

February

Forest View News Letter
Views

2012



You Are

As we watch the sun go down, I want to let you know; my love for you is forever, I'll never let you go,

You're the one I've been searching for, The one I've finally found; without you in my life, My world wouldn't go round. The love you bring into my heart, Which is so true and kind, is something in no other,

I could truly fine. You're the only one for me, God tells me so, Deep within my heart, mind body and soul.

Today isn't just an ordinary Valentines Day, It's all about me and you: About the love we share, And how it will forever continue to grow. It's not all about the chocolates, or the dozen roses; It's about the love we found, How much we've been blessed. Everything happens for a reason, I believe this statement is true,

That's why you were sent to me, And I was sent to you. I've never been more happy, As I've been with you; Even through the rough times, we always make it through, To be with you for eternity, Is all I want for me and you. All I want to say, on this valentine's Day is: I will be that one from above, your only true love!

Matthew 22:37-39

Jesus said to him, 'You shall love the LORD your God with all your heart, with all your soul, and with all your mind.' This is the first and great commandment. And the second is like it: 'You shall love your neighbor as yourself.' [\(NKJV\)](#)

Presidents Day February 20th



Fun Facts About our Presidents!

1. Who was the only bachelor President?
 2. Who was the heaviest President.
 3. Who was the oldest elected President?
 4. Which President was related by either blood or marriage to eleven other Presidents?
 5. Who was the youngest President?
 6. Who was the only person to become President without having been elected?
 7. Who was the first President to appear on TV?
 8. What President like to dance
 9. What two Presidents are buried in the Arlington National Cemetery?
 10. What President died after serving one month?
- Answers on page 4.



The Bodies Revealed Exhibit.

The exhibit uses 14 full body human specimens and over 200 organs to tell the story of the miraculous systems at work within each of us every second of our existence. Countless visitors have remarked that the knowledge gained from the experience has provided them with a new connection to their own bodies.



New Year's Eve Party
LaVerne Self, Betty Walker, Frieda Smith and Chris Latimer are Forest View's Party Girls!!!!

"God gave us the greatest proof of Love the World has ever seen"



Took a little Trip.
Forest View and Baunta residents took a trip to Georgetown to the Bonworth Outlet Center and after had a nice lunch at Cracker Barrel!!!!



"Lord, help me to remember that nothing is going to happen to me today that you and I can't handle"

The things we do at Sayre Christian Village



Here's a tip

Dr. Jordan Josephson from the N.Y. Nasal and sinus center now says if you get a cold or the flu, you can take 4 full days off your recovery time by taking hot baths. He says viruses are heat sensitive, so raising your core temperature kills them off quickly. He recommends raising your body temperature by soaking in hot, steamy baths for 20 minutes a day.

The other thing you can do is something known as cryotherapy. Every morning I alternate my shower temperature between hot and freezing cold. I go back and forth 5 times for 2 minutes at a time. Many doctors believe this shock to the system is enough to produce more T-cells which fight infections and viruses. It takes some getting used to (no kidding) but boy is it invigorating! Try it and let me know. Pass it on.

1. James Buchanan
2. William Taft
3. Ronald Reagan
4. John Quincy Adams
5. Theodore Roosevelt
6. Gerald Ford
7. Franklin D Roosevelt
8. George Washington
9. John F Kennedy and William H Taft
10. William Harrison

January's Brain Teaser Answer:
River

**February 's Brain Teaser:
The Ball**

How can you throw a ball as hard as you can and have it come back to you, even if it doesn't bounce off anything?
There is nothing attached to it, and no one else catches or throws it back to you.



A note from Connie:

Occasionally through-out this up-coming year I will take the opportunity to discuss ways and things we can do to enhance our lives. I'd like to start the year off with "thinking green " and how each and every one of us can do our "little part" in improving the environment. Recycling is one way Forest View residents can do their part. In each trash room on every floor there is recycling container; designated for **NEWSPAPERS, TIN CANS, SOFT DRINK CANS, PLASTIC BOTTLES AND GLASS.** The container will be clearly marked indicating what can be placed in that particular container. .

Another way to help our environment is when you're walking outside the building and notice litter lying on the ground is to pick it up and place it in a trash container (several are conveniently located around the building.)

So this year I urge everyone to do their "little part" to improve the environment and help to keep the earth green.

Cranberry Smoothie

- 1 very ripe banana
- 1 cup fresh cranberries
- 1 cup skim milk
- 2 or 3 ice cubes

Place all ingredients in blender and blend until smooth.

