

Cumberland Trace
1925 Reeves Road
Plainfield, IN 46123

Postage
Information

Name: _____

Apt #: _____

Your family is our family

At Cumberland Trace, you will see our family-first philosophy shine through in all that we do to make the living experience truly special. You will see it in our thoughtfully designed, comfortable suites and welcoming gathering spaces – and in the variety of services, amenities, and engaging activities we offer residents and family members. You will feel the warmth of being part of our family of residents and staff. We welcome family visits and always appreciate the family’s participation, suggestions and concerns. Because we share a common goal – the well-being and happiness of each person we serve – we go the extra mile to ensure the senior living options and health care services we offer meet everything from lifestyle desires to a wide range of personal needs. It all contributes to optimal quality of life for our residents receiving assisted living support, rehabilitative care, long-term skilled nursing care or specialized memory care.

Community Amenities Include:

- The Bistro Restaurant- Style Dining
- The Colonnade Private Dining Room
- Civic Hall Community Center
- Prewitt Theater
- The Fitness Connection
- Clark’s Creek Library
- Beauty Salon/ Barber
- Welcoming Lounges and Living Rooms
- Inviting outdoor Courtyards
- Modern, fully equipped therapy gym
- Wi Fi throughout the community



Outings in February

Shopping at Walmart
February 7th at 1pm

Men’s Breakfast
February 11th at 8am

Ladies Lunch at La Presa
February 13th at 10:45am

Trip to Kohl’s
February 21st at 1pm

Lunch at Texas
Roadhouse
February 28th 10:45am

February 2020

Assisted Living



1925 Reeves Road Plainfield, Indiana 46168 (317) 838-7070 www.cumberlandtrace.us

Entertainment in January

- Thursday February 6th Country Music
Will & Mark 3pm
- Monday February 10th Christina’s Traveling
Tea Cart 2:30pm
- Wednesday February 12th Music with
RJ 2pm
- Wednesday February 19th Music with
Don White 2pm
- Monday February 24th Music with
Joe Clymer 2pm
- Tuesday February 25th Painting with
Tracy 6pm

Birthday Dinner February 18th

Please RSVP by February 11th with Deep in
Civic Hall... please Invite 2 Guest

Happy Birthday!

- David Korb February 4th
- Clayton Smith February 9th
- Joy Burkhardt February 9th
- Sedonia Joyner February 21st
- Betty Magliola February 23rd

Management Team



Executive Administrator
Tom Mullins



Resident Services Director
Misty Cummings



Assistant Administrator
Trei Barnett



Director of Nursing
Nikki Osborne



Kim Ginn
Environmental Service Director



Activities Director
Hardeep Kaur



AL Clinical Director
Jordan Stream



Food Service Director
Jeff Whitaker



Maintenance Director
Scott Munroe

From Your Valentine

On February 14 each year, sweethearts celebrate Valentine’s Day by exchanging cards, chocolates, and other tokens of love. But do these sweethearts know who they are celebrating? The true identity of St. Valentine is murky and there are differing stories detailing his role in the church and the acts that inspired the popular holiday bearing his name.



Competing stories depict St. Valentinus (the Latin version of the name) as either a priest from Rome or the Bishop of Terni during the reign of Emperor Claudius II. Legend has it that Valentinus aided Christians who were persecuted under Claudius II’s reign. Eventually, Valentinus, too, was put under house arrest at the home of Judge Asterius. It so happened that Asterius had a blind daughter. The judge asked Valentinus to prove the power of Christ by restoring the girl’s sight. When Valentinus performed the miracle, the judge thanked him by freeing him and all the Christians he had imprisoned. But Valentinus did not remain free for long. He was again arrested and brought before Emperor Claudius II himself. When Valentinus attempted to convert Claudius to Christianity, he was executed on February 14, AD 270, but before his martyrdom, he is said to have written a note to the daughter of Asterius, which he signed “From your Valentine.”

Another story details how Claudius II outlawed marriage for young men in the belief that single men made better soldiers than those with wives and families. Valentine defied Claudius and performed marriages in secret, purportedly cutting hearts of parchment and gifting them to the couples as a sign of God’s eternal love. When Valentine’s secret was discovered, Claudius executed him.

These stories are different yet they both illustrate Valentine’s devotion to his faith and his people. As these legends spread, so did Valentine’s reputation for heroic love and devotion, inspiring a holiday dedicated to the ideals he died for.

The Bean-Throwing Festival

In Japan, springtime festivals begin as early as February, and February 3 brings *Setsubun*, a sort of new year’s celebration where people drive away evil spirits so that they may start the new year on the right foot. How do the Japanese ward off these evil influences? By throwing beans, of course. And not just any old bean. They use roasted soybeans known as *fuku mame*, or “fortune beans.” Often, the oldest male member of the family will don a mask to look like a demon or evil spirit. The demon then hovers just outside the family’s door. Then the entire family scoops handfuls of beans and tosses them at the demon, scaring it away. This ensures that no one in the family will suffer sickness or other ill fortune. Some cities even hold Setsubun parades in which beans are thrown to crowds that shout, “Get out demons!” and “Welcome happiness!” People jostle to scoop up the beans and eat them, for eating them is considered good luck. After the fervor of the bean throwing, many families visit local shrines to pray for the health and happiness of their loved ones.

When Cows Fly



On February 18, 1930, a cow known as Elm Farm Ollie won the unique distinction of becoming the first cow ever to be milked while flying in an airplane, ushering in the very first Cow Milked While Flying in an Airplane Day. The circumstances of the flight are well-recorded, as Elm Farm Ollie was part of the International Air Exposition in St. Louis, Missouri. Researchers were apparently eager to observe the effects of flight on livestock. Elm Farm Ollie was an unusually productive Guernsey. She needed milking three times a day. During her flight, she produced 24 quarts of milk. Wisconsin native Elsworth Bunce had the honor of milking her, consequently becoming the first man ever to milk a cow in an airplane. The milk was sealed in paper cartons and parachuted to the crowds below, where it is said that Charles Lindbergh took a drink.