

Arbor House News



Our Staff

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Executive Director

Marki Denton
Director of Nursing

DeAndra Downer
Admissions & Marketing Director

Sarah Dixon
Dietary Supervisor

Shaniece Waggoner
Engagement Coordinator

Kimberly Appleby
Wellness Coordinator

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Administrative Assistant

Shelley Jones
RN Consultant

HAPPY
VALENTINE'S
DAY

February 14th

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.



Meet our new resident



Wayne Phillips

Welcome to Arbor House

Alzheimer Support Group Meeting

Tuesday February 18th

12 p.m. to 1 p.m.

Lunch will be provided

Please RSVP to 405-310-2499

Groundhog Day - February 2nd.



1887—The town of Punxsutawney, Pennsylvania, celebrated its first Groundhog Day. The local newspaper reported that "Today is groundhog day, and up to the time of going to press the beast has not seen his shadow." According to tradition, if the groundhog comes out of its hole and sees its shadow, we are in store for 40 more days of winter.

HAPPY

PRESIDENTS' DAY

FEBRUARY 17TH

Mardi Gras—February 25th

The phrase *Mardi Gras* is French for "Fat Tuesday." The term recalls the tradition of feasting on rich, fatty foods for one final night before Ash Wednesday, which marks the beginning of the ritual fasting of the Lenten season.



New Year's celebration!



2020



Our Philosophy

Giving new meaning to Life

The Arbor House Philosophy is based on the belief that each resident is entitled to the highest quality of life through wellness services that work to promote independence, healthy lifestyles, dignity, and a sense of security.

The right of each resident to determine his/her need is respected at each level of care, and promoted by providing services in ways that recognize individuals needs and preferences.

A partnership exists between residents and staff to promote individual's independence while providing the necessary support to function at his/her highest level.

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Story or article suggestions?

Contact Christi or Email

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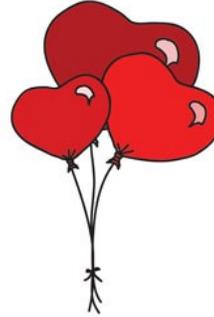


@ Arbor House Assisted Living



Residents

- 2-3 Nina W.
- 2-9 James M.
- 2-20 Geneva S.
- 2-22 Jean P.
- 2-28 Pat W.



Birthday Party

Tuesday

February 25th

