

WATERFORD LADIES JOURNAL

2/1/2017

Looking Back at January

Now that the month of January has come and gone it will be remembered as the month of the rainy days, then sunny and 50 degrees.

As we move into the month of February we hope the ladies will stay healthy.

The ladies shared in some interesting events during January.

We had a contest on National Hat Day was January 20th. Patty Gorbet was the winner

learned a lot of information about Alaska. After the group exploration they had enjoyed ice cream sandwiches.

The next state will be Louisiana, the bayou state or the also known as the pelican state.

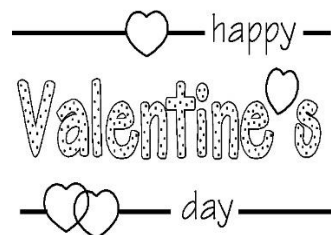
Patty Gorbet wanted to share some exciting news – she is a great-grandmother again! The newest member of the family is Stella June Cain, born January 8th and weighed 7 pounds, 11 ounces and

Quote for February – “Why, what’s the matter, that you have such a February face, so full of frost, of storm and cloudiness.” William Shakespeare

with her golden hat. Helen Browns was the runner-up with her ‘red hot lady’ hat. A staff member joined in the fun, Christina. Her hat was theme was ‘sporty lady’. Patty won five-dollars and Helen won two-dollars.

The group, all about the States explored Alaska. The ladies

was 20 inches long. Congratulations Patty!



February Birthday's

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We do not have any Waterford ladies celebrating a birthday in February.

There are two staff member with a birthday this month:

Jessica O'Brien 21st

Tonya Bell 26th

Happy Birthday Ladies!

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Weather – Groundhogs stock up on sunblock. Melting get ready for a belting. Blizzard confound weather wizards.

Bright, but bitter as flakes, flitter. Better then wetter. Good news for the sledder!

A Note from Suzanne

I would like to thank all of you for another wonderful year at Waterford Ladies Home. Our home has what I believe are the very best staff, resident and loving families anyone could have and I am looking forward to another year with all of you.

Just a reminder there is a tax credit for living at Waterford. I am not sure how it works, but your tax person should know. All of the tax statements are ready with the facility EIN on them. They can be picked up in the office. Thank you again for being the very best residents and families! Love you all!

The PTA representatives from Franklin Smith Elementary School in the Blue Springs school district wanted to do something special for the ladies as a thank you. The ladies were presented with a popcorn machine for 'Going to the Movies' and special treats.

Activities - Don't forget you are always welcome to join our Mind and Body daily activity. Please look at the calendar and see if a day and time works with your schedule to join us. We can always make room for you to share and enjoy exercising with your family member.

Going Green

Plasma TV's can eat up about 849 kW of energy per year – National Geographic Illustrated Green Guide.

February Facts

2-1 – Thought for the Day – Don't walk in front of me, I may not follow. Don't walk behind me, I may not lead, walk beside me and just be my friend.

2-2 – Groundhog Day – The belief is if the groundhog sees its shadow on this day, winter will continue for another six weeks. People in Punxsutawney PA. have been celebrating Groundhog Day since 1887.

2-3 – National Wear Red Day – The American Heart Association encourages

people to wear red today to show support for women who have been affected by cardiovascular disease.

2-4 – Elvis Presley commemorative stamp debuts, 1993.

2-5 – Super Bowl LI (51) at NRG Stadium in Houston, TX. Also on this day it's Weather Person Day.

2-6 – Janet Reno becomes the first woman to head U.S. Justice Department, 1993.

2-7 – On this day in 1964, The Beatles arrived for the first time in the U.S. I want to hold your hand was the #1 song.

2-8 – Anniversary of the Founding of the Boy Scouts of America, 1910.

2-9 – Shoes and canned food rationed, per sliced bread sales banned in U.S war effort, 1943.

2-10 – Thought for the Day – If we had no winter, the spring would not be so pleasant – Anne Bradstreet.

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2-11 – Mandela released from prison, 1990.

2-12 – **Man Day** – This day celebrates men and is held annually on the Sunday before Valentine's Day.

2-13 – World Trade Center in New York City was completed, 1977.

2-14 – Valentine's Day – The oldest American Valentine was a handmade card from the early 1700's. It had a verse written in German.

2-15 – **Quote of the Day** – "The old believe everything, the middle-age suspect everything, the young know everything" – Oscar Wilde.

2-16 – From the "Can you Believe it" – On this day in 1997 scientists at the University of Connecticut discovered that disliking broccoli is a genetically inherited trait.

2-17 – Time magazine, Man of the Year Lyndon Johnson, 1967.

2-18 – Dead Sea Scrolls are unveiled, 1991.

1-19 – Firsts – Ann Landers advice column, also

Presidential press conference on TV and film, 1955.

2-20 – **Thought for the Day** – "Ideas are like rabbits, you get a couple and learn how to handle and pretty soon you have a dozen."

2-21- Anniversary of Dedication of Washington Monument, 1885.

2-22 – Gasoline shortage leads to long lines at the gas pump and rationing in some states, 1979.

2-23 – Tootsie Roll Day – the Tootsie Roll was introduced on this day in 1896.

2-24 – **French Fry Friday** – this day, the fourth Friday in February was formerly sponsored by the Lamb Weston Company, who is the world's leading supplier of frozen potato products.

2-25 – 18th Annual Open that bottle night. This event encourages people to open that bottle of wine they have been saving for a special occasion that never seems to come.

2-26 – 59th Annual Dayton 500 NASCAR Sprint Car

Race, Daytona Beach, FL. Also on this date the 89th Annual Academy Awards, Hollywood and Highland Center Los Angeles, CA.

2-27 – In Paris on this day in 1897, guests saw a newly married couple leave in the world's first decorated wedding car.

2-28 – Mardi Gras – the Tuesday before Ash Wednesday (the beginning of Lent) is known as Mardi Gras (Fat Tuesday in French) Day.

February Fun Facts

The origin of February's name – February is from the Roman calendar month, Febuarues named after Febua, the festival of purification.

February Birthstone – Amethyst (Sincerity)

February Flower – Violet (alt. Primrose)

February Colors – Light Blue and Yellow