

NHC Town & Country

February 2020

ASST. Administrator Todd Anderson
Admission & Concierge Jessica Busse
Marketing Director Angela Bertagnolli
Payroll/ Bookkeeping Marisa Santacruz
HIM Director Mary Nolting
Dietary Director Michelle Rainey
Dietician Maddi Underwood
Director of Recreation P. Lydia Lee
Director of Nursing Heather Fanz
Director of Social Services Brittany Johnson
Therapy Director Paul Eaton
Maintenance Director John Durbin
Nurse Practitioner Lisa Pemberton
Housekeeping/ Laundry Barb Price

Reception: Donna Pennington
PHONE: 636-227-5070

NHC Town & Country
13995 Clayton Rd.
Town & Country, MO 63017



If you are interested in Volunteering
Contact Lydia Lee
Rec & Wellness Director
☺ 636-227-5070

February Birthdays

In astrology, those born between February 1–18 are the Water Bearers of Aquarius. As water heals the land, so Aquarians are the humanitarians of the zodiac. These free spirits give “power to the people.” Those born between February 19 and 29 are the Fish of Pisces. These creative and intelligent types have strong feelings of right and wrong.

Partner Birthday

Perla Guzman 02/18 Jasmine Jabaar 02/02
Carmel Long 02/08 Barbara Price 02/25
Tereatha Robinson 02/11 Gina McDonald 2/11
Jerome Tucker 02/08 Donna Pennington 2/27
Larry Harris 02/17 Tawanda Phenix 02/11
Kenneth Williams 02/23 Mary Beebe 02/28

Partner Anniversary

Lydia Lee 2017
Vonetta Davis 1998
Gloria Miller 2019
Tereatha Robinson 2019
Cynthia Starks 2019
Jessica Busse 2019
Lisa Beke 2017
Heather Fanz 2019



**Mend a
Broken Heart
Month**

**Black History
Month**

**Groundhog
Day**
February 2

**Valentine's
Day**
February 14

**Presidents'
Day: U.S.**
February 17

Mardi Gras
February 25

**Leap Year
Day**
February 29

Fun Facts About Leap Year

Are you confused about Leap Year? Read on. All of questions will be answered.

A Leap Year is also called an tercalary year or bissextile year. It is any year that is divisible by four. Leap Day is February 29th. Leap Day falls on the same day as February first. This year the first of February is on a Sunday. Leap Day in 2020 is the last Sunday of the month. An extra day is added to February every four years because having only 28 days, February is the shortest month of the Gregorian Calendar.

Every four years the Earth orbits the sun in a little less time. What happens to those extra minutes? They become Leap Days. Without an extra day, every four years our seasons would begin a day earlier. Julius Ceasar introduced a Leap Year to the Gregorian Calendar.

In a leap year, the months of January, April, and July all start on the same day of the week. Countries that use a lunar calendar rather than a solar calendar add a leap month every four years.

Leap seconds are added when needed to keep the clocks of the synchronized with the slowing rotation of the Earth. The last leap second was added on December 31, 2016. There have been 26 leap seconds added since 1972.

Have a great February. Use your time wisely.

by, Joanne Grana

(Published author and Blogger)

“The Busy World of Bianca Bear”

<http://confessionsofadisableddiva.blogspot.com/>

Source: Wikipedia/Google



Notable Quotable

“Zest is the secret of all beauty. There is no beauty that is attractive without zest.”

~ Christian Dior, fashion designer



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 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. Perhaps the biggest favor we can do for a grouch is to show them compassion.

**Partner of the Month
Chris Style-Campion**



Recognition of upholding NHC's 20 Promises and caring in a better way day to day. Thank you for all you do.



From Your Valentine



On February 14, sweethearts celebrate Valentine's Day, but who was St. Valentine? His true identity and acts are largely a mystery.

Competing stories depict Valentine as either a priest from Rome or the Bishop of Terni during the reign of Emperor Claudius II. Valentine aided Christians who were persecuted under Claudius II's reign until he, too, was put under house arrest at the home of Judge Asterius. Asterius asked

Valentine to prove the power of Christ by restoring sight to his blind daughter. When Valentine performed the miracle, the judge thanked him by freeing him and all the Christians he had imprisoned. But Valentine was again arrested and brought before Emperor Claudius II. When Valentine attempted to convert Claudius to Christianity, he was executed on February 14, AD 270. Before his martyrdom, he is said to have written a note to the

daughter of Asterius, which he signed "From your Valentine."

Another story tells of how Claudius II outlawed marriage for young men in the belief that single men made better soldiers. Valentine defied Claudius and performed marriages in secret. When Valentine's secret was discovered, he was executed.

These stories may be different, but they illustrate the love that St. Valentine is remembered for.



Notable Quotable

“Valentine's Day: Rubbing singles' noses in their lack of mates and the noses of couples in their lack of time.”

~ Emma McLaughlin, writer

True or False

- How much do you know of these Valentine's Day traditions?
1. The heart has always been a symbol of romance.
 2. Pink has always been the color of love.
 3. More cards are sent on Valentine's Day than any other holiday.

ANSWERS: 1. False: Hearts originally symbolized memory; 2. False: Pink was originally associated with boys and the military; 3. False: More cards are sent during Christmas.