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The Gardens at Monroe is recognized as a “High Performing” top rated Healthcare and Rehabilitation facility by U.S. News Best Nursing Homes Ratings.

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Kosher Meals on Wheels

The Kosher Konnection

FEBRUARY 2020

Word Power PERFECT PAIRS

**For each word listed, find its homophone — a word that sounds the same but is spelled differently.
*Featuring the letter “P”
this month for Presidents’ Day

1. PAIL _____
2. PEAK _____
3. PORE _____
4. PROFIT _____
5. PEER _____
6. PAIN _____
7. PEDAL _____
8. PLANE _____
9. POLE _____
10. PRINCIPAL _____

In honor Valentine’s Day....
Quotes about Love

“You know you’re in love when you can’t fall asleep because reality is finally better than your dreams.” Dr. Seuss

“We accept the love we think we deserve.” Stephen Chbosky, *The Perks of Being a Wallflower*

“It is better to be hated for what you are than to be loved for what you are not.” Andre Gide, *Autumn Leaves*

Happy Valentine’s Day—Friday, 2/14/2020
Happy Presidents’ Day—Monday, 2/17/2020
Tu B’Sivat—begins the evening of February 9

Eating Jewish: Recipes for a meaningful Tu B’Sivat by Katherine Romanow
excerpted from excerpted from Jewish Women’s Archive

It may seem a little contradictory to celebrate the New Year for trees in North America during the winter, and yet it offers a reminder of the renewal that will soon come with spring. (although it may seem far away!)

Tu B’Sivat is a holiday that allows for a fair amount of variation in terms of the way it is celebrated. The kabbalists living in sixteenth-century Safed who held this holiday in high esteem developed a new liturgy and set of rituals for it that are still relevant to our modern day celebrations. They developed a Tu B’Sivat seder modeled on the Passover seder. During this meal four cups of wine are customarily drunk and at least twelve types of fruits and nuts are sampled.

During the seder, each cup of wine is of a different variety, with the first cup being white wine to symbolize the snows of winter, after which fruits with an inedible exterior are eaten. The second cup should be golden or yellow to symbolize the sap beginning to flow in the trees and is accompanied by fruits that have an edible covering but contain large pits. The third cup of wine is a rose to symbolize the blossoms that are beginning to grow on the trees and is drunk alongside fruit that are completely edible or contain small seeds. The final cup should be red to symbolize the fertility of the land and is not accompanied by fruit because it symbolizes a meaning that is internal.

Foods on the holiday table are those that showcase ingredients that hold significance for this holiday. Almonds hold special meaning since they are the first tree to flower after winter, sometimes even doing so as early as late January. As a sign of spring, the almond represents hope and renewal.

AS A REMINDER, please call in all same-day requests for pick-up by 9 AM at the latest. Also, you must wait until 12 PM or later, after we have finished dispatching the meals, to pick up your order.

Kosher Meals on Wheels

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This Month's Trivia

QUIZ ABOUT PRESIDENTS

Pick the right answer.

- 1.What does the “S” in Harry S. Truman stand for?
a. Samuel b. Seymour c. it doesn’t stand for anything
- 2.Who was the first president to live in the White House?
a. Abraham Lincoln b. John Adams c. George Washington
- 3.Who was the fifth president?
a. James Monroe b. Lyndon Johnson c. James Madison
- 4.Who was the first president to be born in the U.S.?
a. George Washington b. Franklin Pierce c. Martin Van Buren

CELEBRITIES YOU MAY NOT KNOW ARE JEWISH

PAULA ABDUL (fully Jewish)- SINGER/DANCER

RASHIDA JONES—ACTRESS

JAKE GYLLENHAAL—ACTOR

MILA KUNIS (fully Russian Jewish) –ACTRESS

PINK—SINGER/SONGWRITER/DANCER

SCARLETT JOHANSSON—ACTRESS

DANIEL RADCLIFFE – ACTOR

LAUGH A LITTLE

*excerpted from Jewlarious.com

Pray for Me

Rabbi Feldman was speaking with little Harold, a precocious 6-year-old boy.

“So tell me, Harold, do you say your prayers every night?” “Why yes I do, Rabbi. I say prayers for my whole family,” Harold replied.

“That’s very nice of you,” the Rabbi sounded impressed. “I’ll bet your family prays for you, too.”

