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# The Savvy Seniors Journal

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## February: A Month for Every Kind of Love—including Self-Love Hollie Kemp

February is often celebrated as the month of romance—think red roses, heart-shaped cards, and sweet treats. While it's wonderful to honor romantic love, this is also the perfect time to remember the importance of loving yourself, especially as we age.

As our looks, abilities, and roles shift over the years, self-love can sometimes feel challenging. It's easy to focus on what has changed or what we miss from the past.

Yet, every stage of life brings new gifts, wisdom, and opportunities for joy.

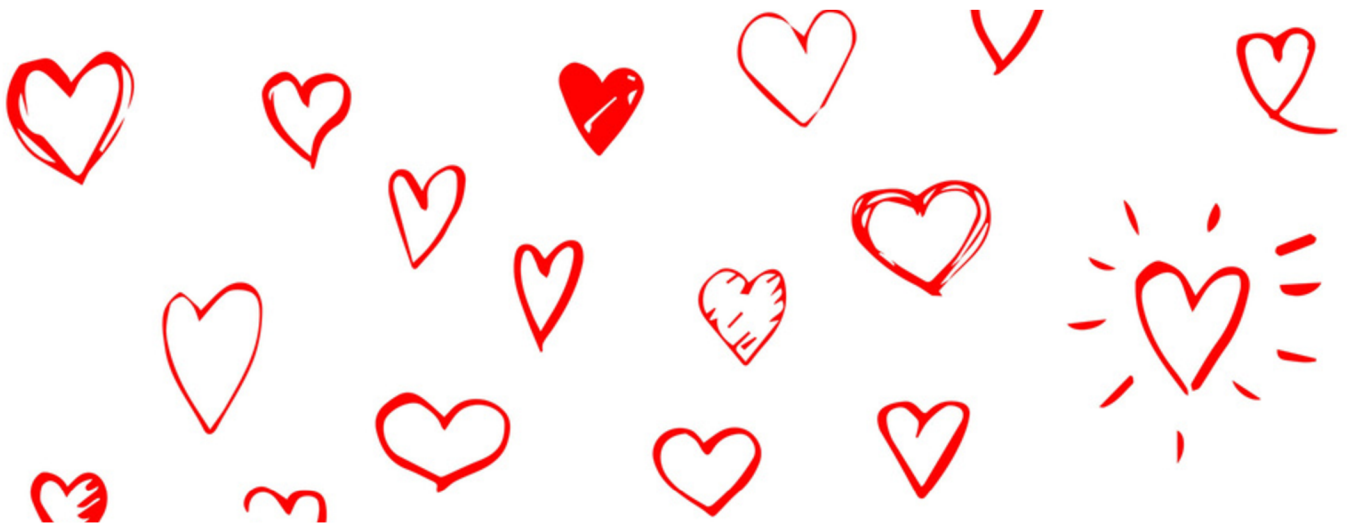


### Here are some tips for nurturing the latest version of you:

- Celebrate your strengths: Focus on what you can do and the wisdom you've gained.
- Speak kindly to yourself: Replace self-criticism with gentle encouragement, just as you would for a dear friend.
- Try something new: Exploring new hobbies or interests can boost confidence and bring delight. Try some new community activities!
- Connect with others: Share laughter and stories with friends—it's a great way to remember your value and feel supported.

Practice gratitude: Reflect on the positive moments and simple pleasures each day brings.

Remember, aging is not a burden, but a loving gift—a chance to discover new sides of yourself and savor the beauty of each season. This February, let's fill our hearts not only with love for others but also with compassion and appreciation for ourselves.



# 100 Years of Black History

This February brings about the 100th anniversary of Black History Month's founding: 100 years of education, commemoration, and illumination. So how did it all begin?

In September of 1926, educator and historian Dr. Carter G. Woodson and the Association for the Study of Negro Life and History (ASNLH) founded Negro History Week to teach the history of Black Americans both in an educational capacity and as a crucial part of American history as a whole.

