I didn't like Emperor Claudius, and I wasn't the only one! A lot of people shared my feelings.

Claudius wanted to have a big army. He expected men to volunteer to join. Many men just did not want to fight in wars. They did not want to leave their wives and families. As you might have guessed, not many men signed up. This made Claudius furious. So what happened? He had a crazy idea. He thought that if men were not married, they would not mind joining the army. So Claudius decided not to allow any more marriages. Young people thought his new law was cruel. I thought it was preposterous! I certainly wasn't going to support that law!

Did I mention that I was a priest? One of my favorite activities was to marry couples. Even after Emperor Claudius passed his law, I kept on performing marriage ceremonies -- secretly, of course. It was really quite exciting. Imagine a small candlelit room with only the bride and groom and myself. We would whisper the words of the ceremony, listening all the while for the steps of soldiers.

One night, we did hear footsteps. It was scary! Thank goodness the couple I was marrying escaped in time. I was caught. (Not quite as light on my feet as I used to be, I guess.) I was thrown in jail and told that my punishment was death.

I tried to stay cheerful. And do you know what? Wonderful things happened. Many young people came to the jail to visit me. They threw flowers and notes up to my window. They wanted me to know that they, too, believed in love.

One of these young people was the daughter of the prison guard. Her father allowed her to visit me in the cell. Sometimes we would sit and talk for hours. She helped me to keep my spirits up. She agreed that I did the right thing by ignoring the Emperor and going ahead with the secret marriages. On the day I was to die, I left my friend a little note thanking her for her friendship and loyalty. I signed it, "Love from your Valentine."

I believe that note started the custom of exchanging love messages on Valentine's Day. It was written on the day I died, February 14, 269 A.D. Now, every year on this day, people remember. But most importantly, they think about love and friendship. And when they think of Emperor Claudius, they remember how he tried to stand in the way of love, and they laugh -- because they know that love can't be beaten!

Did You Know??

- Physicians of the 1800's commonly advised their patients to eat chocolate to calm their pining for lost love.
- Over \$1 billion worth of chocolate is purchased for Valentine's Day in the U.S.
- In addition to the United States, Valentine's Day is celebrated in Canada, Mexico, United Kingdom, France, Australia, Denmark, and Italy.
- Every Valentine's Day, the Italian city of Verona, where Shakespeare's lovers Romeo and Juliet lived, receives about 1,000 letters addressed to Juliet.

The Bethany Villager

2012 is a "Leap Year"



2012 is a leap year, with 366 days instead of the usual 365 days.

Why?

It was the ancient Egyptians who first figured out that the solar year and the man-made calendar year didn't always match up.

That's because it actually takes the Earth a little longer than a year to travel around the Sun — 365 days, 5 hours, 48 minutes, and 46 seconds, to be exact.

Therefore, as the hours accumulated over the centuries, an extra day was occasionally added to the calendar, and over time the practice became more or less official.

The Romans first designated February 29 as leap day, but a more precise formula (still in use today) was adopted in the 16th century when the Gregorian calendar fine-tuned the calculations to include a leap day in years only divisible by four - 2012, 2016, 2020, 2024, etc.

Another stipulation ruled that no year divisible by 100 would have a leap year, except if it was divisible by 400. Thus, 1900 was not a leap year ... but 2000 was! Go figure.

Leap Year Tradition

Leap Year has been the traditional time that women can propose marriage.

In many of today's cultures, it is okay for a woman to propose marriage to a man. Society doesn't look down on such women. However, that hasn't always been the case.

When the rules of courtship were stricter, women were only allowed to pop the question on one day every four years. That day was February 29th.

February Statistics

- February 1st Average High 33°
- February 1st Average Low 15°
- February 29th Average High 38°
- February 29th Average Low 18°
- February 1st Record High 63°
- February 1st Record Low -15°
- February 29th Record High 66°
- February 29th Record Low -3°
- Sunrise on February 1st – 7:22 AM
- Sunset on February 1st – 5:20 PM
- Sunrise February 29th – 6:44 AM
- Sunset on February 29th – 5:56 PM
- Day Length on February 1st – 9 hr., 58 min
- Day Length on February 29th – 11 hr., 11 min



Kudos to Ethan and his staff at the Courtyards for the wonderful New Year's Day dinner! The prime rib and shrimp were a huge hit! Thank you!

Famous Birthdays

- February 1st – Clark Gable (111)
- February 5th – Red Buttons (93)
- February 6th - Ronald Reagan (101)
- February 14th – Jimmy Hoffa (99)
- February 22nd - George Washington (280)
- February 29th (Leap year babies)
 - Dinah Shore (96)
 - Jimmy Dorsey (108)

The Bethany Villager

Joke Corner

Some 15 year old girlfriends decided to meet for dinner. They discussed where to eat and finally agreed on McDonald's next to the Sea Side Restaurant because they only had \$6.50 between them and Bobby Bruce, the cute boy in science class, lived on that street.

10 years later, the same girlfriends, now 25-year-olds, discussed where to meet for dinner. Finally they agreed to meet at the Sea Side Restaurant because it had free snacks, there was no cover charge, the beer was cheap, the band was good and there were lots of cute guys.

