



Friendship Towers Times

History of Valentine Greetings

Valentine greetings were popular as far back as the Middle Ages when sweethearts said or sang their Valentine sentiments. Written Valentines began to appear sometime after 1400.

In the early 1800's, valentines began to be assembled in factories. Early manufactured valentines were black and white pictures that were painted by workers in a factory. Fancy valentines were made with real lace and ribbons, with paper lace introduced in the mid 1800's. By the end of the 1800's valentines were being made entirely by machine. In 1850, Esther Howland, an American printer and artist, was among the first to publish and sell Valentines in the United States.

In the early 1900's a card company named Norcross began to manufacture valentines. Each year Hallmark displays its collection of rare and antique valentines at card shops around the country. Museums and libraries also offer antique valentine exhibitions around St. Valentine's Day.



Who is your Valentine ?
 Helen—Do I dare say anything else ?
 My husband.
 William—After all this time ? My wife.



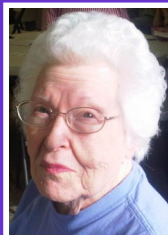
Who is your Valentine ?
 Luther— My valentine is still my wife Lucile.



Who is your Valentine ?
 Nancy—my grand-daughter Sophie.



Who is your Valentine ?
 Raymond—she is sitting right next to me ! (Cleo)



Who is your Valentine ?
 Lucille—My great grandson Blake.



Who is your Valentine ?
 Joyce—my little dog Bear !



"Do everything in LOVE."

1 Corinthians 16:14

*"If apples were pears
And peaches were plums*

*And the rose had a
different*

Name,

If tigers were bears

*And fingers were
thumbs*

*I'd love you just
the same."*



SEND YOUR NEIGHBOR A VALENTINE GREETING !

Remember sending valentines to your friends? And how much fun it was to receive them from your friends? Join us this year as we celebrate Valentine's Day in a big friendly Friendship kind of way.

Beginning February 1st, you will find a Valentine box on the 3rd floor by the puzzle table. From that box, pick out a valentine for your friend or your sweetie pie or an employee. Put your name and their name on the valentine. You can add a personal message if you like.

Then put the Valentine in the special mail box also located on the 3rd floor so that it can be delivered on February 14th. You may send as many as you like. Help someone to have a wonderful day!



A WILL vs A TRUST

A WILL (probate) —

PROBATE IS THE SYSTEM THAT REMOVES THE NAME OF A DECEASED PERSON FROM THE ASSETS.

- All claims, real or imagined, must be settled to the court's satisfaction.
- Probate takes time...many months or even years
- Probate costs money...4% to 8% of the estate value is not uncommon.
- Probate is public record.
- A will is of no help if you become incapacitated.

A TRUST (no probate) -

A LIVING TRUST IS THE FAIL PROOF WAY TO PASS ALONG YOUR ESTATE TO YOUR HEIRS WITHOUT LAWYERS, COURTS OR THE PROBATE SYSTEM.

- Be in total control for as long as you live and are competent.
- Eliminate court interference if you become incapacitated.
- Administer your estate yourself before you die.
- Let your children do final settlements without cost or delay.
- Keep everything private and reduce excess taxes.

LEAP YEAR

Leap Year's are years that have an extra calendar day to keep the calendar in sync with astronomical events. They occur every 4 years.

The easiest way to know if a particular year is a leap year is to divide the year by 4. If you get a whole number it's a Leap Year. If you don't, then it's not a Leap Year.

Happy Leap Year 2012 !



Joyce models her beautiful Red Hat. It is almost as pretty as her smile.



Mac's daughter Alice stopped by for a visit and ended up in our newsletter!



Claire and Edna Mae waiting patiently for the mail.



Coffee and donuts give Paul and Lloyd the opportunity to discuss the construction happening on the property.

The benches by the elevators are always a good place to visit with a friend—just ask Jean and Wilma.



Catherine helping out after coffee and doughnuts.



Ellen and the pretty pillow she made at Creative Crafts with Netoshia.



Having fun at the Bingo Party sponsored by St. John's Lutheran Church.

Valet Parking—Sayre Style!



The energetic LAC Energizers entertain Raymond and Irene and the other January birthday people while we ate cupcakes!



Happy New Year! We had a grand turnout for our New Year's Eve party.



Vae and Anna working diligently to create snowmen during craft time.

Iona and Clarence dance in the New Year!



EVERYDAY WAYS TO STAY SHARP—WORK YOUR BRAIN TO KEEP IT IN SHAPE !

1. TAKE YOURSELF FOR A WALK

Walking for just 20 minutes a day can lower blood sugar. That helps stoke blood flow to the brain, so you think more clearly. Aren't comfortable walking outside or by yourself? Walk in the hallways throughout the building and ask a friend to come with you.

2. LEAVE YOUR COMFORT ZONE

Come out of your apartment and help work a jigsaw puzzle. If you enjoy working cross word puzzles, trying working a Sudoku puzzle. Come to various activities—brain games, creative crafts, reminisce, the Sewing Circle—try something different !

3. GRAB A Wii CONTROLLER

Come to the 3rd floor and learn how to bowl without the bowling ball! Join Netoshia and your neighbors as they see how many strikes they can get. Don't know how to bowl? They can teach you.

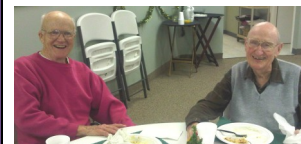
4. TURN UP THE TUNES

Television may provide a lot of stimuli but too much can dull your brain. Instead, spend some time listening to your favorite music. Music can increase feelings of well-being that improve focus. Join your neighbors on the 1st floor lobby and listen to Mary Routt as she plays the piano. Also check your calendar for various music programs throughout the month on the 3rd floor.

5. HAVE A CHAT

Again, get out of that apartment! Come out to the lobby and make a new friend. Sit with someone different at lunch or dinner time and get to know them. Join everyone on Tuesday and Thursday mornings on the 3rd floor for Coffee and Donuts social hour.

So much to do at Friendship Towers to help work your brain—pick one or two and get busy!



MEET YOUR NEW NEIGHBORS !

Jean Johnston

Apt # 215-B



Bill and Frances Ellison

Apt # 107-A



Eugenia Bell

Apt # 234-C

