

February 2024

# Hale Creek Manor

\*3191 M-65 Hale MI 8739 \*Phone # 989-728-1300 \*Fax # 989-728-0048



**1997-2024**



## **Management at your service**

### **Administrator**

Catherine Scofield

### **Office Manager/Resident Care Manager**

Wendy Lauria

### **Resident Care Managers**

Karli Lacosse

Hunter Raymond

Jamie Marr

### **Life Enrichment Director**

Stephanie Eno

### **Food Service Director**

Bridget Sokolowski

### **Maintenance Director**

Edward Lauria

## **What's for Breakfast?**

February is a month that brings with it an array of breakfast-themed celebrations, making it a time for food enthusiasts to indulge in their morning cravings. Let's take a quick tour of some of these scrumptious occasions.

Hot Breakfast Month in February reminds us of the warmth and comfort that a steaming bowl of oatmeal, a plate of scrambled eggs, or a hearty breakfast burrito can bring to a chilly winter morning. It's a time to appreciate the heartiness of hot breakfast options, even if they take a bit longer to prepare.

Bagel and Lox Day (Feb. 9) caters to lovers of this classic combination. With a bagel as the sturdy base and lox (smoked salmon) as the star, this day is all about the savory and satisfying flavors that have become a breakfast staple for many.

Mardi Gras, which is French for "Fat Tuesday," marks the culmination of the festive Carnival season on February 13. While the day is famous for its lively parades and vibrant masks, it's also an opportunity to savor some delicious breakfast treats. Traditional dishes like beignets and king cakes take center stage, offering a sweet and hearty start to the day.

Fat Tuesday is also Pancake Day, an event celebrated worldwide with fluffy stacks of pancakes drizzled with syrup or piled high with fresh fruits and whipped cream. Observers relish the simple pleasure of this beloved breakfast food.

Finally, Muffin Day (Feb. 20) rounds off the month with a celebration of these handheld treats. Whether you prefer blueberry, chocolate chip, or bran muffins, be sure to indulge in a sweet or savory snack on the go.

Whether you're savoring a fluffy stack of pancakes or nibbling on a warm muffin, these celebrations remind us of the joy that breakfast can bring to our lives.

## Happy Birthday Evelyn Shellenbarger



February 14

Happy  
Valentine's  
DAY

## 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 was 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.