

## Bird Feeding Month



Since February is one of the most difficult months for birds to find food, they could use some human help. A typical backyard bird weighs less than two nickels, and in northern climates,

loses about 15 percent of that body weight overnight just trying to stay warm. Birds spend most of their waking hours searching for food, so whatever we do to make it easier is a boon to them. Our reward is color, motion, and song on dreary days.

According to the National Bird Feeding Society, the favorite meal of most seed-eating birds is the black oil sunflower, because its shell can be easily cracked, even by small birds like chickadees and titmice. In addition, its high oil and fat content ensures that the birds will receive needed energy. Safflower seeds are a favorite of northern cardinals, and they have the added benefit of being a turn-off to squirrels. If you can offer dripping or running water in your backyard, you will attract birds that do not visit feeders, because they prefer insects and berries. Getting started is as easy as buying a bird feeder and some seeds. And, if you hurry, you can participate in the "Great Backyard Bird Count" (February 17–20, 2012). Last year, volunteers observed 594 species and counted 11,471,949 birds.

### A Recipe for the Birds

1. Cut a long length of yarn or ribbon and tie it around the top of a pine cone.
2. Mix 1/2 cup vegetable shortening (or lard) with 2 1/2 cups cornmeal (or oats) until well blended. Optional: add small pieces of dried fruit or chopped nuts.
3. Using a craft stick, apply the mixture to the pine cone. Make sure to press it in to all the little nooks and crannies
4. Roll the pinecone in birdseed.
5. Hang the bird feeder on a tree and enjoy bird watching!

## February Birthdays

### Countryside View Neighborhood One

12<sup>th</sup>-Duane Eastburn  
13<sup>th</sup>-Richard Kruidenier  
21<sup>st</sup>-Bruce Tolf

### Stadium View Neighborhood Two

7<sup>th</sup>-Anne Bates  
14<sup>th</sup>-Frieda Giertz

### Oceanside View Neighborhood Three

9<sup>th</sup>-Barbara Kelly  
15<sup>th</sup>-Betty Shaw  
16<sup>th</sup>-Lucille Johnson  
28<sup>th</sup>-Carolyn Stoker

### Garden View Neighborhood Four

22<sup>nd</sup>-Agnes Fallat  
24<sup>th</sup>-Miriam Kleist

### Garden View Court

2<sup>nd</sup>-Dorothy Walker  
22<sup>nd</sup>-Eleanor Stewart  
26<sup>th</sup>-Myrtha Giddens

### The Sunshine Center Adult Day Care

7<sup>th</sup>-Wallace "Wally" Laberge  
20<sup>th</sup>-Elma Hinkhouse

**HAPPY FEBRUARY BIRTHDAYS!!**



CCNH

February  
2012

# Activity Newsletter

Champaign County Nursing Home \* 500 S. Art Bartell, Urbana, IL 61802 \* (217)384-3784 \*

## From the Activity Director....

February is a month for love. But we don't have to be in love to love. Come to CCNH Serves and practice loving your neighbor. This service club collects bags to be used in a local food pantry, folds newspapers for the animal cages at the Humane Society, and more. For music lovers, there's plenty to do in February—Sing-Alongs in the chapel, our Auxiliary Music program, Bud's Jazz Band, classic hymns with the Seventh Day Adventists, bluegrass with Grassroots Revival, and of course...more. For art lovers, join in art appreciation or arts and crafts. Sweet-lovers can come to Chocolate Bar Bingo, our Pancake Party, or stop by the Resident Birthday Party and share a piece of cake. There's plenty to love about February, whether you have a sweetheart or not!

Want to help out the activity department? If you would like to volunteer with us, please speak with our Volunteer Coordinator, Jim Hronek. Want to contribute to our resident's fun? Consider a donation. We can always use supplies, like unopened bottle of nail polish, new scissors, etc.

Happy February!  
Amber Stivers-Anders  
Activity Director  
(217)693-5017

### The Activity Department is:

Neighborhood 1-Cerise Kinsey  
Neighborhood 2-Sara Brown  
Neighborhood 3-Liz Benoit  
Neighborhood 4-Bri Pelmore  
Interim Asst. Activity Coord.-Brenda Smith  
Activity Director-Amber Stivers-Anders

