Figuring Out February

It’s hard enough to remember to add an extra day to February every four years, but what about adding two extra days? Why on earth would any calendar have a February 30? This actually occurred twice.

Most of the world adopted the new Gregorian calendar in 1582, but Sweden stuck with the Julian calendar until 1700. When the Swedes finally made the change, they made the decision to adopt the new calendar gradually by forgoing leap years for the first 40 years. However, in the midst of a turbulent war, Sweden forgot about the plan and accidentally added a leap day in 1704 and again in 1708. In 1712, still in the middle of war, Sweden decided that reforming to the Gregorian calendar was not a priority. Two extra leap days were added to get back in sync with the Julian calendar, resulting in February 30 appearing on all Swedish calendars. It was over 40 years later, in 1753, that Sweden finally made the transition to the Gregorian calendar by stopping the month of February on the 17th. The next day was March 1. Many Swedes felt as if 11 days had been stolen from their lives.

The Soviets attempted improvements to their calendar in 1930. Known as the Soviet Eternal Calendar, every week had just five days: four working days and one day of rest. The months consisted of six weeks, for a total of 30 days. The months were followed by an additional five or six days that were considered “monthless” holidays. Many Soviets were too confused to follow this new innovation, and the seven-day week was eventually restored in 1940.

While not appearing on any calendars, February 31 is sometimes used as an imaginary date in fictional information. However, the birth certificate on file for Irish politician William O'Malley strangely names his birthdate as February 31, 1853.
Winter Olympics

The Winter Olympics have returned and will be hosted by Sochi, Russia, from February 7–23, 2014. Sochi is a popular resort city on the coast of the Black Sea near the Caucasus Mountains. There will be two Olympic venues: a cluster of stadiums on the coast showcasing the many skating events and curling, and a mountain cluster hosting the skiing events, bobsled, luge, and skeleton.

This will be the first time Russia has ever hosted the Winter Olympics, and many are worried that Sochi is not up to the task. After all, Sochi has a subtropical climate complete with palm trees and year-round flowers. Some worry that there may not be enough snow for a winter Olympics. Organizers, however, are well prepared. For the last three years, Sochi has been stockpiling snow and protecting it under massive insulated blankets just in case no natural snow falls. In February 2013, world championship ski and snowboard events were cancelled in Spain due to lack of snow, so Sochi must be prepared for anything.

One of the most recognizable names of the winter games is Shaun White, the American snowboarder who has won gold in the half-pipe competition in the last two Winter Olympics. The Canadians look strong in figure skating, led by 23-year-old, three-time world champion Patrick Chan. The U.S. and Canadian hockey teams could be headed for a gold medal rematch after Canada took gold in 2010 thanks to Sydney Crosby’s overtime goal. Sadly, France’s downhill skiing champion Marion Rolland will miss the Olympics after suffering a knee injury. The women’s downhill gold medal is up for grabs for American Lindsey Vonn, Tina Maze of Slovenia, and Maria Hoefl-Riesch of Germany. These are just a few of the athletes headlining the Sochi games. Hopefully the weather will stay cold and the athletes will catch fire.

Hard to Swallow

It’s not an illusion or a magic trick—sword swallowing is a serious and even ancient art. On February 22, World Sword Swallowers Day, many practitioners will perform free demonstrations of their weird art form.

How does one learn to swallow a sword? Apprentices begin by putting objects of increasing size down their throats: fingers, spoons, paintbrushes, knitting needles, coat hangers, and then swords. Eventually, a swallower’s esophagus is so relaxed that the sword travels down the throat and into the stomach. Today it may be a showy act for street performers and circus sideshows, but in ancient India, it was considered a demonstration of divine union and closeness to their gods, akin to walking over hot coals. Today, only about 200 people worldwide risk this dangerous pastime. Luckily, for many, the worst injury they suffer is “sword throat.”