Woodson planned for the week to coincide with the birthdays of Abraham Lincoln and Frederick Douglass, two figures whom he considered to be symbolic of African American freedom. As the son of formerly enslaved parents, Woodson understood the importance of honoring one's history as a way to build upon one's future. In his own words,

“Those who have no record of what their forebears have accomplished lose the  
inspiration  
which comes from the teaching of biography and history.”

Negro History Week became a deliberate and ongoing effort to transform how Black people viewed themselves, how the world viewed them, and how America, as a country, viewed and understood itself.

The movement quickly gained momentum, spreading across college campuses and the entire country. Schools founded Black history clubs, teachers sought materials to advise their students, and people of all colors began to step forward and support the movement. The rise of the Civil Rights Movement in the 1960s only further strengthened that momentum, catapulting Woodson's endeavor onto the national stage.



In 1976, President Gerald Ford officially endorsed the week, calling upon the public to “seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history.”

That year, the ASNLH observed the first Black History Month. Today, as the Association for the Study of African American Life and History (ASALH), the same group promotes education and awareness each February and throughout the year.

What can we do to observe the holiday this year? Visit an exhibit or attend a conference! Many museums and colleges hold events to celebrate Black History Month. Read a book!

Libraries, bookstores, and online archives hold a wealth of books regarding Black history, literature, and culture. Learn about something new and discuss it with family and friends! The more people talk about Black history, the better we do at maintaining an inclusive and accurate account of our country’s history. Let’s all take some time this month to learn, celebrate, and advance equality.





*Love Poems**By Hollie Kemp and Rose Ogara*

## LOVE POEM

We met right after Christmas freshman year  
In Worcester, Mass of all the places, too  
I'd no idea that you'd become so dear  
Or that I'd ever know a love so true  
A few months in, I knew I'd fallen hard  
We watched a movie from my childhood  
And on my bed you opened up your arms  
If I could still be in them, then I would  
Through college the long distance was a must  
And every weekend you would drive to me  
Although I often felt like I'd combust  
For every day that lingered in between  
Now even though we still spend time apart  
Please know your name is printed on my heart

**LOVE FOR THE AGES**

**WE MET WHEN WE WERE YOUNG,  
AT THE TIME, IT WAS ALL JUST FUN.  
AS THE YEARS WENT BY, YOU STOLE MY HEART,  
I NEVER WANTED TO BE APART.  
AS WE CONTINUE TO AGE,  
I HAVE BECOME AFRAID.  
WHAT HAPPENS WHEN TIME DOES END?  
I ALWAYS WANT YOU TO BE MY FRIEND.  
WHEN YOU CROSS THE HOLY GATES,  
WILL YOU FIND ME, SO WE CAN DATE?**





# Love your Heart!

## Tips

1. Eat a healthy diet
2. Manage your stress
3. Quit smoking and avoid second hand smoke
4. Stay active
5. Get plenty of sleep

