



# CLATSOP CARE RETIREMENT VILLAGE

947 Olney Avenue • Astoria, OR 97103 • 503-325-4676

## Administrator's Corner

Happy February!

Just a couple of friendly reminders...The smoking area will be enforced. NO smoking around or near the front entrance. We have residents, their families, and members of the community that are allergic to or sensitive to smoke. Please respect others and smoke in the designated smoking area. Please do not throw cigarette butts on the ground. We have ashtrays and garbage cans for disposal.

We will be hosting some events at CRV for educational purposes. Saturday February 21st from 2-4pm will be about dementia. March will be about the Clatsop Health District, who we are and what we do, company wide. Please let your family members know that this is open to the public!

Again, Happy New Year!

Sincerely,  
Ann Rubino  
Administrator

### Choice of Chocolates

Truffles, cordials, nutty, creamy or crunchy ... There are many sweet choices when it comes to a box of Valentine's Day chocolates. The most popular pick according to surveys is the classic caramel.

February 2026



## Be My Green Valentine

Valentine's Day makes us think of red and pink, but green is the best way to express your love for Mother Earth. Make eco-friendly choices as you prepare to celebrate the holiday.

Instead of buying a new greeting card, send a thoughtful text message or a short but sweet video message. Alternatively, you could also use recycled materials to create your own romantic message that's sure to be treasured for years.

The manufacture of new gold jewelry produces tons of waste from mining and processing. Consider buying a gift of vintage jewelry instead, or look for jewelry made from recycled metal or repurposed materials.

A traditional bouquet of flowers is even more charming if it is arranged with locally grown, pesticide-free blooms. For longer-lasting flora, give a blooming plant as a symbol of your enduring love.

Bypass processed and packaged chocolates, and opt instead for homemade candies, cupcakes or pastries, either from your own recipes or locally sourced from a small business or farmers' market.

Share the love. Connect with friends and perhaps future valentines by volunteering with local environmental groups and attending events where eco-conscious people gather, such as outdoor music and arts festivals.



## Health & Fitness

Here at CRV we believe that health and wellness are the cornerstone of a well balanced life. We are currently offering movement classes 6 days a week. On Mondays, Wednesdays, and Fridays at 9:45am Jill Coryell, from Clatsop Community College, offers a fitness class for all ages and abilities. On Tuesdays and Thursdays at 10:00am we offer Tai Chi in the activities area. This is a gentle movement class appropriate for all abilities. And on Saturdays at 10:00am Felina offers Chair Yoga. This is a great way to manage stress and feel better about yourself. Please check out one or all of these activities and bring a friend!!

## Try a One-Month Challenge

If your New Year's resolution is fading fast, try a one-month challenge instead. Completing a daily goal or task for the shorter time frame is more attainable for most people. But a month is still long enough to be challenging and to create a habit that can become part of your life for the long haul.

## We Have a New Team Member!

Our team has been a bit short-handed lately. While we have worked extremely hard to make sure you didn't notice, we are excited to say that we have found someone who matches our high standards of service and excellence. Please welcome our newest team member, Lu. We're looking forward to adding our newbie's abundance of knowledge and energy to our team. Feel free to drop by and welcome this newest addition to our community!





## Boost Your Immunity

Your immune system fights off illness and disease, and several everyday habits can make it stronger.

*Eat healthy foods.* Colorful fruits and vegetables are rich in vitamins and antioxidants, which strengthen immunity. The good bacteria found in yogurt and sauerkraut also helps fight infections. Limit sugar, unhealthy fats and processed foods.

## Activities for Heart Month

American Heart Month has been observed every February since 1964, encouraging people to learn more about heart disease and ways to practice heart-healthy habits. These ideas can help you take charge of your health as well as raise awareness in your community.

*Wear red.* Sport some crimson clothing on National Wear Red Day, the first Friday in February, to show your support for Heart Month. Consider wearing a red ribbon all month long to spark conversations about heart health.

*Know your numbers.* Take advantage of blood pressure

*Stay hydrated.* Consuming plenty of fluids flushes out toxins and keeps the respiratory system moist, providing a protective barrier against germs. In addition to drinking water, sip on herbal teas and soups.

*Exercise.* Regular physical activity, such as walking, swimming and other low-impact exercise, promotes good circulation, helping boost immunity.

*Get plenty of sleep.* Seven or eight hours a night is ideal for most people. Sleep restores the body and lowers cortisol, a stress hormone that can damage the immune system.

checks and cholesterol screenings in the community. Record your numbers and work with your doctor to make any needed changes.

*Get fit with a friend.* Exercise is one of the best ways to help your heart, and it's often more fun with another person. Invite a friend to join you for a walk or to try a new exercise class.

*Give back.* Participate in health fundraisers and events, such as a 5K or blood drive.



## Celebrating Black History Month

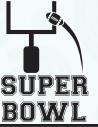
Each February, the United States observes Black History Month to honor the achievements of African Americans throughout history. Learn more about the man who pushed so hard for this month of recognition, a coal miner turned Harvard-educated historian.

In 1875, Carter G. Woodson was born to two survivors of slavery in Virginia. As a teen, Woodson worked in the local coal mines to help support his family. When he was 20, he started high school, and two years later, he graduated and started teaching high school himself, later earning multiple college degrees, including a doctorate from Harvard.

Woodson wanted the contributions of the heroic Black men and women who helped shape the nation and its culture to be recognized and celebrated. In 1926, he created an event to promote Black history during the second week in February because it included the birthdays of abolitionist Frederick Douglass and President Abraham Lincoln.

Fifty years later, after decades of support, the event expanded to Black History Month, a national observance, as part of the country's bicentennial. For his efforts, Woodson has been called the father of Black history.

## February 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Dark Chocolate Day	1 Groundhog Day	2	3	4	5 National Wear Red Day	6
	8	9	10 National Peppermint Patty Day	11	12	13
	15 Presidents Day	16 National Random Acts of Kindness Day	17	18	19 National Caregivers Day	20
National Margarita Day	22	23	24 National Clam Chowder Day	25	26 National Polar Bear Day	27
						

## “This Month In History” FEBRUARY

**1887:** The first official Groundhog Day is celebrated in Punxsutawney, Pa., starting a tradition of the town's groundhog, named Phil, forecasting spring's arrival.

**1913:** Imposing a federal income tax, the 16th Amendment to the U.S. Constitution takes effect.

**1936:** With the mission of conservation, the National Wildlife Federation is formed.

**1940:** College basketball is televised for the first time.

A New York station broadcast the Pittsburgh vs. Fordham game from Madison Square Garden.

**1955:** “Sincerely” by the McGuire Sisters tops the pop music chart.

**1963:** Julia Child's pioneering cooking show “The French Chef” premieres on PBS.

**1971:** Wanting to do something special during the Apollo 14 mission to the moon, astronaut Alan Shepard hits two golf balls on the lunar surface.

**1986:** Pulitzer Prize winner Robert Penn Warren is named the first U.S. poet laureate.

**1994:** At the Winter Olympics in Norway, 13-year-old South Korean Kim Yun-Mi won the gold medal in the 3,000 meter speed-skating relay.

**2011:** Celebrated author Maya Angelou is awarded the Presidential Medal of Freedom, the nation's highest civilian honor.

**2018:** The Philadelphia Eagles win their first Super Bowl title after defeating the New England Patriots 41–33.

**2022:** Queen Elizabeth II celebrated her Platinum Jubilee, marking 70 years as queen. She passed away seven months later at the age of 96.