Do Them a Favor

Is there someone in your life who is a perpetual grouch? Are they forever grumpy? Is every day a bad day? February 16 may be your day to help them. It’s Do a Grouch a Favor Day.

Hunger is a definite biological cause of grouchesness. Perhaps the best favor you can do for a grouch is bake them a treat or buy them lunch. Some people are grouchy first thing in the morning. The grouch might say they’re “not a morning person,” but this grouchiness may have a biological cause. Some suffer a groggy period after waking up that is called the “sleep inertia” phase. It takes from five to 30 minutes for a person to feel awake. Or, if someone is an interminable grouch, perhaps the biggest favor you can do them, and yourself, is leave them alone.
Sealed with a Kiss

Valentine’s Day always falls on February 14, and, truth be told, many may be happy to see it pass. But in the south of France, people are still planting kisses until the Saturday after Valentine’s Day.

The residents of Roquemaure call it the Festival of the Kiss, and kiss they do. They smooch from sunup to sundown in honor of their favorite saint, Saint Valentine. Valentine became the patron saint of love when, on February 14 in the year 268, he was caught performing illegal marriage ceremonies for Roman soldiers and was martyred by Roman Emperor Claude the Cruel.

In 1868, the supposed remains of Saint Valentine were purchased in Rome and transferred to Roquemaure. The French village was renowned for its winemaking, but in 1868, its vines were diseased. Villagers and winemakers believed that the arrival of Saint Valentine’s remains would cure their ailing vines. Miraculously, within four years, the vineyards had recovered.

And so during the Festival of the Kiss, Roquemaure returns to the year 1868. Residents wear costumes from that era, with some even dressing up like monks, nuns, or saints. Horses and carriages clop down the streets. Storefronts boast 19th century decorations. A market sells traditionally fashioned items. Even the street names are rewritten, bearing the names of France’s most lovesick poets and artists. Everyone drinks wine and kisses until they can’t feel their lips. This is why Roquemaure is known as “La Capitale des Amoureux,” the Capital of Lovers. The local winery is named Cave Saint Valentine and produces specialty wines for the occasion. The local post office even gets in on the fun, sealing every letter with a kiss.

The Power of Humility

February 21 prefers not to call attention to itself. It is Be Humble Day, a day not to brag, boast, or call attention to your accomplishments. The words humble and humility come from the Latin word humus, which means “earth,” literally the dirt beneath our feet. To be humble is to have a modest estimate of one’s own worth and to never have a superior attitude over others. Humility is perhaps the greatest of virtues.

In our loud, proud, and power-driven society, humility can be viewed as a weakness. However, humility has often proven to be a leader’s greatest strength. Humility comes from the self. Humility is also incredibly attractive to others, often because a good and humble leader will sacrifice personal gain for the benefit of the entire group. Humble leaders also do not create their identity from their accomplishments. Identity and accomplishment are entirely separate. This is why a humble leader will remain flexible. When their choices are criticized, they do not take it personally but rather are willing to learn from their mistakes. Taking a day to be humble may make us all stronger leaders, whatever our tasks.

Get Rich Quick

February 8 is Laugh and Get Rich Day. If only it were that easy!
Gelotology is the psychological study of laughter, and scientists are still trying to figure out just why we laugh. Laughter involves many different parts of the brain as well as the coordination of many muscles. Laughing 100 times is equal to 15 minutes of exercise on a bike. It’s a total body workout, with all the physical and psychological health benefits to boot. So while laughter may not fill our bank accounts, it certainly enriches our lives.
Library Love Story

While couples are courting each other with the perfect valentines on February 14, local libraries are wooing their local communities on Library Lovers Day. Citizens have always appreciated their local libraries, but on this day, libraries show that the feeling is mutual.

Library patrons, how do your libraries love thee? Let us count the ways. One library hosted a couple that renewed their wedding vows after 40 years of marriage. Another library held a “blind date with a book” party, where borrowers were hooked up with mystery books. The staff of another library dressed up as characters from Jane Austen’s novel *Pride and Prejudice*, held a tea party for borrowers, and read excerpts from the book.

