

Transitions Times

Transitions Healthcare LLC, 8850 Barnes Lake Rd. North Huntingdon, PA 14642 724-864-7190



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.

How to Care for the Caregiver

by Ava M. Stinnett

More than 65 million family caregivers—29% of the U.S. adult population—provide an average of 20 hours of care per week; some provide care around the clock. The physical and emotional toll can be overwhelming. So how can you nurture yourself as the caregiver?

1. Seek support from other caregivers. There are great benefits from knowing that there's a network of other caregivers you can turn to for encouragement and problem-solving.
2. Take care of your own health. You need rest, healthy food, plenty of water, and time away—whether it's taking a walk, meeting a friend for a movie, or taking a nap.
3. Keep your own doctor appointments. Let your doctor know that you are a caregiver and be sure to mention any signs of depression (e.g., overeating or loss of appetite; difficulty concentrating, remembering details, and making decisions; feelings of hopelessness).
4. Be flexible. Why argue for 30 minutes to get your loved one to wear matching socks only to realize that you went out with your own shirt on backward?
5. Keep things in perspective and embrace humor whenever possible.
6. Realize that there is no “perfect” way to be a caregiver except by providing the most love and patience you can gather that day.
7. Look for helpful online resources, such as the Alzheimer's Association (www.alz.org), the National Institute on Aging (www.nia.nih.gov), or the National Alliance for Caregiving (caregiving.org).
8. Consider seeking respite care. Besides residential facilities, there are day and drop-in centers for adults, and in-home services that can take some burden off caregivers. You can call your local aging care offices or research options online at eldercare.acl.gov. While your loved one may be resistant at first, they may actually enjoy the opportunity to be around peers.
9. Know that even if they don't know who you are, you know who they are.
10. Most importantly, remember that caregiving often calls us to lean into love we didn't know possible.

FEBRUARY OUTINGS & SPECIAL EVENTS

- February 6th ...Lunch outing at Pasquelini's
February 11th ...Food Committee Meeting
February 13th ...Jimmy's Mega Bucks
Valentine's Bingo
February 14th ...Homemade Candy Sale
February 14th ...Valentine's Day Party
With Elvis & Sweetheart
Photos by Christine
February 18th ...Movie Outing
February 21st ...Make a Mardi Gras Mask
February 24th ...Funny Money Auction
February 25th ...King Cakes & Mardi Gras
Parade
February 26th ...Resident Council Meeting
February 28th ...Birthday Party with
Entertainment by
Jack Martin

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.

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.

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Our Beauty shop is open on Tuesdays. Appointments may be made at the receptionist desk. Our hairdresser is Niccole Swiatkowski.

**Valentine’s Day is February 14th
Don’t forget to vote for your Sweetheart Queen & King
Ballots and voting box are in the dining room**
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Make a card for your favorite sweetheart!

**Wednesday February 12th
The Mardi Gras Parade will start with participants lining up in the dining room on Mardi Gras, February 25th
Don’t forget to come and make your mask for the parade on Friday, February 21st**
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Get some sweets for your sweets at our Homemade candy sale in the lobby Friday February 14th 11:00-3:00

RECIPE OF THE MONTH

Mini Valentine Shortbread Bites

Ingredients:

- Cooking spray
- 1/2 cup unsalted butter, room temperature
- 1/4 cup sugar
- 1/4 teaspoon vanilla extract
- 1 1/4 cups flour
- 1/4 teaspoon salt
- 4 teaspoons nonpareil sprinkles

Directions

1. Preheat oven to 325°F. Spray an 8 X 8-inch baking pan with cooking spray and line the pan with parchment paper.
2. Combine butter, sugar, and vanilla in a large bowl with a hand mixer until combined. Stir in flour and salt. Stir in sprinkles.
3. Press dough into the bottom of the prepared baking pan.
4. Lift dough out of the pan and place it on a cutting board. Cut dough in 1/2-inch squares and place onto an ungreased cookie sheet.

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.

HAPPY BIRTHDAY TO:

Barbara B...Feb. 3
Bruce W...Feb. 6
Paul G...Feb. 6
Harold A...Feb. 8
Dawn T...Feb. 10
Marc E...Feb. 18
Mildred K...Feb. 20
Arlene M...Feb. 21
Howard B...Feb. 22
Gertrude V...Feb. 23
Ardath K...Feb. 25



CONGRATULATIONS!

Transitions Resident Council
Recognizes

As an outstanding employee for
February 2020

Tina Yakich, Administrator
Elizabeth (Beth) Kohler, DON
Leslie King, ADON
Ivy (Vita) Burrel, Admissions Director
Tawnette Arford, Business Office Mgr.
Raeannn Matiasic, Social Service Director
Marsha Kirker-Bozich, Activity Director
Lynn Marie, Dietician