

the Rock Island Journal

www.rockislandhealthcare.com

February 2012

Rock Island Nursing and Rehabilitation Center 2545 24th Street Rock Island Illinois 61201 (309)788-0458



International Expect Success Month

Bird Feeding Month

Black History Month

International Snow Sculpting Week
February 1-5

Ballet Day
February 7

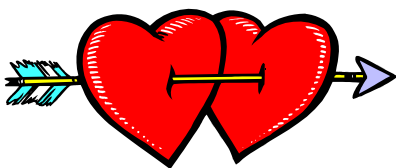
Paul Bunyan Day
February 12

Westminster Dog Show
February 13-14

Valentine's Day
February 14

International Sword Swallower's Day
February 25

Leap Year Day
February 29



From the Desk of the Administrator

February's forecast is cold and windy, so come on in and warm up with us at Rock Island Nursing and Rehabilitation Center by joining in with our activities!

This month we will be having a presentation on February 9th by our *Dentist, Dr. Crystal*, on the importance of **dental care**. All residents and family members are invited, we will be passing out dental care essentials and learning dental hygiene tips from our favorite mobile dentist!

On Friday, February 3rd, we will be having a **heart health awareness day** and are asking everyone to wear red in support of the *American Heart Association's campaign - "go red for women"*.

February 5th we will be gathering to watch to the **Super Bowl**, so come root for your favorite team! On February 7th we will be having our **monthly bake sale**. We are anticipating lots of Valentine's-themed goodies to be there. And don't forget to come to resident council on the 13th of the month to place your vote for **Valentine's King and Queen!**



On February 14th, our favorite chef, Mario, will be making up a special dessert in honor of **Valentines Day**. At 1pm will be having a Valentine's Day dance, and will crown the King and Queen for 2012.

February 21st is **Fat Tuesday**. We will be having a **Mardi Gras party** to celebrate the season. Visit in your favorite Mardi Gras mask or pick one up from us...we will have enough to share! We end the month with **National Chili Day** on February 23rd. Our staff will be facing off in a Chili cook-off, come join and vote for your favorite.

Respectfully,

Dawn May

Administrator

Rock Island Nursing and Rehabilitation Center

Calendar Confusion

Ever feel the need to make up for lost time? You're not alone. In fact, the entire world will be making up for lost time on February 29, the Leap Day for 2012's Leap Year.

Ancient cultures kept calendars like we do today, but these were based on lunar cycles that followed the phases of the moon, making each month only 29.5 days long. One year would last only 354 days, not nearly enough days for an actual year, which lasts 365.242 days, the amount of time it takes the Earth to orbit the sun.

These 354-day calendars wreaked havoc when it came to celebrating annual holidays. As the years passed, autumn harvest festivals were celebrated during the spring planting season! The Egyptians were the first culture to correct the amount of days, and they even added an extra day, a Leap Day, to the calendar every fourth year to prevent these problems.

Cleopatra shared this system with her boyfriend Julius Caesar, and Caesar decided to fix the Roman calendar. In the year 46 B.C., Caesar instituted a year that lasted 445 days – later called the Year of Confusion – to reset the entire calendar. Then he started a new 12-month-long year of 365 days, with an extra Leap Day added every fourth year to make up for the lost time. But this still was not perfect.

This extra day was still 11 minutes too long, which meant that an entire extra day would be added to the calendar every 128 years. That may seem small, but 1,000 years later, this created major problems. Now it was Pope Gregory XIII's turn to fix the calendar. He decided to keep the Leap Day, but only one out of every four "century years" would observe a Leap Year. The years 2000 and 2400 are Leap Years, but 2100, 2200, and 2300 are not. We still use this Gregorian Calendar today. As for people born on February 29, known as Leaplings, no official ruling has yet been made on how to count their age.



Groundhog Day

Every February 2, crowds gather at the entrance of a groundhog's burrow and wait for the furry creature to forecast the weather. If it sees its shadow and runs back inside, prepare for six more weeks of winter. If it steps boldly from its burrow, then spring may come early.

The Pennsylvania Germans began the tradition of Groundhog Day in America, with evidence of its practice dating back to 1841. These traditions began in ancient Europe, when people believed that badgers and bears, not groundhogs, could predict the weather. Christians, trying to convert these heathens, absorbed this tradition into their religious celebration known as Candlemas, commemorating the presentation of the baby Jesus at a temple and the purification of Mary. Amazingly, little is remembered of Candlemas, but much is made of an overgrown squirrel that predicts the weather.