Volunteer Coordinator-Jim Hronek  
384-3784 ext. 5240

Neighborhood Beauticians-  
Laura Greece  
Terri Savage

## Celebrating February

**Bird Feeding Month**  
**Black History Month**  
**Celebration of Chocolates Month**  
**Pancake Month**

### Clark Gable's Birthday

*February 1*

### Groundhog's Day

*February 2*

### Rosa Park's Birthday

*February 4*

### Super Bowl Sunday

*February 5*

### Anniversary of the introduction of ballet to the United States

*February 7*

### Abraham Lincoln's Birthday

*February 12*

### Valentine's Day

*February 14*

### President's Day

### Ansel Adam's Birthday

*February 20*

### Mardi Gras (Fat Tuesday)

*February 21*

### George Washington's Birthday

*February 22*

### Renoir's Birthday

*February 25*

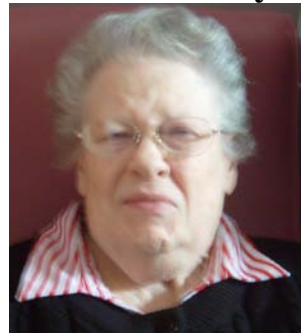
### Floral Design Day

*February 28*

### Leap Year Day

*February 29*

**Resident of the Month  
Barbara Kelly**



**Born:** Feb. 9  
**Occupation:** Galva, IL Bank  
**Hobbies:** reading, wordsearch  
**Favorite Vacation Spot:** No real favorite. We had bought a motorhome and went camping around the U.S.  
**Favorite Food:** Mother's Homemade bread and biscuits.  
**Most Treasured Memory:** The birth of her 3 children, Mark, Beth, and Denise.  
**Did You Know....?** Barb was one of 3 children. After high school, she went to work in the Galva Bank. For those of you who don't know where that is... It is between Kewanee and Galesburg Illinois. She worked in the proof department (which verified transactions before posting to accounts). Then she married Mr. Pettigrew (a farmer) and had two children. They had a garden and she canned and froze their produce. Later, she married Mr. Kelly. They had one daughter. They bought a motorhome and traveled, camping throughout the United States and were even in a camping club.



**Happy Birthday Barbara!**

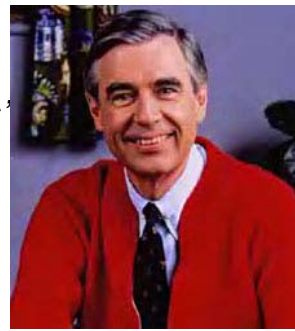


**FEBRUARY  
HIGHLIGHTS**

- 3<sup>rd</sup>-Silhouette Making
- 7<sup>th</sup>-Holy Cross Pen Pals
- 8<sup>th</sup>-Valentine's Bingo
- 9<sup>th</sup>-Peter and the Wolf ballet
- 10<sup>th</sup>-Sweetheart Soiree  
    Girl Scout Troop #2015 Valentine Sing
- 11<sup>th</sup>-Sing w/ the Seventh Day Adventists
- 15<sup>th</sup>-Chocolate Bar Bingo
- 17<sup>th</sup>-Pancake Party
- 22<sup>nd</sup>-Sock Bingo
- 23<sup>rd</sup>-Rice Krispie Treat Making
- 24<sup>th</sup>-Resident Birthday Party
- 25<sup>th</sup>-Feature Movie-Bringing Up Baby  
    Starring Carey Grant
- 29<sup>th</sup>-Floral Bingo

**Friends and Neighbors**

On February 19, 1968, Fred Rogers first invited children to be his neighbor on his hit show *Mr. Rogers' Neighborhood*.



Fred Rogers once said, "One of the greatest gifts you can give anybody is the gift of your honest self. I also believe that kids can spot a phony a mile away." Taking this belief to heart, he created a show that did not follow a plot, but instead allowed him to talk to his audience about issues. He demonstrated experiments, met members of his community, did crafts, and played music. His show was simple, natural, and wonderful.

Fred Rogers himself wrote the song, "Won't You Be My Neighbor." One of his famous cardigan sweaters hangs in the Smithsonian Institution as a national artifact.

**Holidays and Crazy Days**

**Job Shadowing Day** - Phil is not the only one looking for his shadow on February 2nd. It's also Job Shadowing Day. It is coordinated by the Job Shadow Coalition, which consists of America's Promise, Junior Achievement, and the U.S. Department of Education. Sponsors include AT&T, Cisco, and Best Buy, to name a few. More than 100,000 businesses participate every year. The program gives students the chance to learn about real workplaces and explore career pathways by "shadowing" people who work in their field of interest. It gives students the chance to follow a workplace mentor as he or she goes through an average day on the job.

**Home Away From Home Day** - On February 4, 1941, the United Service Organization (USO) was founded. This organization still exists today and provides support and a touch of home away from home for hundreds of thousands of overseas U.S. service people and their families.

**Be Electrific Day (Inventor's Day)** - In honor of the birth of Thomas Alva Edison (February 11, 1847), American inventive genius and holder of more than 1,200 patents, including the electric lamp and the phonograph. He is quoted, "Genius is 1 percent inspiration and 99 percent perspiration." Where do you get your inspirations?

**Milk in Flight Day** - On this day in February 18, 1930, Elm Farm Ollie (a Guernsey whose nickname became "Sky Queen" after her historic flight) became the first cow to fly in an airplane. During the flight, with reporters watching, she was milked and the milk was sealed in paper containers and parachuted over St. Louis, Missouri.

**Prize in the Box Day**© - On February 19, 1913, the very first prize was inserted into a Cracker Jack box.

**Activity Spotlight**

Saturday afternoon fun things include Bingo on most Saturdays at 2:15 in the east dining room. It is fun and a good way to spend time with others. On the first and third Saturday, at 3:30 right after bingo, Marilyn Lindholm has her special fun time: Marilyn's Song and Dance. Come and join the group. You won't miss out on the evening meal it's all done with plenty of time to spare.

The last Saturday of the month is set aside for a feature movie. That begins at 1:45. Would you like to help pick the movie? Come to the resident council meeting on the second Wednesday each month and express your views.

We have added a new and well-received activity on the second Saturday of the month. Hymn singing in the chapel with The Seventh Day Adventists has been fun. Come and join the sing-along.

Valuable Volunteer

Our valuable volunteer for February is Kathleen Zanotti. Kathleen comes in almost every Monday to help with our Red Hat Club. When that activity is done, she visits with several residents.

During the year that she has volunteered at CCNH, Kathleen has helped with other things, including taking resident's pictures for our medical records folks. Her smile is contagious and she helps to bring a bit of cheer all over the building.

Thanks to Kathleen, you are our Valuable Volunteer for January 2013.

Jim Hronek,  
Volunteer Coordinator