



Buffalo Crossings

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Buffalo Crossings Management Team

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Wild World: Groundhogs

Every year on Groundhog Day, America's favorite weatherman appears. In honor of Punxsutawney Phil, share these facts about groundhogs. "Groundhog" is the typical name for these animals, but they are also called woodchucks. Sometimes they are referred to as "whistle-pigs" due to the sound they emit when in danger. They forge intricate tunnels, which have many chambers and entrances and can be up to 50 feet long. Every year, groundhogs hibernate. Their temperature drops to around 40 F, and their breathing and heart rate slow dramatically.

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.

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.

Be My Green Valentine

Valentine's Day makes us think of red and pink, but green is the best way to express your love for Mother Earth. Make eco-friendly choices as you prepare to celebrate the holiday.

Instead of buying a new greeting card, send a thoughtful text message or a short but sweet video message. Alternatively, you could also use recycled materials to create your own romantic message that's sure to be treasured for years.

The manufacture of new gold jewelry produces tons of waste from mining and processing. Consider buying a gift of vintage jewelry instead, or look for jewelry made from recycled metal or repurposed materials.

A traditional bouquet of flowers is even more charming if it is arranged with locally grown, pesticide-free blooms. For longer-lasting flora, give a blooming plant as a symbol of your enduring love.

Bypass processed and packaged chocolates, and opt instead for homemade candies, cupcakes or pastries, either from your own recipes or locally sourced from a small business or farmers' market.

Share the love. Connect with friends and perhaps future valentines by volunteering with local environmental groups and attending events where eco-conscious people gather, such as outdoor music and arts festivals.



Winter Olympics Preview

The Milano Cortina 2026 Winter Olympics—the 25th Winter Olympics—are scheduled to be held from Feb. 6-22. Here are some sports and stars to watch:

New kid on the ice block. Ski mountaineering, a combination of alpine skiing and mountain climbing, is making its debut at this year's games.

Comeback kids. After a 12-year Olympics hiatus, National Hockey League players are back to play ice 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 Ilia 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.

The Art of Figure Skating

With their graceful jumps, smooth spins and fancy footwork, figure skaters can make gliding across the ice look effortless.

For centuries, skating was a form of transportation rather than a recreational pursuit or sport. In ancient times, people strapped animal bones to the bottoms of their feet and pushed themselves across icy ground with wooden poles. In the 13th century, the Dutch developed skates with iron blades and used them to travel between villages along frozen canals. Later in England, skating clubs and rinks became popular.

Ice skating was done in a stiff, rigid manner until the innovations of two Americans in the mid-1800s. Edward Bushnell invented skates with steel blades that allowed skaters to perform complex turns and jumps, and Jackson Haines became the father of figure skating when he used elements of ballet and coordinated the moves to music.

Figure skating is the oldest winter sport in the Olympics. The event debuted at the 1908 Summer Games in London, then moved to the Winter Games in 1924.





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.

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 your 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

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.

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.

Give back. Participate in health fundraisers and events, such as a 5K or blood drive.



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 who pushed so hard for this month of recognition, 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. For his efforts, Woodson has been called the father of Black history.



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

“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.