

February 2024

The Periodical

Parsons House on Eagle Run | 14325 Eagle Run Dr. Omaha NE. 68164 | 402-498-9554



Celebrating February

Bird Feeding Month

Women Inventors Month

Periodic Table Day

February 7

Valentine's Day

February 14

Presidents' Day

February 17

For Pete's Sake Day

February 26

One month down into the new year and eleven more to go.... Wowza, Mother Nature sure made her presence known to start out 2024! January really came at us harshly with blizzards and sub-zero temperatures here in the Metro. The bitter cold and heavy snow wreaked havoc across the Midwest. Although we did our best to prepare for the weather here at Parsons House, we were not fortunate enough to escape the aftermath of it all.

As I'm sure you are all aware of, our dining room suffered a cracked water line due to freezing temperatures. Our amazing Parsons House staff worked swiftly and diligently to subdue the flow of water when they were thrown this curve ball. A round of applause to all those who pulled together to help during this event and a sincere THANK YOU for the understanding we received from our residents and their families.

As the temperatures begin to trend upwards, my hope is that we can end the month of January with some decent weather! If that's the case, let's all just agree to forgive and forget that dreaded January of 2024! After all, when you live in the Midwest and go through what we just did, you have a much greater appreciation for that "decent" weather. It's not that much to ask for, is it?

From all of us at Parsons House, we hope you have a fantastic February... be safe and stay warm!

The Magic of Mardi Gras



Mardi Gras, the vibrant and exhilaratingly worked swiftly and diligently various parts of the world, is a spectacle of merriment, color, and

culture. It typically involves parades, masquerade balls, and the donning of elaborate costumes, offering a unique blend of tradition and modern revelry. Each year, it is a time for people to indulge in festivities and enjoy the spirit of community. In 2024, the celebration begins on January 6. It leads up to Fat Tuesday on February 13—the culmination of the Carnival season.

In 2024, Mardi Gras promises to be an exceptional experience. While the details of the celebrations vary from place to place, grand parades with intricate floats, live music, and colorful Mardi Gras beads are common features. The heart of Mardi Gras lies in its diverse cultural influences, blending elements of French, Spanish, African, and Creole heritage, which contribute to the rich tapestry of this celebration.

A tasty aspect of Mardi Gras is the king cake, a traditional pastry with a hidden figurine or token inside that brings good luck to the person who discovers it. Vivid, intricate masks and costumes add to the visual spectacle of Mardi Gras, as participants embrace anonymity and the freedom to be anyone they choose for a day.

Whether you're in New Orleans, Rio de Janeiro, or any of the other cities that celebrate Mardi Gras, the joyous atmosphere and sense of unity are universal. Partygoers let loose, enjoy the parades, savor delicious cuisine, and partake in a global festival of life and culture.

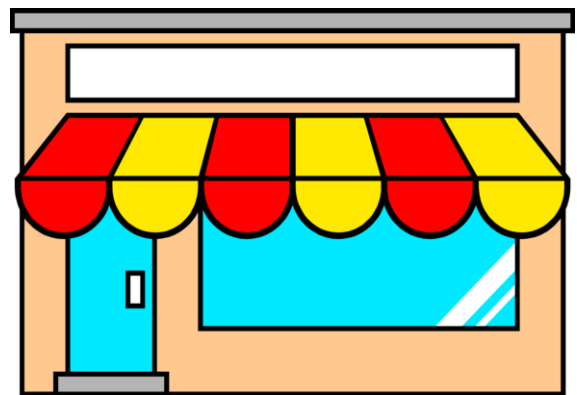
But Mardi Gras is more than just a party; it's a colorful expression of tradition, diversity, and the indomitable human spirit. Mark your calendars for Mardi Gras 2024 and prepare to join the revelry!

A Cutting-Edge Hobby

It's not an illusion or a magic trick—sword swallowing is a serious and even ancient art. On February 24, World Sword Swallowers Day, many practitioners will perform free demonstrations of their weird art form.

How does one learn to swallow a sword? Apprentices begin by putting objects of increasing size down their throats: fingers, spoons, paintbrushes, knitting needles, coat hangers, and then swords. Eventually, a swallower's esophagus is so relaxed that the sword travels down the throat and into the stomach. Today it may be a showy act for street performers and circus sideshows, but in ancient India, it was considered a demonstration of divine union with their gods, akin to walking over hot coals. Only a few dozen people worldwide currently risk this dangerous pastime. Luckily, for many, the worst injury they suffer is "sword throat."