Food for Thought

Reader's Digest may be the most popular magazine in the world, with millions of readers worldwide in over 70 countries and with editions translated into over 20 languages. This magazine was started by a man named DeWitt Wallace, who conceived the idea while recovering from shrapnel wounds suffered in World War I. He launched the first issue in February of 1922.



Wallace's idea was simple. He would gather his favorite articles from a wide variety of magazines and publish them together in one journal. Sometimes he even rewrote and shortened articles that were too long. Wallace hoped that his little magazine would earn him \$5,000 a year, and by 1929, it was generating \$900,000 a year. Surprise, surprise. I wonder how long it took Wallace to digest that.

February Birthdays

If you were born between February 1 and 18, you are an Aquarius. Water Bearers have attractive personalities, and are very imaginative and intuitive. Aquarians have a strong desire to help humanity, create unity, and thirst for knowledge and truth. People born between February 19 and 29 are Pisces. These Fish have boundless imaginations and often become gifted artists. Their great capacity for love and depth of feeling make them sensitive and caring souls.

Happy Birthday

Resident Birthdays

Janice R. - Feb 4th - 73 years young
 Marion R. - Feb 12th - 96 years young
 Gover "Danny" M. - Feb 9th - 63 years young
 Annie M. - Feb 14th 77 - years young
 William C. - Feb 21st 64 - years young
 Charles S. - Feb 22nd 53 - years young

Staff Birthdays

Tendayi B. - Dietary - Feb 9th
 Kim H. - Resorative Director - Feb 27th
 Connie H. - Laundry - Feb 26th
 Julie H. - Nurses Aid - Feb 2nd
 Precious M. - Nurses Aid - Feb 20th
 Shannon S. - Nusres Aid - Feb 13th

Staff Anniversaries

Wendi B. - Nurses Aid - 1 year
 Octavia C. - Social Services - 12 years
 Betty H. - Nursing - 5 years
 Dominique H. - Dialysis Tech - 6 years
 Latasha Q. - Nurses Aid - 1 year
 Shayla T. - Dietary - 1 year
 Dreshanda W. - Nurses Aid - 1 year

Resident of the Month Stephen J.



CONGRATULATIONS!

Staff of the Month Holli Aiken - Restorative Aid

GOOD eats!

Our Director of Culinary Services, Mario, is the delight of residents and staff alike by making omelets-to-order in January.

This month Mario will be making omelets on February 10th from 8am to 10am. Staff and guests are welcome to enjoy for a \$3.00 fee.



Mario will be treating residents to **Banana's Foster**, served tableside in the dining room at lunch time on Feb 14th. Guests and staff are welcome to enjoy for a \$2.00 fee

Rock Island
Nursing & Rehabilitation Center
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Watch our new sign for coming events at Rock Island Nursing and Rehabilitation Center

Go red to support the American heart Association on Feb 3rd!



