



Celebrating February

Library Lovers Month

Heart Health Month

Black History Month

Groundhog Day

February 2

Westminster Dog Show

February 10–11

Valentine's Day

February 14

Presidents' Day: U.S.

February 17

Mardi Gras

February 25

Leap Year Day

February 29

A Word For the Money-Wise

The Financial Fraud Enforcement Task Force is more than just a mouthful. This department is responsible for tracking down persons who attempt to defraud and financially exploit others. Studies have estimated the financial loss by victims of elder financial crimes to be well over \$2.9 billion dollars annually, and vastly underreported. With the multiple modes of communication, fraud, deception and scams are on the rise, all in an attempt to swindle your savings. Unfortunately, by enlisting with the Do-Not-Call registry, only the honest telemarketers are deterred by this feature. Criminals continue to dial in hopes that they catch someone unaware. While Lodge Lane cannot prevent these calls from happening, we want to keep you safe by passing along information and helpful tips so you don't fall prey to such deception. Two very popular methods of deceit are, the "grandparent scam" and the "IRS scam."

The Grandparent Scam – criminals call on the phone posing as a grandchild (*they may even know their name*) who is in trouble. They demand money in order to resolve the situation.

- Do Not send money.
- Inform staff immediately, they can assist in reassuring that everyone in your family is fine.

IRS Telephone Scam – scammers call and claim to be a member of the Internal Revenue Service (IRS). In some cases they claim you are entitled to a large refund *IF* you provide your bank account information over the phone. In other instances, they claim back taxes are owed and a warrant is out for your arrest.

- Do Not provide information, or arrange for payment.
- The IRS will NEVER ask for credit card, debit card, or payment over the phone. All tax information is sent to taxpayers with written notification through the U.S. mail.
- Call and report the incident to the Treasury Inspector General for Tax Administration at **1-800-366-4484**
- If you receive an email from someone claiming to be from the IRS, don't open any attachments or click any links in the message – contact a family member for assistance.

Scammers can be very convincing. If something doesn't seem right, or it sounds too good to be true, it probably is. Contact a family member or staff person to assist in reporting to the proper authorities.



Dates to Remember

Birthday Celebration

February 13, 2020 at 6:00P

It's a celebration. Come enjoy the musical stylings of Kevin McCove while enjoying some wine during our monthly birthday celebration.

Sweetheart Sock Hop

February 14, 2020 at 2:00P

Roses are red, violets are blue, this sweetheart's day we'd love to see you. Come out February 14, 2020 for some music, food, and fun on the day of love.

Eleanor : An American Love Story

February 22, 2020 at 2:00P

Media Theatre presents Eleanor: an American Love story. A musical based on the early lives of Eleanor and Franklin Roosevelt. Tickets are \$40.00. Please sign up with activities by February 7, 2020.

Mardi Gras Paint Party

February 25, 2020 at 2:00P

Let the good times roll. We're excited to celebrate Fat Tuesday with a pancake bar and some painting. You don't want to miss it.

Thank you Einstein Academy for visiting with our seniors.



Photo Collage



Super Bowl Fun Facts



SUPER BOWL

◆ Super Bowl Sunday is America's second largest food consumption day. Only Thanksgiving Day beats it.

◆ Disney paid Phil Simmons \$75,000 to yell "I'm going to Disney World." John Elway was paid the same amount just in case his team won.

◆ The priciest ticket to Super Bowl I, which was played in 1967, cost \$12.

◆ The Super Bowl I halftime show consisted of two marching bands, acclaimed trumpeter Al Hirt, two men in jet packs, and 300 pigeons.

Another fun fact, Lodge Lane is kicking off Super Bowl Sunday with a Super Bowl "Sundae" party on February 2, 2020 at 2:00p in the Activity Café. You don't want to miss it.

NEWS IN FOOD

Birthday Dinner
February 13, 2020



Sweethearts Lunch
February 14, 2020

Mardi Gras Lunch
February 25, 2020



February Superfood: Chocolate

Chocolate isn't just a sugary unhealthy treat to indulge

in. In fact there are many health benefits that chocolate provides. Let's explore a few:

- It reduces stroke risk.
A 2011 Swedish study found that women who ate more than 45 grams of chocolate a week had a 20 percent lower risk of stroke than women who treated themselves to fewer than 9 grams of the chocolate a week.
- It boosts heart health.
Regular chocolate eaters welcome a host of benefits for their hearts, including lower blood pressure, lower "bad" LDL cholesterol and a lower risk of heart disease. One of the reasons dark chocolate is especially heart-healthy is its inflammation-fighting properties, which reduce cardiovascular risk.
- It protects your skin.
Forget what you've heard about chocolate causing breakouts: Dark chocolate is actually good for your skin. The type of antioxidants called flavonoids found in dark chocolate offer some protection from UV damage from the sun.
- It may help improve your memory.
Research has shown that when elderly people were given specially prepared cocoa extracts which was high in flavanols, their cognitive function greatly improved.

<https://www.lifehack.org/articles/lifestyle/20-health-benefits-chocolate.html>

February Birthdays Babies

Diane B. 2/17

Low B. 2/3

Fran H. 2/5

Alice H. 2/11

Pauline R. 2/24

Tessie S. 2/20

Don S. 2/19

Jean S. 2/9

Nicole W. 2/3

Ginger W. 2/7

Tanisha H. 2/17

Dining Room Reservations

Our dining rooms have a tendency to fill quickly. Please make reservations with the front desk with as much advance notice as possible so a table can be set aside for your party.



Your Return Address
Street Number and Name
City, State ZIP Code

Postage
Information

Your Mailing Address
Street Number and Name
City, State ZIP Code

Lodge Lane Staff Email Addresses

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George Black, Director of Community Works

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Through Create a Jewish Legacy, we insure the future of various agencies, like Kutz Senior Living Campus, will be available to others for years to come.

For more information, please see Felisha Alderson or Jessica Bannan.

Photo Credits

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P1: children visiting from Einstein Academy

P2: Pauline R. and Marvin N. enjoying New Year's Eve

P3: Millie F. and Jackie S. enjoying the hors d'oeuvres on New Year's Eve

P4: Elisa D., Vicky B., Jackie S., and Pauline R. participating in our Helping Hands group.

P5: Elisa D., Vicky B., and Jackie S. donating items to Child Inc.

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P1: Elisa D and Vicky B at New Year's Eve party