

February 2020

Gold Country Gazette

ASSISTED LIVING ACTIVITY DEPARTMENT NEWSLETTER



Celebrating February

Library Lovers Month

Mend a Broken Heart Month

Black History Month

Groundhog Day

February 2

Westminster Dog Show

February 10–11

Valentine's Day

February 14

Presidents' Day: U.S.

February 17

Mardi Gras

February 25

Leap Year Day

February 29

A Giant Leap for Humankind

This month we will enjoy an extra day, transforming 2020 into an extraordinary year. Every four years, an extra day, called *leap day*, is added at the end of February. This extra day is built into the year to ensure that our calendars remain aligned with Earth's movement around the sun. Our modern calendars have 365 days, but Earth takes 365.2421 days to make it all the way around the sun. The ancient Egyptians were the first civilization to calculate that our cycle of days and nights did not align perfectly with the calendar year, but it wasn't until Julius Caesar's reign during the Roman Empire that anything was done about it.

For millennia, calendars were loosely based on human observations of the lunar cycle. Extra days, weeks, and even months were added at random to make up for seasonal discrepancies. Julius Caesar was fed up with the inadequacies of such calendars based upon a 10-month solar year. In 46 BC, he enlisted astronomer Sosigenes to modify the calendar to include 12 months and 365 days. January and February were added as the final two months of the calendar, with the leap day added as the final day of the last month of February once every four years. Julius Caesar named this the *Julian calendar* after himself.

The Julian calendar was hailed as a tremendous improvement, but it was still not perfect. The solar year is only .2421 days longer than the calendar year, not .25. Adding an entire day every four years added 11 extra minutes to each year! After hundreds of years, the Julian calendar veered weeks from the solar year. Like Caesar before him, Pope Gregory XIII decided to fix this problem. In 1582, the Pope created his *Gregorian calendar*. It was still a 12-month, 365-day calendar with an added leap day every four years, but the Pope went further. He decreed that leap years would not occur on years evenly divisible by 100, excepting those divisible by 400. For example, the years 1700, 1800, and 1900 were not leap years, but the year 2000 was. Pope Gregory XIII's calendar is still in use today, but it is still not perfect. Mathematicians note that after another 10,000 years, someone will have to create a new calendar once again.

Rising from the Ashes



During the mid-1820s, the U.S. government was pressuring the Cherokee people of Georgia to leave their homelands and move west of the Mississippi River. In response to this crisis, the Cherokee Nation established a newspaper, the *Cherokee Phoenix*, with the purpose of keeping its members united and informed. Cherokee Galagina Oowatie, taking the American name Elias Boudinot, was selected as the first editor. The first issue was printed on February 21, 1828. It was the first newspaper published in a Native American language. Articles were run in both Cherokee and English, and soon the newspaper informed both Indian and white audiences. The paper was shut down in 1834 but was revived and can be read today in print and online.

February Birthdays

In astrology, those born between February 1–18 are the Water Bearers of Aquarius. As the water of life heals the land, so Aquarians are the humanitarians of the zodiac. Free-spirited, nonconformist, compassionate, and visionary, they support giving “power to the people.”

Those born between February 19 and 29 are the Fish of Pisces. Fish feel things deeply, as in under-the-sea deep. These intuitive, creative, and intelligent people have strong feelings of right and wrong and also love to help others.

Ayn Rand (author) – February 2, 1905

Mary H. (Resident) – February 3rd

Gertrude Stein (writer) – February 3, 1874

Rosa Parks (activist) – February 4, 1913

Laura Ingalls Wilder (writer) – February 7, 1867

Mildred H. (Resident) – February 10th

Thomas Edison (inventor) – February 11, 1847

Galileo (astronomer) – February 15, 1564

Michael Jordan (athlete) – February 17, 1963

Barbara L. (Resident) – February 18th

Sidney Poitier (actor) – February 20, 1927

Helen V. (Resident) – February 20th

Nina Simone (singer) – February 21, 1933

George Washington (president) – February 22, 1732

Elizabeth Taylor (actress) – February 27, 1932

Dennis Farina (actor) – February 29, 1944

Happy Birthday!!!

NEW
MONTHLY BIRTHDAY
LUNCHEON

If your loved one is having
a Birthday during the
upcoming month, please
join them for lunch!

Every third Thursday of the
month at 11:30.

Please RSVP at least one
week in advance to:
Nancy at ext 4051 or
nancy.feather@rhf.org

pageborders.org





FROM THE DESK OF SANDY...

Here we are again –February the month of LOVE! This is the month when we focus on those we love, and those that love us. We also celebrate the “HEART” that is healthy with **Wear Red Day** on **February 7**. Please join us in drawing attention to all matters of the heart by wearing red on this nationally designated day. Live Long – Be Heart Healthy!

FLU SEASON: Just a reminder to protect yourself and those around you. Wash your hands **OFTEN** and use the hand sanitizer stations we have throughout the campus. Do not come to the dining rooms if you have a fever or have active uncontrolled coughing. Please wear a mask when around campus **IF YOU HAVE NOT HAD A FLU SHOT!!** You will see a few staff members wearing their masks as they are unable to have the flu shot. Remember we have 98% of us that have had the flu shot (among the staff) but if we can’t we must wear a mask while on duty. We want to protect you – so please help us protect others by staying away if you are ill.

Welcome New Director of Nursing Services – Chuck Wyson. Please stop by and say Hi to Chuck if you have not met him.

Just a heads up, we will be putting out a notice about leaving items in your rooms/units in the Health Center when you vacate. While we can accept a few larger sellable items for our community auctions we cannot accept clothing, soft goods, mattresses, material based furniture (due to the possibility of critters hiding in them) and many decorative items that just do not sell. If you wish to donate an item to an auction for our employee Christmas fund, please ask a unit manager to inspect the item(s) before assuming we can accept it.

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.

Otherwise the monthly/daily rent will not stop until your unit/room is completely empty of personal belongings. Please advise your family who will help you move out when the time arrives that we cannot empty anything from your apartment. If you need help arranging for Goodwill, we can give you the number, but they will not take items that must be disposed of. We also have a vendor that will haul off disposal items for a fee if that is what you need. We do not know of any donation site that will take mattresses or lounge chairs anymore, so please plan on disposing of them.

Just a reminder to residents of Assisted Living or Skilled Nursing that we have a **Resident Council** monthly in your unit; have a thought or idea - come to Resident Council or talk to an Activity staff member. This is a Resident only group.

Have a thought or idea? Email me at sandy.haskins@rhf.org or call me.

THIS PAGE RESERVED FOR CALENDAR