“Oh, I know they do,” responded the youngster confidently, Every night I hear my mother say, “Thank God that boy is finally in bed!”

Answers to Perfect Pairs 1. PALE 2. PEEK 3. POUR 4. PROPHET 5. PIER 6. PANE 7. PEDDLE 8. PLAIN

Answers to Presidential Trivia Quiz: 1. c 2. b 3. a 4. c

FYI - If you always ask for the same type of menu change, you can request a “Standing Order” instead of calling the office each time. For example, if you don’t wish to eat any hot meal of beef, you can request a “Standing Order” to substitute roast chicken any time beef comes up on the menu.

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February 2020
Linda Mundie, Director of Business Development
The Gardens at Monroe

February, the month for lovers and all things heart related. It is also American Heart Month. This annual month of recognition began in 1963 when President Lyndon B. Johnson proclaimed February American Heart month to encourage Americans to join the battle against heart disease.

Knowing the symptoms of heart disease can help you protect your heart. Not all heart problems come with obvious warning signs. Some heart symptoms don’t even happen in your chest, and it’s not always easy to tell what’s going on.

Learn about these symptoms that may indicate you have heart problem.

Chest Discomfort - This is the most common sign of heart danger. It may feel like pain, tightness, or pressure. Different people experience this feeling in different ways. Some people say it’s like an elephant is sitting on their chest. Other people say it feels like squeezing or burning. The feeling usually lasts longer than a few minutes. If your symptoms don’t go away after a few minutes, you should call 911.

Although chest pain is the most common symptom, you can have heart problems -- even a heart attack -- without chest pain. That’s particularly common among women.

Nausea, Indigestion, Heartburn - Some people experience symptoms that seem stomach, or gastro, related during a heart attack. They may even vomit. Women are more likely to report this type of symptom than men are. So if you feel this way and you’re at risk for heart problems, let a doctor find out what’s going on, especially if you also have any of the other symptoms on this list.

Pain that Spreads to the Arm - Another classic heart attack symptom is pain that radiates down the left side of the body. It almost always starts from the chest and moves outward, but some patients who have had mainly arm pain have, in fact, had heart attacks.

Lightheadedness or Shortness of Breath - A lot of things can make you lose your balance or feel faint for a moment. Maybe you didn’t have enough to eat or drink, or you stood up too fast. However, if you suddenly feel unsteady and have chest discomfort or shortness of breath, particularly after exertion, it could mean your heart isn’t pumping the way it should.

Throat or Jaw Pain - By itself, throat or jaw pain probably isn’t heart related. More likely, it’s caused by a muscular issue, a cold, or a sinus problem. But if you have pain or pressure in the center of your chest that spreads up into your throat or jaw, it could be a sign of a heart attack. **Call 911** and seek medical attention to make sure everything is all right.

Unusual Fatigue - If you suddenly feel exhausted, short of breath or weak after doing something you had no problem doing in the past -- like climbing the stairs or carrying groceries from the car -- make an appointment with your doctor right away. This type of significant change can be an important indicator of heart disease.

Sweating - Breaking out in a cold sweat for no obvious reason could signal a heart attack. If this happens along with any of these other symptoms, **call 911** to get to a hospital right away. Don’t try to drive yourself.

Unexplained Persistent Cough - Most coughs are not an indicator of heart disease. However, if you have a long-lasting cough that produces a white or pink mucus, it could be a sign of [heart failure](#). This happens when the heart can’t keep up with the body’s demands, causing blood to leak back into the lungs. Ask your doctor to check on what’s causing your cough.

Swollen Feet and Ankles - This could be a sign that your heart doesn’t pump blood as effectively as it should. When the heart can’t pump fast enough, blood backs up in the veins and can cause swelling or edema of your feet and ankles. Heart failure can also make it harder for the kidneys to remove extra water and sodium from the body, which can lead to swollen feet and ankles.

Irregular Heart Beat - It’s normal for your heart to race when you are nervous or excited or to skip or add a beat once in a while. But if you feel like your heart is beating out of time for more than just a few seconds, or if it happens often, tell your doctor. This is usually caused by too much caffeine, or too little sleep, but occasionally, it could signal a condition called [atrial fibrillation](#) that needs treatment. So ask your doctor to check it out.

