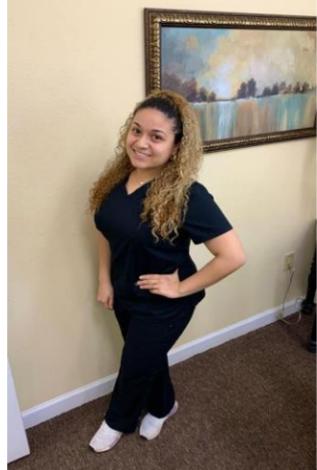




**National Caregivers Day** is our yearly opportunity to show appreciation to those in the caregiving profession. These people spend their time taking care of our dear senior population, so it is important to let them know they are appreciated.

The most important part of celebrating this date is showing appreciation and thanks to the caregivers in your life. Being a caregiver requires compassion and dedication. **Take some time on Friday, February 19<sup>th</sup> to let our wonderful resident caregivers at Three Forks of Forney know that you appreciate them.**



One of Three Forks fabulous caregivers...Jazmyn



- Catherine (Resident) February 3**
- Desiree (Staff) February 3**
- Angela C. (Staff) February 8**
- Marta (Staff) February 22**
- Jazmyn (Staff) February 22**
- Charlotte (Resident) February 24**
- Rosa Parks (activist) – February 4, 1913
- Hank Aaron (ballplayer) – February 5, 1934
- Laura Ingalls Wilder (writer) – February 7, 1867
- Thomas Edison (inventor) – February 11, 1846
- Frederick Douglass (reformer) – February 14, 1818
- Smokey Robinson (singer) – February 19, 1940
- Nina Simone (singer) – February 21, 1933
- Julius Erving (athlete) – February 22, 1950
- Jackie Gleason (comedian) – February 26, 1916
- Elizabeth Taylor (actress) – February 27, 1932



2021 is the Year of the Ox according to Chinese zodiac. This is a Year of Metal Ox, starting from Feb. 12, 2021 (Chinese New Year) and lasting to Jan. 31, 2022. Ox is the second in the 12-year cycle of the Chinese zodiac sign. Years of the Ox include 1913, 1925, 1937, 1949, 1961, 1973, 1985, 1997, 2009, 2021, 2033...

Oxen used to be capable farming tools in an agricultural society, which attach to the symbol of diligence, persistence, and honesty. In Chinese culture, Ox is a faithful friend that made great contributions to the development of the society. Like the ox, people born in the Year of the Ox are industrious, cautious, hold their faith firmly, and always glad to offer help.

# THREE FORKS TRIBUNE

Three Forks Senior Living~335 S. F.M.548~Forney, TX. 75243 972-552-3426

## Three Forks Team

**Emily Whitson**  
*Executive Director*

**Corie Ford Gonzales**  
*Resident Care Director*

**Tony Jackson**  
*Clinical Director*

**Alex Davis**  
*Community Relations Director*

**Shelby Mathis**  
*Business Office Manager*

**Bill Lawson**  
*Maintenance Director*

**Angela Tyler**  
*Life Enrichment Director*



## THE MONTH OF FEBRUARY

The month of February is packed full of special days and holidays. Take a moment to review your monthly calendar. You will also receive a daily chronicle, and information concerning daily activities and community updates. Below is some of the things we will be celebrating during this month.



Let's all take a moment to thank our postal service workers



Join with others in the community to view the Super Bowl



National Wear Flannel Day is February 10.



Wishing everyone a Happy Valentine's Day



No mail delivery on February 15



Let's all celebrate Mardi Gras on February 16

## An Olympic "Miracle"

On February 22, 1980, no one expected an American hockey team made up of collegiate players to defeat Russia's Olympic hockey powerhouse. The Soviets hadn't lost an Olympic match since 1968 and had won four straight gold medals. And how could anyone forget the Soviets' 10-3 rout of the U.S. team during an exhibition game just a few weeks prior at Madison Square Garden? Even with a sold-out crowd and home-ice advantage, hopes of an American Olympic victory were slim. It would take a miracle.