Why do we develop such emotional connections with books? Is it because we love learning new things? Books can teach us anything and everything, from cooking to space travel to macroeconomics. Do we love the way they inspire our imagination to take flight? We think we have only one life to live, but through books we inhabit other lives and even other worlds. Reading allows us to explore an infinite variety of paths in life. Reading is not a passive act, but an intensely challenging mental act. Reading is as good for our brains as exercise is for our bodies. Regardless of your reason for loving books, instead of taking your loved one out to a restaurant this Valentine’s Day, consider taking them to a library.

Looking for more reasons to indulge your love of literature? February 9 is Read in the Tub Day. How do you keep the pages from getting wet? Simply lie a plank or caddy over the tub to rest your book and your rubber ducky on. Just remember not to take those library books into the bath with you.

February Birthdays

If you were born between February 1–18, you are an Aquarius, the Water Bearer. Aquarians are loyal and smart humanitarians who want to make a difference in the world. They are energetic, have inquisitive minds, and come up with creative solutions. Those born from February 19–28 are Pisces, the Fish. Like fish, Pisces like to go with the flow in an easygoing manner, but on the inside they are intuitive, intensely spiritual, and deeply emotional.

**Helen Beaton – Feb. 22**
**Calvin Bottoms – Feb. 26**
**Kenneth Garey – Feb. 22**
**Carole Kluge – Feb. 1**
**Janice Parks – Feb. 2**
**Mary Siegel – Feb. 18**

About Face

On February 4, 2004, the Internet changed forever. Harvard freshman Mark Zuckerberg launched Facebook, a website that has transformed the way people socialize and communicate. Facebook has more than 900 million active users a month. For many, staying in touch via Facebook, sharing pictures, sending messages, and commenting on the statuses posted by friends is preferable to communicating by mail, telephone, or email.

Surely, for many users, Facebook is the ultimate way to keep in touch. However, a scientific study in August of 2013 suggested that using Facebook had negative consequences. The more people in the study used Facebook, the worse they felt afterward. Users felt less satisfied with their lives and were lonely. It seems that direct social contact may still be the best form of interaction of all.
This group of family members now has three dedicated family members who are very active for this organization. They are visiting their relative that lives here, while at the same time, recruiting new members.

Two family members recently lost their loved one who lived at Transitions Healthcare Sykesville. These families stated that they were “very happy that they came to the Alzheimer’s Support Group to learn more about Alzheimer’s and dementia.”

They learned that they were welcome to ask questions about the disease, as well as, receive information on all stages of Alzheimer’s. Many of our family members have the same problems and/or questions. One of the benefits of this group is family members helping other family members get through some of the same difficult times.

If you have questions, come to the next meeting. At the next meeting, family members are discussing some special activities that they would like to schedule that involve the residents and their family member—a breakfast, a tea party, a recruitment party, and discussion about the proposed raised flower and vegetable gardens. Spring will be here before we know it, so family members want new family members to help with this project.

*Light Refreshments will be served*

*For more information contact –*

Donna Barnett, ADC/MC, AC-BC, Life Enrichment Director
Jerri Vincent, BSW, Social Worker
410-795-1100
WELCOME TO TRANSITIONS HEALTHCARE SYKEVILLE

Joseph Linthicum
Overton Harlow
Ruby Miller
Dorothy Rhoten
Mary Sieger
Attilia Marasa
Helen Beaton
Darlene Hall
Earl Harmon
Alberta Berglund
Linda Heater
Patricia Wolfe
Edward Schneider
Kathryn Hefner
Carl Engelman
Bernard James
Patricia Johnson
Jean Costin
Verna Caulford
Patricia Coffiell
Patricia Moler
Raymond Moser
Dorothy Miller
TRANSITIONS HEALTHCARE MANAGEMENT TEAM
SYKESVILLE, MD

