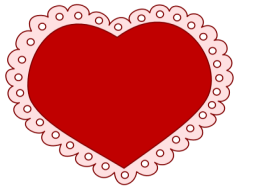


THE VILLAGE VOICE

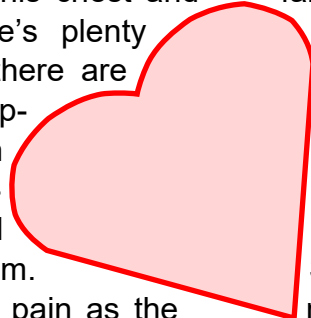


managerauburngrove@calamar.com

February 2019

AMERICAN HEART ASSOCIATION FACTS

If you have heart disease would you recognize the symptoms? Many people are familiar with the scene of a man clutching his chest and falling onto the ground but there's plenty more you need to know. While there are many similarities in the symptoms of heart disease in men and woman, there are differences that can save or even end your life if you don't know them. So before you pass off that jaw pain as the result of sleeping funny or lightheadedness as something a snack will fix, learn the symptoms and don't ignore them.



Symptoms of Heart Attacks

1. Uncomfortable pressure, squeezing fullness or pain in the center of your chest, last more than a few minutes, goes away and comes back.
2. Pain or discomfort in one or both arms, back, neck jaw or stomach.
3. Shortness of breath w/ or without chest discomfort.
4. Signs such as breaking out in a cold sweat/ nausea.

Signs and Symptoms of Stroke

1. Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body.
2. Sudden confusion, trouble speaking or understanding.
3. Sudden trouble seeing or blurred vision in one or both eyes.
4. Sudden trouble walking, dizziness, loss of balance.
5. Sudden severe headache with no known cause.

COLLECTION OF RECYLABLES

There is a container in the Community Room for the returnable nickel deposit bottles. Bud Phillips takes all of these bottles back to be recycled and then the monies are given to the RSG fund. Last year we raised \$577.05. On several occasions many bottles were found in the trash rooms and were almost thrown out. We would love your donations of returnable bottles so please put them in the Community Room Container.

AUBURN GROVE BIBLE STUDY

The Auburn Grove Bible Study will be starting back up for 10 weeks starting on March 7th in the Community Room from 10:00-11:30 am. All men and woman are welcome and refreshments will be provided.

CAN COMPETITION

As it was mentioned in the last newsletter and during coffee hour, Auburn Grove will be competing in the can challenge again. You will see an insert in this Newsletter explaining the details. We won first prize last time and we have been planning for this event and taking donations. We are asking for everyone to donate non-perishable items. We will not only be going up against other Calamar properties but the corporate office at Calamar too. The winner will win a free pizza party. We will be working on our can presentation and we need everyone's help to make this as successful as last time. Thank you !

THE CALAMAR FOUNDATION

The Calamar Foundation partners with our local residents and our local chapters of the Alzheimer's Association, The American Cancer Society, and The American Heart Association to give back to the community in which we live and do business. For info on becoming a Foundation Donor, please see Sue.

ADDITION TO DIRECTORY

Helen Worden Apt 137
Phone # 315 967 4637
Birthday 1/19

Community Manager:
Sue Allen

Maintenance Technician:
Joe Seigmyre

Office Hours:
Mon-Fri
8:00 am - 4:30 pm

After Hours Maintenance Emergencies please call:
315-515-3267

Manager's Message

Auburn Grove Residents!

We have some great news! Congratulations to Auburn Grove for winning third place at the Festival of Trees and received a prize of \$15.00. A special Thank you to Jill Clifford for taking the lead on this and a big thank you to all the residents who donated hats, mittens, etc., but also to the decorators, and to all who took the time to vote. In all we donated 135 hats, mittens, scarfs to the Helping Hands Food pantry. The donations were put into children's Christmas baskets for the holiday and delivered. Thank you everyone for all your hard work!





The month of February is American Heart Association Awareness month. In the Newsletter you will find information on the warning signs for heart attack, and strokes. I am asking that residents please wear something red on Friday, February 1st as it is the National Day of recognition for The American Heart Association. Thank you all so much for your support to such a vital cause!

