

HENRY FORD VILLAGE

You've earned it.



Simple, Unique Valentine's Day Gift Ideas

Whether you celebrate Valentine's Day with decorations and red roses or you just like to simply acknowledge the day with your loved one, here are some unique takes on how to celebrate the most romantic day of the year.

Chocolate Covered Strawberries

This delectable dessert shouldn't be associated with a holiday so that we can enjoy them all year round! With this recipe, you can.



Community Television

And Live from Dearborn, it's Henry Ford Village! The resident-led Video Production Club write, star in and produce their own television channel featuring news, current events, sports & entertainment shows each week.

The Best Snow Shoveling Techniques for Your Back

The show has begun to fall and shoveling is still one of the #1 culprits of lower back injuries. Learn some tips on how to avoid a trip to the chiropractor.



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SIMPLE, UNIQUE VALENTINE'S DAY GIFT IDEAS

You can only send roses or candy hearts to your partner and friends so many times before you start looking for new Valentine's ideas that come from the heart. Here are some thoughtful and unique gift ideas to try this year.

- 1. Streaming Service Subscription:** Online streaming services like Netflix, Hulu and Amazon Prime cost under \$10 per month* at the moment, and they're chock full of original content, as well as the classics, from television and film. Surprise your loved one with a subscription to one of these online services and watch your all-time favorites together. You might even find a new favorite show or movie to share!
- 2. Dinner Invitation:** This can be as simple as a gift card to their favorite restaurant or a handmade invitation to special meal for two at home. The way to anyone's heart is through their stomach so any variation of this idea is a winner.
- 3. Personalized Baked Goods:** Dietary restrictions can be a real bummer when everyone else around you seem to have no problems eating delicious snacks of all kinds. If someone in your life has restrictions with sugar, dairy or something else that forbids them from partaking in the sweeter things in life, consider making them a homemade snack that they can enjoy without guilt or discomfort.
- 4. Gift Some Greenery:** Sure, colorful flowers are always a welcomed gift but giving the gift of a potted house plant goes a long way. There's something about watering a growing green houseplant every day that puts a smile on your face, especially in the winter months.

Whether you celebrate this holiday with a significant other or by expressing gratitude for the close friends and family in your life, do it in a fun & unique way! At Henry Ford Village, there are plenty of opportunities throughout the year to invite and celebrate friends and family into the close-knit community that's evolved over the last 25 years.

Sources:

<https://www.pcmag.com/article2/0,2817,2489103,00.asp>



CHOCOLATE COVERED STRAWBERRIES

Ingredients:

- 1 pt. strawberries
- 2 c. semisweet chocolate chips
- 2 tbsp. coconut oil

Directions:

1. Line a large baking sheet with parchment paper. Rinse strawberries and pat dry with paper towels.
2. In a small microwave-safe bowl, combine chocolate chips and coconut oil and microwave in 30-second intervals, stirring in between, until completely melted.
3. Dip strawberries in chocolate and place on prepared baking sheet.
4. Refrigerate until chocolate is set, about 30 minutes.

Yields: 25, Prep Time: 10 mins, Total Time: 40 mins



THE BEST SNOW SHOVELING TECHNIQUES FOR YOUR BACK

The first snow fall of the year probably reminds you of two things: how beautiful the first blanket of powder can be, and how painful and time-consuming shoveling the walk and driveway is. It's extremely easy to cause injury to yourself with the slightest twist of the body to throw snow. As we age, that risk increases so we've gathered a few tips to help you get through the winter without issue.

- 1. Pick the Right Shovel:** The ergonomic style shovels with a curved or extendable handle require less bending forward so they're always a good hardware choice. The lightweight plastic shovels are best for throwing snow.
- 2. Stretch and Warm Up:** When you stretch and warm up your muscles, you're less prone to injury than if they are cold and tight. Five to ten minutes of stretching could make all the difference in the flexibility of your body during this strenuous activity.
- 3. Proper Lifting Techniques:** If at all possible, always push the snow rather than lift it. If it's unavoidable, be sure to follow these tips:
 - Square your shoulders to what you're lifting
 - Bend at your hips, not your back
 - Lift with your legs and keep your back straight
 - Keep the load light
 - Avoid twisting
 - Find a good center of gravity
- 4. Take Your Time:** Shovel small amounts frequently and take breaks when needed. Be sure to continue to stretch during your breaks.
- 5. Balance is Key:** Keeping your feet on the ground sounds simple, but it's very important. Wear shoes or boots that have good tread to minimize slipping. Spread rock salt or ice melt on your walkways to reduce ice.
- 6. Stop Shoveling!** Invest in a snow blower to reduce the amount of time and work that goes into clearing your drive. Or better yet – let someone handle it for you!

Residents at Henry Ford Village barely bat an eye at an approaching polar vortex because they know they have nothing to worry about. All shoveling and salting duties are handled during the winter months, and all landscaping and mowing during Spring & Summer.