



GOOD SHEPHERD VILLAGE

422 N Burnett Road • Springfield, OH 45503 • 937-322-1911

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.

Age Is Just a Number

"You're only as old as you feel!" New research says there's some truth to this classic adage. Studies have linked subjective age—how young or old you feel, not your actual number of years—to a longer lifespan. Ways to feel younger will vary from person to person, but doctors suggest finding hobbies and activities that are important to you, such as spending time outdoors or playing a game from your childhood. Using assistive devices to boost independence, such as a walker or hearing aids, also affects subjective age in a positive way.

Wear Red

The first Friday in February is National Wear Red Day, dedicated to raising awareness of heart disease in women. Remember to wear red to support the cause.

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.

You're Doing a Great Job

To improve your mood instantly, look in the mirror and give yourself a compliment.

February 2026



Love and Be Loved

"How you love yourself is how you teach others to love you." —Rupi Kaur

Smitten With Gloves

Gloves have long been associated with romance. Knights were said to carry the glove of a sweetheart in their helmets to bring them good luck. In Victorian England, a suitor would gift a pair of gloves to the girl of his dreams, who'd wear the gloves in public if she returned his affections. And a Latvian tradition calls for brides to fill a hope chest with hundreds of handmade mittens as a sign of devotion.

Layered in Warmth

Older adults are more sensitive to cold weather yet may not notice their body temperature dropping. The best way to stay warm is to dress in layers, even when indoors.



Tunes by Twosomes

When two voices combine to sing a love song, the sentiment is doubly sweet. Spin through this record collection of popular duets.

| Year | Song | Duo |
|------|----------------------------------|-------------------------------|
| 1956 | "Let the Good Times Roll" | Shirley & Lee |
| 1965 | "I Got You Babe" | Sonny & Cher |
| 1967 | "Ain't No Mountain High Enough" | Marvin Gaye & Tammi Terrell |
| 1976 | "Golden Ring" | George Jones & Tammy Wynette |
| 1981 | "Endless Love" | Lionel Richie & Diana Ross |
| 1987 | "(I've Had) The Time of My Life" | Bill Medley & Jennifer Warnes |
| 1997 | "It's Your Love" | Tim McGraw & Faith Hill |
| 2004 | "My Boo" | Usher & Alicia Keys |
| 2018 | "Shallow" | Bradley Cooper & Lady Gaga |

"Then & Now"

"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.