10 years later, the same girlfriends, now 35-year-olds, discussed where to meet for dinner. Finally they agreed to meet at the Sea Side Restaurant because the combos were good, it was near the gym and if they went late enough, there wouldn't be many whiny little kids.

10 years later, the same girlfriends, now 45-year-olds, discussed where to meet for dinner. Finally they agreed to meet at the Sea Side Restaurant because the martinis were big and the waiters wore tight pants and had nice buns.

10 years later, the same girlfriends, now 55-year-olds, discussed where to meet for dinner. Finally they agreed to meet at the Sea Side Restaurant because the prices were reasonable, it had windows which opened (in case of hot flashes), the wine list was good and fish was good for their cholesterol.

10 years later, the same girlfriends, now 65-year-olds, discussed where to meet for dinner. Finally they agreed to meet at the Sea Side Restaurant because they had an Early Bird Special and the lighting was good.

10 years later, the same girlfriends, now 75-year-olds, discussed where to meet for dinner. Finally they agreed to meet at the Sea Side Restaurant because the food wasn't too spicy and it was handicapped accessible.

10 years later, the same girlfriends, now 85-year-olds, discussed where to meet for dinner. Finally they agreed to meet at the Sea Side Restaurant because they'd never been there before.



“Take Time”

Take Time to think... *It is the source of power.*

Take Time to play... *It is the secret of perpetual youth.*

Take Time to read... *It is the fountain of wisdom.*

Take Time to pray... *It is the greatest power on earth.*

Take Time to love and be loved... *It is a God-given privilege.*

Take Time to be friendly... *It is the road to happiness.*

Take Time to laugh... *It is the music of the soul.*

Take Time to give... *It is too short a day to be selfish.*

Take Time to work... *It is the price of success.*

Take Time to do charity... *It is the key to heaven.*

Thank you to Eloise Gage for sharing.

The Bethany Villager

STC (Senior Texting Code)

Since more and more “older people” are texting and tweeting, there appears to be a need for STC!

BTW: Bring the wheelchair

DWI: Driving while incontinent

FYI: Found your insulin

LMDO: Laugh my dentures out.

LOL: Living on Lipitor

OMSG: Oh my! Sorry, gas...

ROFL... CGU: Rolling on the floor laughing and can't get up.

WTFA: Wet the furniture again.

Thank you to Virginia Casil for sharing.



- In case there is a power outage, all cordless phone users need to have another landline phone that does not need to be plugged in to work.
- Before a scooter or an electric wheelchair can be brought in, you need to contact Jocelyn Moglia, Director of Clinical Services. There are regulatory guidelines we need to review first.
- No electric blankets can be used.
- No candles can be burned in resident rooms.
- Furniture and belongings must be at least 12 inches from heaters.
- Heating pads must be reviewed by Jocelyn Moglia, Director of Clinical Services.
- No portable heaters may be used.
- No area rugs may be used in the resident rooms unless they are “taped” down to the existing carpet with carpet tape.

Do You Know Which TV Personality Said This??

1. Good night Dick.
2. Y'all come back now ya hear?
3. Say good night Gracie.
4. See you on the radio.
5. That's the news. Good night and have a pleasant tomorrow.

Answers

1. Dick Martin
2. The Clampetts
3. George Burns
4. Charles Osgood
5. Chevy Chase and Jane Curtain

Howie Mandel – One Exclusive Performance at the Clemens Center On February 8th @ 7:30 PM

While widely recognized as a television star, Howie Mandel's stand-up comedy act for adult audiences is an experience you'll likely never forget!



The Bethany Villager

Impact of Dementia Training with Jane Harvey

The staff at Bethany Village participated in training provided by Jane Harvey, RN, CEO and President of FCS International. FCS International is an international leader in the field of front-line health training. Jane was on-site January 9 – 12 and provided training on the Impact of Dementia – Aging & Dealing with Behaviors, Team Tactics and Conflict Resolution. Jane is an RN with over 20 years of experience in senior care. Her energetic and humorous style leaves participants with common sense and practical approaches to deal with the many challenges they face each day.



Welcome to the New Bethany Village Employees

Michelle Ruth- C.N.A
Marjorie Esposito- Environmental Service Aide

Joseph Raymond- Maintenance Supervisor
Mark Donelson- L.P.N
Stephanie “Corine” Ayers- C.O.T.A
Tammy Williams- Environmental Service Aide
Amanda Boyed- C.N.A.
Rebecca VanSkiver- Laundry Aide
Victoria Bates- Operator
Jessica Goldberg-Nieves- Laundry Aide

Our Mission

"We are one hand, one heart woven into the fabric of our community, reaching out to people at their point of need."

Contact Us:

The Courtyard: Sales /Marketing

Kathy Woodruff 607-378-6664

woodruffk@bethany-village.org

Lynne Gaylord 607-378-6519

gaylordl@bethany-village.org

The Manor: Admissions Case Manager

Carrie Hill 607-378-6549

hillc@bethany-village.org

You can also call our main phone number at (607) 739-8711, 24-hours a day for additional help.

Contact Maureen McLaughlin x6536 or Joan Schlappi-Allen x6534 to have “Skype” set up for you and your family to video chat. Try it! It is fun!



Like us on Facebook to keep updated on the latest news and events!

****The newsletter is now available on our website! www.bethany-village.org**