

February 2020

LORIEN ELKRIDGE

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Celebrating February

Library Lovers Month

Black History Month

Groundhog Day
February 2

LORIEN ELKRIDGE
Valentine's Day Social
February 14 @ 2:00pm
Music by: TMT DUO
with a Chocolate
Fondue Bar in the 2nd
floor dining room

Presidents' Day: U.S.
February 17

Mardi Gras
February 25

Leap Year Day
February 29

Lorien Elkridge January Socials



New Year's Resolutions



National Bagel Day



National Pie Day

From Your Valentine

On February 14 each year, sweethearts celebrate Valentine's Day by exchanging cards, chocolates, and other tokens of love. But do these sweethearts know who they are celebrating? The true identity of St. Valentine is murky and there are differing stories detailing his role in the church and the acts that inspired the popular holiday bearing his name.



Competing stories depict St. Valentinus (the Latin version of the name) as either a priest from Rome or the Bishop of Terni during the reign of Emperor Claudius II. Legend has it that Valentinus aided Christians who were persecuted under Claudius II's reign. Eventually, Valentinus, too, was put under house arrest at the home of Judge Asterius. It so happened that

Asterius had a blind daughter. The judge asked Valentinus to prove the power of Christ by restoring the girl's sight. When Valentinus performed the miracle, the judge thanked him by freeing him and all the Christians he had imprisoned. But Valentinus did not remain free for long. He was again arrested and brought before Emperor Claudius II himself. When Valentinus attempted to convert Claudius to Christianity, he was executed on February 14, AD 270, but before his martyrdom, he is said to have written a note to the daughter of Asterius, which he signed "From your Valentine."

Another story details how Claudius II outlawed marriage for young men in the belief that single men made better soldiers than those with wives and families. Valentine defied Claudius and performed marriages in secret, purportedly cutting hearts of parchment and gifting them to the couples as a sign of God's eternal love. When Valentine's secret was discovered, Claudius executed him.

These stories are different yet they both illustrate Valentine's devotion to his faith and his people. As these legends spread, so did Valentine's reputation for heroic love and devotion, inspiring a holiday dedicated to the ideals he died for.



Lorien Elkridge celebrated our Christmas & Holiday party in our own Winter Wonderland with great food and many fun games enjoyed by everyone!



It's starting to look like a building! LORIEN ELKRIDGE Administration & staff are enthusiastic about our new addition. Brady, our Maintenance Director, takes a closer look at the construction site with some of our Nursing staff.

Valentine's Day Fun Facts:

***Every year, more than 36 million heart shaped boxes of chocolates are sold across the country. Sorry men, it looks like you'll be spending twice as much as women this year on gifts. The average man spends \$130 on Valentine's Day, while women spend about \$70.**

***Don't forget about your pets! Every year, around 9 million people buy their pets a Valentine's Day gift.**

***February 14th is the second largest card giving day of the year, just after Christmas. This year, it's expected that 1 billion cards will be exchanged around the world.**

***Teachers receive the most Valentine's Day cards, followed by kids, mothers, wives and girlfriends.**

***Hallmark was one of the first to mass produce a Valentine's Day card, all the way back in 1913.**

***More than one-third of men are comfortable not receiving anything from a lover on Valentine's Day.**

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

LEAP YEAR

What are your chances of being born on leap day? About 1 in 1,500.

When is the birthday party? If you are born on a Leap Year, can you get your driver's license as early as February 28th? Well, each state decides whether or not February 28 or March 1 will be the day you are eligible to get your license. Most states, however, consider March 1st the official day. For instance, the Michigan Vehicle Code states that people born on February 29th "are deemed to have been born on March 1st." Another fun fact: Leap year babies yet their driver's licenses when they are officially four years old (16)! There are no rules on when you have a party, however, so really in day in February or March is fair game to celebrate a leap year birthday.

How many people were born on leap day?

There are about 187,000 people in the US and 4 million people in the world who were born on Leap Day.

The rules for determining a leap year Most years that can be divided evenly by 4 are leap years. *Exception:* Century years are NOT leap years UNLESS they can be evenly divided by 400.

Do a Grouch a Favor You probably know someone who is a grouch.



Maybe it's your friend, neighbor, parent, or even spouse! February 16 is the day to forgive them for their sullen and grumpy attitudes and do something nice, for it is Do a Grouch a Favor Day. What

favors could possibly satisfy the irritable nature of a grouch? Psychologists believe that the most common sources of irritability are often little things throughout the day, small annoyances that come with everyday tasks such as driving or shopping at the grocery store. Compassion, they say, is necessary for forgiving those around us for their minor transgressions and annoyances. So perhaps the biggest favor we can do for a grouch is to show them compassion. Understanding others' emotions is the first step we can take toward alleviating their suffering and dispelling loneliness.

Scouting in America



Lord Robert Baden-Powell, British army officer and writer of military manuals, became famous for establishing the Boy Scout Association in Britain in 1907. The scouting movement crossed the Atlantic Ocean, and the Boy Scouts of America was founded by W.D. Boyce on February 8, 1910.

W.D. Boyce became personally invested in the scouting movement during a trip to London in 1909. One foggy night he became lost on a London street, and a boy came out of the gloom to guide him back to his hotel. Boyce attempted to tip the boy, but the boy refused, declaring that he was a Boy Scout and was simply doing a good deed. Boyce was so impressed with this Unknown Scout, as the boy came to be known, that he returned to London and went straight to the Scout headquarters to learn more about the scouting movement and secure a copy of Baden-Powell's *Scouting for Boys* manual.

Upon Boyce's return to America, he did not find it so easy to charter his Boy Scouts of America. Boyce was a newspaperman and entrepreneur. Rival newspaperman William Randolph Hearst attempted to beat Boyce to the punch when he founded the rival group of American Boy Scouts, an organization that would last only until 1918. It was with the help of Edgar Robinson, a YMCA organizer from New York City, that Boyce truly began the work of organizing a national scouting movement. In a flurry of meetings, Robinson convinced a variety of disparate scouting groups to band together under the banner of the Boy Scouts of America: the Woodcraft Indians of Connecticut, the Boy Scouts of the United States, the National Scouts of America, the National Highway Patrol Association Scouts, and the Boy Pioneers. When the Boy Scouts of America opened their national office in New York City in June of 1910, they had 2,500 leader applications from 44 states and over 150,000 potential scouts. Thanks to the efforts of Robinson and Boyce, the American scouting movement had finally begun in earnest.

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
Gertrude Stein (writer) – February 3, 1874
Rosa Parks (activist) – February 4, 1913
Laura Ingalls Wilder (writer) – February 7, 1867
Thomas Edison (inventor) – February 11, 1847
Galileo (astronomer) – February 15, 1564
Michael Jordan (athlete) – February 17, 1963
Sidney Poitier (actor) – February 20, 1927
Nina Simone (singer) – February 21, 1933
George Washington (president) – February 22, 1732
Elizabeth Taylor (actress) – February 27, 1932
Dennis Farina (actor) – February 29, 1944

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.