

February 2024

# Sunnyside

108 Wildwood Dr, Cadillac, MI 49601

231.775.7750



**Administrator**  
Jackie Kibbe

**Food Service Director**  
Linda Elliott

**Resident Care Manager**  
Skye Schwab

**Life Enrichment  
Director**  
Leslie Benson

## February Birthdays

Charlet Homick 9th

Jeff Creed 27th



**The month of LOVE**  
**Celebrating**  
Friendship, Love, Family  
and Health

## Words For the Month

Brotherhood

Goodwill

Generosity

Fellowship

Charity

Gratitude

Community

Kindness

Harmony

Joy

Love

Empathy

Friendliness

Sympathy

Cordiality

Benevolence

## February Is:

- **February is known as American Heart Month.** American Heart Month is hosted by the American Heart Association. It's an association that's main focus is to keep hearts healthy and strong.
- **February** is also well known for being **Black History Month.** Black History Month is important. It's a time for people to honor the contributions and sacrifices of African Americans who have helped shape the nation.
- **February celebrates:**
  - 2<sup>nd</sup> **Ground Hog Day**
  - 10<sup>th</sup> **Chinese New Year**
  - 11<sup>th</sup> **Super Bowl Sunday**
  - 13<sup>th</sup> **Mardi Gras**
  - 14<sup>th</sup> **Valentine's Day**
  - 14<sup>th</sup> **Ash Wednesday**
  - 19<sup>th</sup> **President's Day - Holiday**



If you choose not to find joy in the snow, you will have less joy in your life but still the same amount of snow.

## DRINK UP!

### 6 Reasons to Drink Water

- Drinking Water Helps Maintain the Balance of Body Fluids. Your body is composed of about 60% water. ...
- Water Can Help Control Calories. ...
- Water Helps Energize Muscles. ...
- Water Helps Keep Skin Looking Good. ...
- Water Helps Your Kidneys. ...
- Water Helps Maintain Normal Bowel Function.

## Valentine Jokes:

- What did the man with the broken leg tell his Valentine?  
I have a crutch on you!
- What did the stamp say to the envelope on Valentine's Day?  
I'm stuck on you!
- What did the painter tell his girlfriend?  
I love you with all my Art!
- What did the tortoise say on Valentine's Day?  
I turt-ally love you!
- What do you tell a Pig on February 14<sup>th</sup>?  
Happy Valen-Swine's Day!
- How did the squirrel get his Valentine's attention?  
He acted like a nut!
- What did one cat say to the other cat on Valentine's Day?  
You are Purr-fect!

## Sunnyside Head of Food Services is Linda Elliott

Linda says she loves:

ALL Music

The Outdoors

Crafts

And of course . . .

COOKING!

Her favorite type of food is Mexican

But

She loves to dabble and experiment with  
all types of foods and recipes!

Thanks, Linda, for all the tasty nutrition  
you bring to us.



## SPOTLIGHT: MEET DORIS

Doris is our most senior resident at  
101 years young!  
Doris is delightful to talk with and her  
room is always filled with music. She  
says she loves all kinds - especially  
jazz and classical.  
She also loves all animals.  
She describes her daughter as the  
“perfect” daughter, and her daughter  
says Doris is the best of Moms!

## SPOTLIGHT: MEET OUR COOK LINDA







Shirley concentrates on a puzzle

Lots of Laughs from Christine at BINGO!.



*"A sweet friendship refreshes the soul."* Proverbs 27:9



Rex and Bill chilling out!

Cullann is excited to make a snowman



## God Is LOVE

*"Dear friends, let us **love** one another, for **love** comes from God. Everyone who **loves** has been born of God and knows God. <sup>8</sup> Whoever does not **love** does not know God, because God is **love**. <sup>9</sup> This is how God showed his **love** among us: He sent his one and only Son into the world that we might live through him. <sup>10</sup> This is **love**: not that we **loved** God, but that he **loved** us and sent his Son as an atoning sacrifice for our sins. <sup>11</sup> Dear friends, since God so **loved** us, we also ought to **love** one another. <sup>12</sup> No one has ever seen God; but if we **love** one another, God lives in us and his **love** is made complete in us" 1 John 4:7-12.*

Looking at our passage, we see the word love bolded thirteen times! God does the **initiating** of his love by *sending his one and only Son, Jesus, into the the world (vs.9) to die on the cross for the forgiveness of our sins (vs.10)*. God did not have to send Jesus. He could have left us in our sin. Yet, God's love is so deep and so wide (Ephesians 3:18-19) he rescued us from our sin. He **initiated** our redemption through the blood of Jesus. In verses 8,11 and 12, we see God's love is not passive, rather it changes and transforms us. We cannot love if we do not know God, because God is love. We are his creation, made in his image, and an extension of his love. God's love drives us to care for a person in need, to offer empathy to a grieving friend, to rejoice with one who comes to know Christ.

Today, I offer you a challenge - how will you **initiate** God's love to another person encountering a mental health crisis, a friend with differing political views, apologizing to your brother or sister, asking forgiveness for your mistakes or listening well to someone else's feelings and concerns.

You and I do not love because we want to. We love because God first loved us. His love creates a desire within us to be obedient to him in giving his love to those around us. We love because God's love changes and transforms us.

The month of February is about LOVE. As Valentine's Day approaches, take the **initiative** to love others as God loves you and watch it change and transform you and the person you shared it with.

Chaplain Val