Corner Store



The Corner Store will be open February 12th and February 26th

PB and J Puffed Cereal Ice Cream Sandwiches



Ingredients

- **4 tbsp.** (1/2 stick) unsalted butter, plus more for pan
- **1** (10-ounce) bag miniature marshmallows
- **1/2 c.** smooth peanut butter
- **6 c.** puffed rice cereal
- **2 pt.** strawberry ice cream, softened
- **1 c.** chopped freeze-dried strawberries, for coating

Directions

1. **Step 1** Butter an 18-by 13-inch rimmed baking sheet. Melt butter in a large pot over low heat. Add marshmallows and stir until melted. Remove from heat and stir in peanut butter until smooth. Fold in rice cereal. Transfer to prepared pan and press into an even layer. Refrigerate until set, at least 20 minutes and up to 3 hours.
2. **Step 2** Transfer cereal treats to a cutting board. Using a serrated knife, cut evenly into 20 squares. Scoop ice cream onto half of the squares, spreading evenly. Sandwich with remaining squares, gently pushing ice cream out to the edges. Coat edges with dried strawberries. Freeze until firm, 4 hours or up to 2 days.

The Art of Being Humble

February 22 prefers not to call attention to itself. It is Be Humble Day, a day not to brag, boast, or call attention to your accomplishments. The words *humble* and *humility* come from the Latin word *humus*, which means “earth,” literally the dirt beneath our feet. To be humble is to have a modest estimate of one’s own worth and to never have a superior attitude over others. Humility is perhaps the greatest of virtues.

In our loud, proud, and power-driven society, humility can be viewed as a weakness. However, humility has often proven to be a leader’s greatest strength. Humility comes from the self. Humility is also attractive to others, often because a good and humble leader will sacrifice personal gain for the benefit of the entire group. Humble leaders also do not create their identity from their accomplishments. Identity and accomplishment are entirely separate. This is why a humble leader will remain flexible. When their choices are criticized, they do not take it personally but rather are willing to learn from their mistakes. Taking a day to be humble may make us all stronger leaders, whatever our tasks.

Get Ready to LOL



February 8 is Laugh and Get Rich Day. If only it were that easy! Gelotology is the psychological study of laughter, and scientists are still trying to figure out just why we laugh. Laughter involves many different parts of the brain as well as the coordination of many muscles. Laughing 100 times is equal to 15 minutes of exercise on a bike. It’s a total body workout, with all the physical and psychological health benefits to boot. So, while laughter may not fill our bank accounts, it certainly enriches our lives.

For the Love of Reading

While couples are courting each other with the perfect valentines on February 14, local libraries are wooing their local communities on Library Lovers' Day. Citizens have always appreciated their local libraries, but on this day, libraries show that the feeling is mutual.



Library patrons, how do your libraries love thee? Let us count the ways. One library hosted a couple that renewed their wedding vows after 40 years of marriage. Another library held a "blind date with a book" party, where borrowers were hooked up with mystery books. The staff

of another library dressed up as characters from Jane Austen's novel *Pride and Prejudice*, held a tea party for borrowers, and read excerpts from the book.

Why do we develop such emotional connections with books? Is it because we love learning new things? Books can teach us anything and everything, from cooking to space travel to macroeconomics. Do we love the way they inspire our imagination to take flight? We think we have only one life to live, but through books we inhabit other lives and even other worlds. Reading allows us to explore an infinite variety of paths in life. Reading is not a passive act but an intensely challenging mental act. It is as good for our brains as exercise is for our bodies. Regardless of your reason for loving books, instead of taking your loved one out to a restaurant this Valentine's Day, consider taking them to a library.

Looking for more reasons to indulge your love of literature? February 9 is Read in the Tub Day. How do you keep the pages from getting wet? Simply place a plank or caddy over the tub to rest your book and your rubber ducky on. Just remember not to take those library books into the bath with you!

February Birthdays

If you were born between February 1–18, you are an Aquarius, the Water Bearer. Aquarians are loyal and smart humanitarians who want to make a difference in the world. They are energetic, have inquisitive minds, and come up with creative solutions. Those born from February 19–29 are Pisces, the Fish. Like fish, Pisces like to go with the flow in an easygoing manner, but on the inside, they are intuitive, intensely spiritual, and deeply emotional.

Doris S. 2-11

Beverly Y. 2-4

Joanne B. 2-17

Kathleen T. 2-16

Michael M. 2-26

Pat R. 2-10

Martha L. 2-27

Liz P. 2-8

Connecting the World



On February 4, 2004, the internet changed forever. Harvard freshman Mark Zuckerberg launched Facebook, a website that has transformed the way people socialize and communicate. Facebook

has more than three billion active users a month. For many, staying in touch via Facebook, sharing pictures, sending messages, and commenting on friends' posts is preferable to communicating by mail, telephone, or email.

However, a scientific study in 2017 suggested that using Facebook had negative consequences. The more the study participants used Facebook, the worse they felt afterward. Users felt less satisfied with their lives and were lonelier. It seems that direct social contact may still be the best form of interaction of all.