

My life has been the poem I would have writ; But I could not both live and utter it. -Henry David Thoreau

We have come around again to the month of valentines and hearts, flowers and chocolates and sentimental sayings. We share words of love with others, and perhaps we also feel grief when remembering those loves we’ve lost. This year, consider offering some words of love to yourself. If your life, like Thoreau’s were a poem, what words would it include? What parts of you would it celebrate? Have you persevered through a challenge? Survived a heartbreak? Risen to a challenge? What words would you use to describe what is most lovable about you? How would you put into words the arc of your life? Poems don’t have to rhyme, and they don’t even have to be long. Try writing a short love poem to yourself this month. And if you’re feeling brave, find someone to share it with! Love grows when we share it with others.



Our Community Newsletter

February 2026

Poem of the Month

"The February Hush" by Thomas Wentworth Higginson

Snow o'er the darkening moorlands,—
Flakes fill the quiet air;
Drifts in the forest hollows,
And a soft mask everywhere.

The nearest twig on the pine-tree
Looks blue through the whitening sky,
And the clinging beech-leaves rustle
Though never a wind goes by.

But there's red on the wildrose berries,
And red in the lovely glow
On the cheeks of the child beside me,
That once were pale, like snow.

Resident Birthdays

2/18 - Dorothy S.
2/19 - Mark J.
2/21 - Marcie S.
2/26 - Joan S.

Staff Birthdays

2/3 - Barry A.
2/11 - Emily M.
2/13 - Sarah M.
2/28 - Amanda R.
2/28 - Kelli S.

Staff Work
Anniversaries

Ruby W. - 6 years
Yana M. - 6 years
Norma R. - 2 years

Resident Move-in Anniversaries

Kenny H. - 2/1 - 6 years
Dee L. - 2/21 - 6 years
Bev S. - 2/22 - 5 years
Jan H. - 2/21 - 4 years

Susan S. - 2/2 - 2 years
Tom & Shirley T. - 2/2 - 2 years
Marcia H. 2/2 - 1 year

Welcome New Residents!

Patty J. into room 201 on 1/28
Bud F. into room 222 on 1/31
Phil Klein into room 125 on 2/2
Jan Steward into room 212 on 2/12

Community Life

Correction to information shared last month. According to Kyle (lifespark PT), walking from one end of the 2nd floor hallway to the other end and back is 1/4 of a mile! 4 trips and you get a full mile.

Thank you - Thank you for your patience and understanding as Jenna has been helping out at the Orono facility. Hopefully just a couple more weeks of her going back and forth, then back to Carver Ridge.

Calendar change - The Valentine's party on Friday, February 13th at 2:30pm will be taking place in the Dining Room! Hopefully a little more room to spread out and enjoy the festivities. Serving shrimp cocktail, strawberry fluff, and live music performed by Scotty (he performed at our December birthday party).

Marketing

After braving a cold January, we are hoping to warm up a bit in February. With the cooler temps, let's take time to visit in the warm and cozy Bistro or Pub with some of our new neighbors. Speaking of new neighbors, we are looking for a few Carver Ridge Ambassadors to help new residents feel welcome It can be kind of scary when you move in as you all can recall. If you would be interested swing over to Kelli's office and we'll get you all set up. Thanks, everyone!