



Meet Our Staff

Rebecca Holland, Executive Director

Nikki Mason, Director of Community Relations

Telitha Major, Administrative Assistant Director

LaMarr Thomas, Director of Dining Services

Crystal Jones & Cynthia Skillman,

Co- Director of Life Enrichment

Fredi Gjika, Director of Maintenance



Up Coming Outings, Events, and Entertainments

Outings

We Will Be Taking Time Off
Due To Winter

Events

Staffs Chili Cook Off February
22nd
@ 2:30

Birthday Bash & Resident of the
Month Celebration February 29th
@ 2:30

Entertainment

Vanessa Carr February 2nd
@ 1:30

Aron Caro February 8th
@ 2:30

Carl Angila February 29th
@ 2:30



Welcome!

Our Newest Residents

Betty B.
Elizabeth J.

Carol T.
Deborah Q.

James F.

Celebrating February Black History Month

Chinese Lunar New Year 'Day
February 10

Galentine's Day
February 13

Valentine's Day
February 14

Presidents' Day
February 17

Leap Day
February 29

HAPPY BIRTHDAY

February Birthdays

If you were born between February 1-18, you are an Aquarius, the Water Bearer. Aquarians are loyal and smart humanitarians who want to make a difference in the world. They are energetic, have inquisitive minds, and come up with creative solutions. Those born from February 19-29 are Pisces, the Fish. Like fish, Pisces like to go with the flow in an easygoing manner, but on the inside, they are intuitive, intensely spiritual, and deeply emotional.

- Richar L** February 4th
- Jerry S** February 5th
- Dorothy B** February 23rd
- Jerome B** February 24th
- Robert J** February 26th

The Magic of Mardi Gras



Mardi Gras, the vibrant and exhilarating Carnival season celebrated in various parts of the world, is a spectacle of merriment, color, and culture. It typically involves parades, masquerade balls, and the donning of elaborate costumes, offering a unique blend of tradition and modern revelry. Each year, it is a time for people to indulge in festivities and enjoy the spirit of community. In 2024, the celebration begins on January 6. It leads up to Fat Tuesday on February 13—the culmination of the Carnival season.

In 2024, Mardi Gras promises to be an exceptional experience. While the details of the celebrations vary from place to place, grand parades with intricate floats, live music, and colorful Mardi Gras beads are common features. The heart of Mardi Gras lies in its diverse cultural influences, blending elements of French, Spanish, African, and Creole heritage, which contribute to the rich tapestry of this celebration.



Valentine's Day

Valentine's Day always falls on February 14, and many may be happy to see it pass. But in the south of France, people still plant kisses until the Saturday after Valentine's Day. The residents of Roquemaure call it the Festival of the Kiss, and kiss they do. They smooch from sunup to sundown in honor of their favorite saint, Saint Valentine. Valentine became the patron saint of love when, according to legend, on February 14 around the year 270, he was caught performing illegal marriage ceremonies for Roman soldiers and was martyred by Roman emperor Claudius II Gothicus. In 1868, the supposed remains of Saint Valentine were purchased in Rome and transferred to Roquemaure. The French village was renowned for its winemaking, but in 1868, its vines were diseased. Villagers and winemakers believed that the arrival of Saint Valentine's remains would cure their ailing vines. Miraculously, within four years, the vineyards had recovered. And so, during the Festival of the Kiss, Roquemaure returns to the year 1868. Residents wear costumes from that era, with some even dressing up like monks, nuns, or saints. Horses and carriages clop down the streets. Storefronts boast 19th-century decorations. A market sells traditionally fashioned items. Even the street names are rewritten, bearing the names of France's most lovesick poets and artists. Everyone drinks wine and kisses until they can't feel their lips. The local winery is named Cave Saint Valentine and produces specialty wines for the occasion. The local post office even gets in on the fun, sealing every letter with a kiss. This is why Roquemaure is known as "La Capitale des Amoureux," the Capital of Lovers.

A tasty aspect of Mardi Gras is the king cake, a traditional pastry with a hidden figurine or token inside that brings good luck to the person who discovers it. Vivid, intricate masks and costumes add to the visual spectacle of Mardi Gras, as participants embrace anonymity and the freedom to be anyone they choose for a day.

Whether you're in New Orleans, Rio de Janeiro, or any of the other cities that celebrate Mardi Gras, the joyous atmosphere and sense of unity are universal. Partygoers let loose, enjoy the parades, savor delicious cuisine, and partake in a global festival of life and culture.

But Mardi Gras is more than just a party; it's a colorful expression of tradition, diversity, and the indomitable human spirit. Mark your calendars for Mardi Gras 2024 and prepare to join the revelry!

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.

The Resident of the Month

PATRICIA GAIL LLOYD, born on June 7, 1939, Born in Roseville. Michigan Parents: Edwin and Dorothy Lloyd Moved to East Detroit in the early 40's where she attended East Detroit Public Schools and graduated. She had two sisters, Roberta and Nancy. She tragically lost her sister Roberta in a car accident in the late 1950's before she married. Nancy married Bill O'Brien in the mid-sixties and moved to Kansas City, Missouri where she now resides. Patricia married the love of her life, Joseph John Sakuta, on May 9, 1959. They settled in a small house in Warren and had three children: Colleen, Joseph (JoJo) and Randall (Randy). In the late 1960's, moved to New Baltimore. The family purchased a boat and enjoyed boating, picnicking, swimming, skiing, tubing, etc. on Lake St. Clair. She also purchased horses and enjoyed trail riding and camping with her children and several different Horse Clubs throughout the years. Unfortunately, in the early 1970's, Patricia and Joseph paths went separate ways and they divorced.



Visiting Dentist

My Doctor's Inn

Dr. Mansour's Portable Dental Services is available to provides, dental treatment to the residents of My Doctor's Inn

February 22, 2024

Residents have the option to receive dental treatment in their apartment. Care provided: Cleanings* Exams* X-rays* Fillings* Gum treatment* Extractions Crowns & Bridges* Dentures* Partials* Repairs* Denture evaluation.

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Payment in full is required at the time of service. We do not participate with Medicare or dental insurance plans. However, if a patient has dental insurance and full payment has been made; Portable Dental Services will submit the dental insurance claim free of charge. The dental insurance company will send the refund check to the patient.

For more information, call 586-873-5567

Louay Mansour DDS

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