

# Ridgewood Manor

February 2026

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## Do One Thing at a Time

Multitasking is efficient, right? Not true, say scientists. You're actually making your brain work harder because it's wired to focus on one thing at a time. When you think you're doing two tasks at once, such as watching TV while working a crossword puzzle, the brain is really switching back and forth between both experiences and must use more energy. Focusing on a single task has been shown to be better for the brain and more mentally relaxing.

## Time for a Chuckle

Have you laughed today? Laughter decreases stress hormones and increases immune cells and antibodies, improving your resistance to disease.

## A Love-ly Laugh

Q: What do you call two birds in love?  
A: Tweetharts.

## Hugs for Health

Wrap your arms around this news: Studies show that a 10-second hug can reduce the stress chemical cortisol, increase the "feel-good" hormone oxytocin and lower your blood pressure—resulting in a calmer, happier you.



## Love and Be Loved

"How you love yourself is how you teach others to love you."

—Rupi Kaur

## 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.

## Be Mindful of Missed Calls

If you notice a missed call from an unknown phone number, resist the urge to satisfy your curiosity and call back. Scammers can spoof numbers that look similar to ones you regularly call in the hopes you'll answer. When you return the call, it verifies that a person is assigned to your phone number, prompting the scammer to try again another time.

## Supersized Spending

A 30-second TV commercial cost about \$40,000 during the first Super Bowl in 1967, compared to about \$8 million in recent years.



## Cut Copays

Find out if your health insurance provider will cover a three-month supply of any prescription medication you take on a regular basis. If so, ask your pharmacy to make the change from a monthly refill. The switch can often save you both time and money.

## Make Passwords Hack-Proof

Create a hard-to-crack password by using a phrase, such as a random combination of four or more words. Or string together the first letters in the words from a line in your favorite song. Tech experts say short passwords are easier to hack.



## Wit & Wisdom

"A flower cannot blossom without sunshine, and man cannot live without love."

—Max Muller

"Love is sharing your popcorn."

—Charles Schulz

"We love life, not because we are used to living but because we are used to loving."

—Friedrich Nietzsche

"If love is the answer, could you rephrase the question?"

—Lily Tomlin

"Love isn't something you find. Love is something that finds you."

—Loretta Young

"To love and be loved is to feel the sun from both sides."

—David Viscott

"People think love is an emotion. Love is good sense."

—Ken Kesey

hockey for their home countries. In the 2022 Beijing Winter Olympics, both the U.S. and Canada were eliminated in the quarterfinals, not having the NHL stars on their rosters. This year, Team USA is heavily favored to take home the gold.

*Frozen fan favorites.* Along with ice hockey, figure skating and snowboarding are some of the top-watched events for American viewers. Young snowboard stars to watch include gold medalists Chloe Kim and Red Gerard. Male figure skating star Ilya Malinin is expected to shine at the 2026 games. The 21-year-old is the only athlete in history to have landed the quadruple axel—the hardest jump in figure skating—during a competition.

## 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 called the father of Black history, 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.





## 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.*

*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.

**Socialize.** Loneliness can lead to depression, which can weaken immunity. Chatting with a friend, joining a club or taking part in a group activity can reduce feelings of isolation.

## 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 our 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 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.

*Set a nutritious example.* Focus on making heart-healthy foods a regular part of your diet. When others see you choosing options such as fish, whole grains, beans, fruits and veggies, they may be motivated to do the same.

Give back. Participate in health fundraisers and events, such as a 5K or blood drive. You could also make a donation to the American Heart Association or other organization in honor of Heart Month.



# Laugh Lines

Erma Bombeck saw the humor in everyday life and wrote about it as a newspaper columnist and bestselling author. Celebrate her birthday, Feb. 21, with a look back at some of her witty writing.

*On marriage.* "One never realizes how different a husband and wife can be until they begin to pack for a trip."

*On motherhood.* "I take a very practical view of raising children. I put a sign in each of their rooms: 'Checkout time is 18 years.' "

On food. "I come from a family where gravy is considered a beverage."

"The odds of going to the store for a loaf of bread and coming out with only a loaf of bread are 3 billion-to-1."

*On shopping.* "How come anything you buy will go on sale next week?"

## February 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 	3	4	5	6	7
8	9	10	11	12	13	14 
15	Presidents Day	16	17	18	19	20
22	23	24	25	26	27	28



## "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.