We have many activities planned for the month of February. On 2/5 the Ladies Lunch Out will be held at Pizza Hut. Sign up by Friday 2/1.. We will be leaving the Grove at 11:35. On 2/12 we will be having a Bingo party. There will be refreshments after Bingo and a couple of Raffle items too. Dining Out will be 2/17, 11:00 a.m. We will be having Sunday Brunch at Springside Inn. Price is \$26.00 which includes tax and tip and you need to sign up/pay by 2/10. For more information on the brunch please see Sue Cartner. We will be continuing with the St. Mary's Pasta dinners on 2/12. You must put the money in the pay box by 2/11 by noon. On 2/15 we will be having Free, Fabulous, and Fun Wine night at 6:30. This is an Auburn Grove Event only! On 2/21 we will be having Kailey Adams from Clear Captions here to do a presentation on hearing loss, and following her 20 minute presentation, there will be a free lunch provided afterwards. Lunch will be subs/wraps from Wegmans and potato salad. Also on 2/22 Elvis (Tom Gilbo) is back at the Grove from 6:30-8:30. The cost is \$5.00 for residents and \$10.00 outside guests. Please sign up on the sign up sheet in the lobby.

Please give a warm Welcome to our newest resident Helen Worden in Apt. 137

If you have any questions or concerns at any time please give me a call or stop in to see me. Thank you! Sue



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p><u>Kick off for National Heart Day on 2/1, 10:00 am</u></p> <p>All residents please join us for National Heart Day in the Community Room at 10 am for Breakfast Pizza. And let us all wear red to bring attention to National Heart Day. Please sign up if you will be joining us.</p> 		<p>1 9:30 Exercise with Esther 10:00 National Heart Day in the Community Room, Breakfast Pizza will be served. 3:00 Bridge</p>	<p>2 Ground Hog Day</p> 
			<p>3 Super bowl LIII</p> <p>Happy Birthday Pat Costisick</p>	<p>4 10:00 Exercise with Esther 2:00 Knitting Group 7:00 Wii</p>	<p>5 Chinese New Year (Year of the Pig)</p> <p>12:00 Ladies Lunch (@ Pizza Hut. Leave at 11:35 Sign up by 2/1) 5:00 St. Mary's Pasta Dinner 6:30 BINGO</p>	<p>6 8:00 Men's Breakfast Out 10:00 Exercise with Esther 3:00 RSG Meeting 5:00 VFW Meals 7:00 Cards/Games</p>
<p>10 2:00 Church Services in Community Room. (All are welcome!)</p> <p>Happy Birthday Carmella Germano</p>	<p>11 10:00 Exercise with Esther 2:00 Knitting Group 6:30 Movie Night</p>	<p>12 4:30-5:00– St. Mary's Pasta Dinners (money due on 2/11 by noon) 6:30 BINGO (Valentine's Party Refreshments after bingo and a couple of raffle items)</p> <p>Happy Birthday Barbara Deacon</p>	<p>13 10:00 Exercise with Esther 5:00 VFW Meals 7:00 Cards/Games</p>	<p>14 Valentine's Day</p> <p>12:00-1:30 Presentation & Luncheon re: Hearing Impaired on telephone. (You must sign up for this event). 7:00 Bridge 7:00 Cards/Games</p> <p>Happy Birthday Valerie Waby</p>	<p>15 9:30 Exercise with Esther 3:00 Bridge 6:30 Free, Fabulous & Fun Wine Tasting and Happy Hour event. No Outside guests and you must sign up.</p> <p>Happy Birthday Cindy Mazzeo</p>	<p>16</p>
<p>17 11:00 Dining Out Springside Inn. \$26 per person includes brunch, tax and tip. Sign up & pay by 2/10.</p>	<p>18 President's Day</p> <p>10:00 Exercise with Esther 2:00 Knitting Group 7:00 Wii</p> 	<p>19 6:30 BINGO</p>	<p>20 8:00 Men's Breakfast Out 10:00 Exercise with Esther 3:00 RSG Meeting 5:00 VFW Meals 7:00 Cards/Games</p> <p>Happy Birthday Frances Young</p>	<p>21 7:00 Bridge 7:00 Cards/Games</p>	<p>22 10:00 Coffee Hour 9:30 Exercise with Esther 3:00 Bridge 6:30-8:30 Tom Gilbo (AKA Elvis) performs in Community Room. Cost is \$5 for residents and \$10 for non residents</p>	<p>23</p>
<p>24 Natl. Margarita Day</p> <p>2:00 Church Services in Community Room. (All are welcome!)</p>	<p>25 10:00 Exercise with Esther 2:00 Knitting Group</p>	<p>26 6:30 BINGO (Food pantry night)</p>	<p>27 10:00 Exercise with Esther 5:00 VFW Meals 7:00 Cards/Games</p>	<p>28 7:00 Bridge 7:00 Cards/Games</p>	<p>American Heart Month</p> 