



The Messenger

February 2018

Things to celebrate in February: American Heart Month, Black History Month, Ground Hog Day, Superbowl, Boy Scout Day, Abraham Lincoln's Birthday, George Washington's Birthday, Valentine's Day,

Family Council will be held on Saturday February 10 at 1:00 pm in the first floor Conference room.

The Legend of St. Valentine

The history of Valentine's Day—and the story of its patron saint—is shrouded in mystery. We do know that February has long been celebrated as a month of romance, and that St. Valentine's Day, as we know it today, contains vestiges of both Christian and ancient Roman tradition. But who was Saint Valentine, and how did he become associated with this ancient rite?

The Catholic Church recognizes at least three different saints named Valentine or Valentinus, all of whom were martyred. One legend contends that Valentine was a priest who served during the third century in Rome. When Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young men. Valentine, realizing the injustice of the decree, defied Claudius and continued to perform marriages for young lovers in secret. When Valentine's actions were discovered, Claudius ordered that he be put to death.

Other stories suggest that Valentine may have been killed for attempting to help Christians escape harsh Roman prisons, where they were often beaten and tortured. According to one legend, an imprisoned Valentine actually sent the first "valentine" greeting himself after he fell in love with a young girl—possibly his jailor's daughter—who visited him during his confinement. Before his death, it is alleged that he wrote her a letter signed "From your Valentine," an expression that is still in use today. Although the truth behind the Valentine legends is murky, the stories all emphasize his appeal as a sympathetic, heroic and—most importantly—romantic figure. By the Middle Ages, perhaps thanks to this reputation, Valentine would become one of the most popular saints in England and France.

<http://www.history.com/topics/valentines-day/history-of-valentines-day>

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- Lisa Lindeman, BSN, RN, BC, Provisional Administrator**
- Troy Kirk, Admissions**
- Chelsea Snowberger, Assistant Administrator**
- Machelle West, RN
Interim Director of Nursing**
- Kenneth Howard, LPN
2nd Floor Unit Supervisor**
- Karen Gabriel, Unit Secretary**
- Joe Burnside, LPN
Weekend & Evening Nursing Supervisor**
- Erica Nelson, RN, MDS Coordinator**
- Tracy Carroll, Lorien at Home
Lesley Hubbard, RN
Lorien at Home Nurse**
- Jennifer Shoemaker, Activities Director**
- Lori Weller, Dietician**
- Sue Grandizio, Dietician**
- Forrest Whittle, Maintenance Director**
- Tomeka Teagle, EVS Supervisor**
- Tiffany Phillips, Medical Records**
- Dara Alicando, Rehab Director**
- Angela Soul
Lorien at Home Care Manager**
- Victoria Marie Shirley, Social Services Dir.**
- Amber Richardson, Social Services Asst.**
- Vickie Tinsman, Staffing Coordinator**
- Charmaine Sumpter, Business Office Manager**
- Walida Howard, Admissions/Bus. Off. Assist.**
- Kathleen McCormac, Human Resources Director**
- Tamara Jenkins, Recruiter**

Groundhog Day or Ground-Hog Day, ground-hog's day, etc., (Pennsylvania German: Grund'sau dâk, Grundsaudaag, Grundsow Dawg, Murbeltiertag; Nova Scotia: Daks Day) is a popular tradition celebrated in the United States and Canada on February 2.

It derives from the Pennsylvania Dutch superstition that if a groundhog (Deutsch: Grundsau, Grunddax, Dax) emerging from its burrow on this day sees a shadow due to clear weather, it will retreat to its den and winter will persist for six more weeks, and if he does not, due to cloudiness, spring season will arrive early.

The weather lore was brought from German-speaking areas where the badger (German: dachs) is the forecasting animal. This appears to be an enhanced version of the lore that clear weather on Candlemas forebodes a prolonged winter.

The Groundhog Day ceremony held at Punxsutawney in central Pennsylvania has become the most attended. Grundsow Lodges in Pennsylvania Dutch Country in the southeast part of the state celebrate them as well. Other cities in the United States and Canada have also adopted the event.

The 1993 movie (Groundhog Day) helped boost recognition of the custom, and the celebration has spread even further afield. In 2009, Quebec began to mark the day (Canadian French: Jour de la Marmotte) with its own groundhog.

https://en.wikipedia.org/wiki/Groundhog_Day



Super Bowl Sunday is February 4, 2018. The Super Bowl will feature the Philadelphia Eagles, representing the NFC, and the New England Patriots, representing the AFC. The game will be held in Minnesota this year. Kickoff is set for approximately 6:30pm. In addition to the game the other big attraction for fans are the commercials. Many companies will spend millions of dollars to make and show commercials during the game. Some commercials are only aired for the Super Bowl and never aired again. What's your favorite commercial?



Presidents' Day is an American holiday celebrated on the third Monday in February. Originally established in 1885 in recognition of President George Washington, it is still officially called "Washington's Birthday" by the federal government. Traditionally celebrated on February 22—Washington's actual day of birth—the holiday became popularly known as Presidents' Day after it was moved as part of 1971's Uniform Monday Holiday Act, an attempt to create more three-day weekends for the nation's workers. While several states still have individual holidays honoring the birthdays of Washington, Abraham Lincoln and other figures, Presidents' Day is now popularly viewed as a day to celebrate all U.S. presidents past and present.

<http://www.history.com/topics/holidays/presidents-day>



"Rich meanings of the prophet-Spring adorn,
Unseen, this colorless sky of folded showers,
And folded winds; no blossom in the bowers;
A poet's face asleep in this grey morn.
Now in the midst of the old world forlorn
A mystic child is set in these still hours.
I keep this time, even before the flowers,
Sacred to all the young and the unborn."
- Alice Meynell, In February