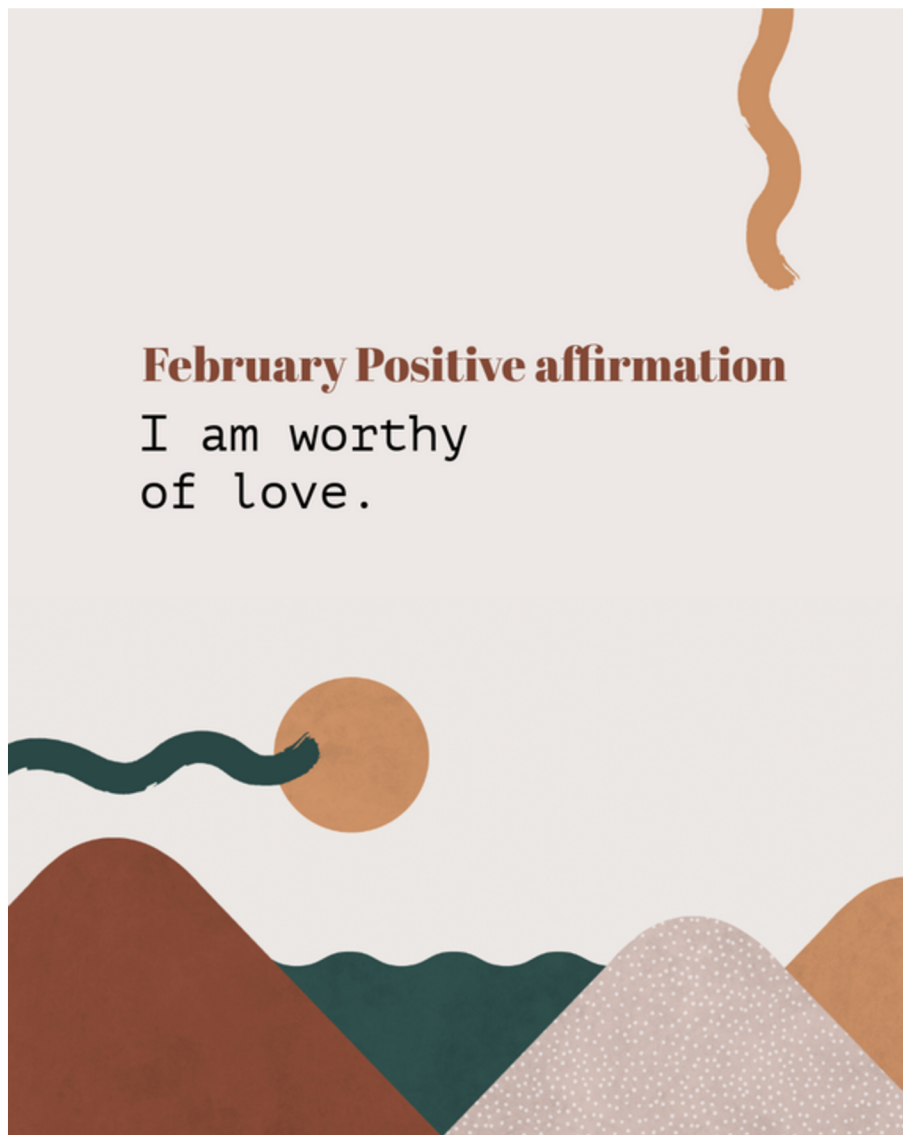
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## February Positive Affirmations

The effectiveness of positive daily affirmations may be grounded in neuroscience, which studies the structure and function of the human nervous system. By consistently repeating affirming statements, the brain can create new neural pathways, establishing physical connections to these repeated thoughts.

This month, choose to feel love!



**Author, Hollie Kemp, CDP CADDCT**



## Brain Aerobics

Fun Fact: Studies suggest that regular engagement with challenging puzzles, like crosswords, can support brain function and potentially lower the risk or slow the progression of cognitive issues like mild cognitive impairment (MCI), according to [the National Geographic](#).

**Space- Star Crossed**

**ACROSS**

1. Vehicle designed for travel in space
4. Small rocky body orbiting the sun
5. Cloud of gas and dust in outer space
7. Object that orbits a planet or star
8. Protective clothing worn by astronauts
13. Region of space with strong gravitational pull
15. Platform from which rockets are sent into space

**DOWN**

2. A vast system of stars, gas, and dust
3. A celestial body that orbits a star
6. Icy body that develops a tail when near the sun
9. Space rock that burns up in Earth's atmosphere
10. Russian term for astronaut
11. Instrument for viewing distant objects in space
12. Path one object takes around another in space
14. Section of a spacecraft





**MEMORY  
MATTERS**  
*Surround yourself with supportive people.*



Facilitator:  
Hollie Kemp,  
CDP  
CADICT

## Monthly Dementia Support Group

Do you have a loved one with dementia or Alzheimer's?  
Get the answers to questions from an expert, and support from others  
on the live monthly zoom call.  
Our expert will help you navigate the future.



**Sign up for this support group with QR Code:**  
Open camera in phone and place over code.  
You will be directed to the sign up site.

Testimony of Attendee:

“My mother is in the mid-level of cognitive decline. Dementia is hard, but a support group like this helps me process the disease. Hollie brings so much knowledge on simple things to try and implement, and I felt supported. At one point, I had tears knowing I wasn’t alone.”



Call or email the community on the last page of this Savvy Senior Journal for more information.



## The Savvy Senior Journal

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