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

February 2012

Rock Island Nursing and Rehabilitation Center

<p>9:15 Ball Toss 3 10:00 Sing-A-Long 3 1:00 Independent Games 2:00 Super Bowl Party Kick off time 5:30 Giants VR Patriots</p>	<p>5 9:15 Current Events 3 10:00 Volleyball 3 1:15 B-I-N-G-O 4 2:00 Independent Board Games 3 3:00 Food Community Voting for Valentine King and Queen</p>	<p>6 9:45 Walking Taco \$2.00 BAKE SALE 1 12:30 Exercise 4 2:00 B-I-N-G-O 1 3:30 Room Visits</p>	<p>7 9:15 Current Events 3 10:00 Rosary 2 12:30 Ball Toss 4 2:00 Music By: Don Pace 1 6:30 Bible Study 3 Boy Scout Day</p>	<p>8 9:15 Exercise 3 10:00 Baking Cookies 3 12:30 Exercise 4 2:00 B-I-N-G-O 1 3:00 Bible Studies 3 Dr Crystal (Dentist) Resident In-service 1</p>	<p>9 9:15 Current Event 3 10:00 Manicures 3 2:00 Arts & Crafts 3</p>	<p>10 9:15 Card Games 3 10:00 Holiday Singing 3 1:00 Independent Games 2:00 Nondenominational</p>
<p>9:15 Ball Toss 3 10:00 Busy Bee 3 1:00 Independent Games 2:00 Baptist Church</p>	<p>12 9:15 Current Events 3 10:00 Catholic Hour 3 1:15 B-I-N-G-O 4 2:00 Independent Games 3:00 Resident Council 3 Counting the votes for King and Queen.</p>	<p>13 9:15 Exercise 3 10:00 Down By the Creek 4 12:30 Exercise 4 1:00 Valentine Dance Party 1 John & Kay <small>Valentine's Day</small></p>	<p>14 9:15 Current Events 3 10:00 Volley Ball 3 2:00 Music By: Rob Dahms 1 6:30 Bible Study 3</p>	<p>15 9:15 Exercise 3 10:00 Baking Cookies 3 12:30 Exercise 4 2:00 B-I-N-G-O 1 3:00 Bible Studies 3</p>	<p>16 9:15 Current Event 3 10:00 Manicures 3 2:00 Arts & Crafts 3</p>	<p>17 9:15 Card Games 3 10:00 Exercise 4 1:00 Independent Games 2:00 Nondenominational Church 1</p>
<p>Lincoln Birthday</p>	<p>19 9:15 Kick Ball 3 10:00 Sing-A-Long 3 1:00 Card Games 3 2:00 Terri Stone 1</p>	<p>20 9:15 Current Events 3 10:00 Chair Chi 3 1:15 B-I-N-G-O 4 2:00 Independent Board Games 3</p>	<p>21 9:15 Current Events 3 10:00 Kick Ball 3 12:30 Exercise 4 2:00 Mardi Gras B-I-N-G-O 1 Fat Tuesday Mardi Gras <small>Mardi Gras</small></p>	<p>22 9:15 Exercise 3 10:00 Baking Cookies 12:30 Exercise 4 2:00 B-I-N-G-O 1 3:00 Bible Studies 3</p>	<p>23 9:15 Current Events 3 10:00 Manicures 3 2:00 Arts & Crafts 3</p>	<p>24 9:15 Busy Bee 2 10:00 Exercise 4 1:00 Independent Games 2:00 Nondenominational Church 3</p>
<p>National Chocolate Mint Day</p>	<p>26 9:15 Ball Toss 3 10:00 Busy Bee 3 1:00 Independent Games 2:00 Baptist Church 1</p>	<p>27 9:15 Current Events 3 10:00 Catholic Hour 3 1:15 B-I-N-G-O 4 2:00 Independent Board Games 3</p>	<p>28 9:15 Current Events 3 10:00 Kick Ball 3 2:00 B-I-N-G-O 1 3:30 Room Visits</p>	<p>29 9:15 Current Events 3 10:00 Card Games 3 12:30 Ball Toss 4 1:00 Outing ? 6:30 Bible Study 3</p>	<p>Rock Island Nursing and Rehabilitation Center. 2545 24th Street Rock Island IL 61201 Tel: 309-788-0458 Fax: 309-788-5234</p> <p><i>Activities subject to change at the last moment</i></p>	
<p>Oscar Night National Pistachio Day</p>	<p>26 9:15 Current Events 3 10:00 Kick Ball 3 2:00 B-I-N-G-O 1 3:30 Room Visits</p>	<p>27 9:15 Exercise 3 10:00 Kick Ball 3 2:00 B-I-N-G-O 1 3:30 Room Visits</p>	<p>28 9:15 Current Events 3 10:00 Card Games 3 12:30 Ball Toss 4 1:00 Outing ? 6:30 Bible Study 3</p>	<p>29 9:15 Current Events 3 10:00 Card Games 3 12:30 Ball Toss 4 1:00 Outing ? 6:30 Bible Study 3</p>	<p>Leap Day</p>	<p>29 9:15 Current Events 3 10:00 Card Games 3 12:30 Ball Toss 4 1:00 Outing ? 6:30 Bible Study 3</p>

American Heart Month. Black History Month. Vote for your favorite valentine King and Queen Feb 6th - 13th. Feb 5th Super Bowl Bake Sale Feb 7th. Feb 14th Valentine Dance.