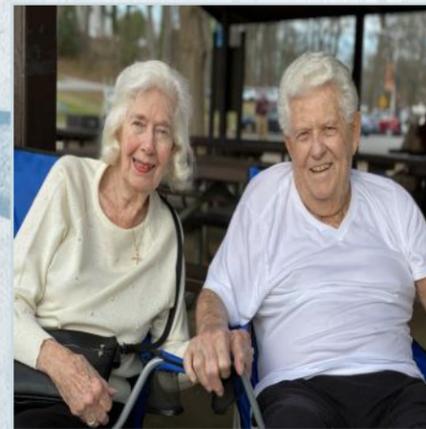


# Moments from January...



## February 2020 Newsletter



### Welcome New Residents:

**Davis & Joyce Daniel 2200**

**Janis Brehm 2102**

**Melia Snyder 2108**

**Lynn Johnson 2208**

### Resident Birthdays:

**Doris Lubker 2-1**

**Johanna Apelian 2-2**

**Nancy Sanders 2-5**

**Annie Carrere 2-6**

**Helen Dickson 2-12**

**Rosemary Kelpo 2-19**

**Ester Thorstad 2-21**

**Charles Cady 2-28**

**Valeri Stephenson 2-28**

### 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.

## New Residents

We all know how hard it can be transitioning into a new home. We always want to make any new resident feel welcomed and not left out. Friendly reminder that there is no assigned seating in the dining room, if you happen to come in and see a new face in your seat you wouldn't normally see be mindful, their looking for friendship. Thank you for being so nice.

## 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.



## 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.



## Resident Spotlight

This month we are shining our light on Anna Henderson. Anna is an absolute joy to be around. She is fun and witty and keeps us all on our toes. Anna, born in Gastonia, NC has three children and one grandson. Anna has traveled and seen parts of Europe. She was apart of a few clubs and organizations and always loves giving back especially Meals on Wheels. On her downtime she loves to read and exercise go to the peace center and catch some shows. Anna you're such an asset to our community. We love everything about you and are so grateful for you. Keep shining on!



## Employee Spotlight

This month we are so happy to shine our light on Jasmine Robison! Jasmine has been with our community for 3 years now and is an absolute asset to Waterstone on Augusta. We are so thankful for Jasmine and the hard work that pours out of her. She loves on her residents and treats them with the most respect. She goes above and beyond. Jasmine has two beautiful daughters and a fantastic husband. Jasmine loves to focus on her family and spending as much time with them. Thank you Jasmine for ALL you do!!!



## What's New in 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**

## Live Entertainment This Month:

- Earle Street Baptist Church 2/6**
- Wayne Casasanta 2/3**
- Noble Dog Hotel 2/11**
- Benny Gandy 2/12**
- Painting with Kayla 2/5 –2/12**
- Tom Fisch 2/13**
- Karl Lauber**
- Crafts with Arifah 2/4-2/24**
- Bus tour Tales of History 2/11**
- Discovery service with Mari 2/27**
- Jen and Bob 2/28**

## 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.

### The Bean-Throwing Festival

In Japan, springtime festivals begin as early as February, and February 3 brings Setsubun, a sort of new year's celebration where people drive away evil spirits so that they may start the new year on the right foot. How do the Japanese ward off these evil influences? By throwing beans, of course. And not just any old bean.

They use roasted soybeans known as fuku mame, or "fortune beans." Often, the oldest male member of the family will don a mask to look like a demon or evil spirit. The demon then hovers just outside the family's door. Then the entire family scoops handfuls of beans and tosses them at the demon, scaring it away. This ensures that no one in the family will suffer sickness or other ill fortune. Some cities even hold Setsubun parades in which beans are thrown to crowds that shout, "Get out demons!" and "Welcome happiness!" People jostle to scoop up the beans and eat them, for eating them is considered good luck. After the fervor of the bean throwing, many families visit local shrines to pray for the health and happiness of their loved ones.

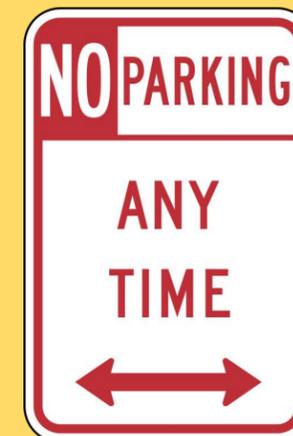
### Sit and Stretch with Santino

10 am Monday mornings! It's a light 30 min workout to help out with strength building and balance!!!



### Parking at Waterstone on Augusta

This a Friendly Reminder for Everyone. The Portico Is for drop off only. We have noticed double parking. This can impede the EMS if there was a situation and that's something very important to point out. The portico is NOT a parking spot.



### 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 Gagalagina 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.



MEET CHEF  
*Jason.*



Jason Snedecor's background with food and cooking roots goes back to growing up in New York and being raised by his Italian mother. Her amazing cooking gave him a deep appreciation for fresh ingredients and wholesome food. With an associate's degree in Culinary Arts, and a Bachelor's degree in Hospitality & Management, Jason's passion is creating a modern upscale dining experience for senior citizens who live at Waterstone on Augusta. We are proud to have Jason a part of the Waterstone On Augusta Family, as he is a wonderful asset!

We have a brand new spot for all of our Activity Information!

**INTRODUCING THE RESIDENTS CORNER!!** Here you will find your Mass Calendar Copies, Weekly Schedules and information on upcoming outings. Please take a min to check out our new location. It will be where our mail cubbies are.

