

February 2020

Grace Manor Care Center

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Celebrating February

Library Lovers Month

Black History Month

Groundhog Day

February 2

Westminster Dog Show

February 10–11

Kori's Birthday

February 13

Valentine's Day

February 14

Presidents' Day: U.S.

February 17

Eckoraye's Birthday

February 24

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.



Dior's "New Look"



A casualty of World War II was fashion. With the rationing of materials and anxiety over radicalism, civilian clothing styles became austere, utilitarian, and practical. Women no longer wore silk or other fancy fabrics, and they gave up accessories like boning for corsets and zippers. For the first time, women wore trousers! The British government went so far as to pass austerity regulations. Footwear, textiles, and clothing brandished the CC41 logo, signifying that it conformed to 1941 regulations for "Controlled Commodities." Perhaps no city suffered more than Paris, the world's fashion capital. Not only was it occupied by the Germans but fashion houses were forced to shut their doors. So, on February 12, 1947, when French designer Christian Dior debuted his "New Look" line at the Paris fashion show, he both saved Parisian fashion and brought femininity into style again.

Dior's New Look silhouette was both old and new all at the same time. It offered a return to pre-war femininity and yet presented a new, modern woman. The line did away with trousers, boxy shoulders, and civilian androgyny and returned to the small waists and hourglass figures of the pre-war era. Dior focused on soft, rounded shoulders, tight-fitting jackets, and spreading, padded skirts. Essential to the New Look was his corset, known as the *Waspie*, which narrowed the waist and accentuated the bustline. As a child, Dior grew up wandering the flower gardens of his home. Those flowers heavily influenced his notions of femininity. He rejected austerity and let fabric flow freely from his garments, like an abundance of petals. Some critics decried the designs as wasteful or extravagant, while others found them to be affronts to the newfound independence enjoyed by women who had taken over the jobs of men in offices and factories. But many women embraced the New Look as a welcome alternative to the ugly practicality of the war years. In many ways, the New Look was a rejection of the war itself and a return to the nostalgia of the pre-war years, where women were once again expected to be feminine.

Welcome Stranger

On February 12, 1851, a prospector in New South Wales, Australia, discovered flecks of gold in a local waterhole. Within a year, over 500,000 "diggers" from all over the world rushed to Australia with the hope of striking it rich. This Australian Gold Rush transformed the cultural fabric of Australia. What began as a penal colony and a distant backwater soon grew into a booming multicultural metropolis. The immigrant influx grew the economy as demand for products and services grew. Diggers united in what was termed "mateship," helping each other in the outback and banding together against the authorities. The rush reached a fever pitch on February 5, 1869, when two miners discovered a massive nugget tangled in the roots of a tree just below the surface. This nugget, dubbed "Welcome Stranger," was the largest ever found in the world. It measured 24 inches across and weighed 158 pounds, and it instantly made the diggers rich. It was worth \$3–4 million in today's Australian dollars. Not all diggers struck it rich, but many chose to remain in Australia and start new lives.

From the Administrator



Happy February!! We are so close to spring. A reminder to keep your loved ones closets clean and seasonal. We will be participating in *A Year of Wellness* that our therapy company has provided. Be sure to watch each month for all of the great information it provides.

A reminder that you are always welcome to eat with your loved one and we will be glad to accommodate with space. It is helpful if you can give us a call before meal time. We do practice antibiotic stewardship in our facility and would be more than happy to discuss this with any of you that are not aware of the purpose. We have done articles on the pro and cons in the past.

Please stop by and visit me at the facility. I always like company! Sherri

When Cows Fly



On February 18, 1930, a cow known as Elm Farm Ollie won the unique distinction of becoming the first cow ever to be milked while flying in an airplane, ushering in the very first Cow Milked While Flying in an Airplane Day. The circumstances of the flight are well-recorded, as Elm Farm Ollie was part of the International Air Exposition in St. Louis, Missouri. Researchers were apparently eager to observe the effects of flight on livestock. Elm Farm Ollie was an unusually productive Guernsey. She needed milking three times a day. During her flight, she produced 24 quarts of milk. Wisconsin native Elsworth Bunce had the honor of milking her, consequently becoming the first man ever to milk a cow in an airplane. The milk was sealed in paper cartons and parachuted to the crowds below, where it is said that Charles Lindbergh took a drink.

Activity Corner



“The best things in life are the people we love, the places we’ve been, and the memories we’ve made along the way.”

To celebrate Valentine’s Day here at Grace Manor, activities include heart crafts, making Valentine’s and, of course, a Valentine’s Day party on the 14th!

Our love story continues with Jeanie & Melvin celebrating their 62nd wedding anniversary on February 21.

We welcome the Garage Band, who will entertain us on the 7th and Deb Smith who will entertain us on the 26th. Other fun activities include our card parties every Tuesday and Thursday; Bingo on Monday evenings, Wednesday and Friday afternoons; mocktails and trivia on Wednesday afternoons just to name a few. I want to thank our volunteers who faithfully come and brighten our days here. Thank you so much for your dedication! If you would like to join our volunteer team, please contact me at 719-346-7512.

Above and Beyond

January’s Above and Beyond winner was Jane Schroeder, Activities Director. Jane has done an amazing job at turning the Activities program around here at Grace Manor. She gets MANY compliments on her activities and has a lot of participation with the residents. If you have been in to visit your loved one and glanced at their activity calendar, it’s very apparent that she keeps us busy! Contratulations, Jane!



Baby Shower for Lupita