The American team was the youngest in U.S. Olympic history, with an average age of 21 years. Coach Herb Brooks drafted his team heavily from two powerhouse college hockey teams, the University of Minnesota and Boston University, bitter rivals that had recently faced off in the NCAA national semifinal in 1976. But Brooks was looking for more than just talent on the ice. He also subjected potential players to a 300-question psychological test that examined their performance under extreme stress. Not only were the Americans playing against legendary Russian players like Vladislav Tretiak, Valeri Kharlamov, and Viacheslav Fetisov (players who would later enter the Hockey Hall of Fame), but they had to play under the cloud of a decades-long Cold War between the U.S. and the Soviets. At the time of the Lake Placid Winter Olympics, President Jimmy Carter was contemplating a boycott of Moscow's 1980 Summer Olympic Games after Russia's invasion of Afghanistan. Matters of both sport and politics made the two nations international adversaries.

If fans expected a blowout, they were pleasantly disappointed. The game was a relentless back-and-forth battle for the lead. Russia's superior talent was on full display, but the young and scrappy Americans took a 4-3 lead with 10 minutes left to play and were able to hold off for a win. It was as much a political victory as a sporting one. Two days later, the U.S. would take the gold against Finland, but history would forever remember the "Miracle on Ice" against Russia.



### EMPLOYEE OF THE MONTH JENNIFER HARDY



### Employee of the Month

Congratulations to Jennifer Hardy for being the employee of the month. Jennifer has been at Three Forks of Forney for 5 ½ years. She is a resident assistant for our assisted living community. She says she enjoys learning about each resident and her co-workers. Jennifer was born in Dallas, and currently lives in Seagoville. She is a proud mom to two daughters named Shelby and Amber and one son named Tyler. She has two dogs, Addie and Zoie. In her free time she delights in spending time surrounded by her family.



## Making Black History



In 1915, historian and journalist Dr. Carter G. Woodson founded the Association for the Study of African American Life and History (ASALH). He was just the second African American after W. E. B. Du Bois to obtain a Ph.D. from Harvard University and one of the first scholars to study the African diaspora. As a member of the American Historical Association (AHA), Woodson realized that the AHA had no interest in the history of African Americans. He set out on his own to create an institution where African American scholars could study black history without misrepresentation. The ASALH was the result of those efforts. For over a decade, Woodson worked with the most prominent black intellectuals and activists in America to promote his cause: W. E. B. Du Bois, Marcus Garvey, John E. Bruce, T. Thomas Fortune, and Hubert Henry Harrison. In 1926, Woodson brought more prominence to his movement by championing "Negro History Week" during the second week of February. He wanted the week to coincide with the birthdays of abolitionist leader Frederick Douglass and President Abraham Lincoln, two key figures of African American history. This event was an opportunity for schools and communities to organize celebrations of African Americans and their contributions to American society by offering free lectures and performances and establishing black history clubs. During the coming decades, mayors from cities all across America proclaimed the second week of February "Negro History Week." Then, in 1970, the Black students and educators at Kent State University expanded on Woodson's vision and declared the entire month of February Black History Month. In 1976, President Gerald Ford followed suit, officially recognizing Black History Month nationwide. The theme that year was *America for All Americans*. This year's theme is *The Black Family*, offering, in the words of the ASALH, "a rich tapestry of images for exploring the African American past and present." **Make plans to view the activity room display as we celebrate Black History Month.**



The game's history can be traced back to 1530, to an Italian lottery called "*Lo Giuoco del Lotto D'Italia*," which is still played every Saturday in Italy. From Italy, the game was introduced to France in the late 1770s, where it was called "*Le Lotto*", a game played among wealthy Frenchmen. The Germans also played a version of the game in the 1800s, but they used it as a child's game to help students learn math, spelling, and history. In the U.S., [bingo](#) was originally called "beano". It was a country fair game where a dealer would select numbered discs from a cigar box and players would mark their cards with beans. They yelled "beano" if they won.

**Join us in the dining room each Wednesday and Saturday for a lively game of bingo.**



Every year the first Friday of February has been dedicated to National Wear Red Day as an awareness day for American women to understand their number one health threat - heart disease. The day encourages women to know their Blood pressure, HDL cholesterol and total cholesterol levels, as well as their body mass index (BMI) to better understand their health risk for heart disease. **Join us in wearing red on Friday, February 5 and win a prize.**