JOHN WHITE, NHA – Senior Administrator
CRAIG NEISWANGER – Administrator in Training

NANCY CANSANAS, RN – Director of Nursing
LINDA KARMALA, RN – Assistant Director of Nursing / 2nd floor Unit Manager

SANDY SOYKE – Regional Marketing Director
IAN ROHE, LPN – Marketing/Clinical Liaison
KRISTEN ALLEN – Admissions Coordinator

TOM HOUSER, LPN – 1st Floor Unit Manager
DEBBIE GRIGSBY, LPN – 3rd Floor Unit Manager

JANE OZOR, RN – Evening Supervisor
ROSE KELLEY, RN – Weekend Supervisor

GREG LORCH, DH-LPTA, MHA, CST – Director of Rehab Department

LISA TIMMONS – Director of Human Resources

RUTHANN MCFADDEN, MSW, LCSW-C – Regional Social Worker
JERRI VINCENT, BSW – Social Worker

KIM DRAKE, RD, CSG, LDN – Dietitian
RICHARD COLEMAN – Food Services Manager

JOHN SWAGGER – Plant Operations Director

CARLOS SHARP – Housekeeping & Laundry Supervisor

DORIS MILLS – Business Office Manager
KEVIN SMITH – Assistant Manager

DONNA BARNETT, ADC/MC, CDP, AC-BC, Editor “Sunbeams”
Life Enrichment Director
Happy Valentine’s Day
To all
Residents and Staff
RESIDENT BANKING NEEDS

BANKING OFFICE IS LOCATED ON THE 3rd FLOOR
MONDAY – FRIDAY HOURS
9:00 AM – 4:00 PM

SATURDAY – SUNDAY
SEE FRONT DESK RECEPTIONIST
10:00 AM – 4:00 PM

A limited amount of cash is kept with the receptionist to accommodate residents’ monetary needs on the weekend. Residents must have an active Resident Account to request money on weekends.

If you do not have an account, or need further information,
Please see:
Doris Mills, Business Office Manager
Kevin Smith, Assistant Manager

FEBRUARY BIRTHDAY CLUB

Thursday, February 27
4:30 pm
1st Floor dining room

Entertainment by: Frank Cappadora
Love

1. Believe in love at first sight.
2. When you say “I love you,” mean it.
3. Love deeply and passionately. You might get hurt, but it’s the only way to live life completely.
4. Remember great love and great achievements involve great risk.
5. Marry someone you love to talk to. As you get older, their conversation skills will be as important as any other skill.
6. Don’t trust someone who doesn’t close their eyes when you kiss them.
7. Remember that the best relationship is one where your love for each other is greater than your need for each other.
8. Approach love and cooking with reckless abandon.
9. Be engaged at least 6 months before you get married and get your parents approval.
10. A loving atmosphere in your home is so important. Do all you can to create a tranquil harmonious home.
DO YOU HAVE TROUBLE WITH YOUR VISION?

WHAT IS LOW VISION?

Low vision is a visual impairment that cannot be corrected by surgery or medicine, and is severe enough that it interferes with daily activities.

CONDITIONS SUCH AS:

- Glaucoma
- Macular Degeneration
- Diabetic Retinopathy
- Vision Impairment after stroke or brain injury

are all examples of residents that may be appropriate to try the program!

HOW DOES IT WORK?

Family members or residents can tell their nurse, therapist or staff member if they are interested! Participants should have a vision impairment that affects their ability to complete daily activities.

An occupational therapist will evaluate your vision and offer ideas or modifications in hopes to help you complete your daily activities with less assistance! The evaluation can take place in your room or rehab gym.

For more information, call the rehab department at Ext. 4108.
Resident and Staff enjoyed dancing and singing with Elvis on his birthday!
Resident Council celebrated The Chinese New Year with Asian Taste Restaurant Carry-In