

# February

## FEBRUARY ENTERTAINMENT

February 1<sup>st</sup>  
Music with Beth  
@ 3:45

February 6<sup>th</sup>  
Music with Verlyn  
@10:00

February 7<sup>th</sup>  
Singing with Luann  
@ 1:15

February 15<sup>th</sup>  
Guy and Guitar  
@ 3:30

February 18<sup>th</sup>  
Gary Froiland  
@ 3:30

## Boulder Times

**The familiar shape of the “heart” does somewhat resemble the four chambers of an actual heart, if it is cut open. But the shape is even closer to the look of a bird or reptile heart — which makes sense, given that the study of anatomy before the 14th century was based on the dissection of animals, as the Catholic Church objected to the dissection of the human body during the Middle Ages.**

Copy and paste this link for more information on the “shape of the heart”  
<http://time.com/4662675/valentines-day-heart-shape-origins/>

Many believe that the X symbol became associated with the kiss in medieval times. People who couldn't write their names signed in front of a witness with an X. The X was then kissed to show their sincerity.



# February

## EMPLOYEE SPOTLIGHT

### ALEXIS SMITH

Alexis is a home health aide who has stepped into the role as someone who is great with our tenants, is always willing to help work when needed, and has a lot of positive energy.

Thank you for your hard work here at Boulder Creek!

Fun Facts: \*She loves coffee and her favorite candy is a snickers bar\*



### Meet our intern Laurie

Laurie will be working with our activities department, as well as working outside of Boulder Creek with the Marshall Area Dementia Awareness Network here in town. Her goal is to learn more about the different types of dementia and how to help individuals living with the disease, as well as their caretakers.

We are excited to have her here!

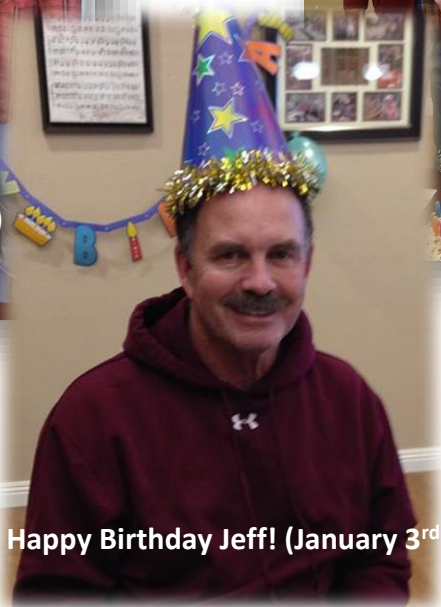
# February



Happy Birthday Elvera! (January 17<sup>th</sup>)



Happy Birthday Katherine! (January 24<sup>th</sup>)



Happy Birthday Jeff! (January 3<sup>rd</sup>)



## February Birthdays

Ken – February 2<sup>nd</sup>

Dorothy – February 9<sup>th</sup>

Jennie – February 22<sup>nd</sup>





# February

## Tenant Council

January 24<sup>th</sup> was our first ever Boulder Creek Tenant Council! We had very good attendance and started the meeting off by reciting the Pledge of Allegiance and the Lord's Prayer. We served snacks and went through our agenda to find out what our tenants love about Boulder Creek, and what we can do better. Below you will find a few of the topics discussed at the meeting.



For our next meeting, we will be adding a few games into the mix 😊

### Meals and Snacks we want to see more of!

- ~ Brownies
- ~ Fruit Smoothies
- ~ Fish Sticks
- ~ Chili
- ~ Monster Cookies
- ~ Tator-tot Hotdish
- ~ More veggie options

### Activities We enjoy

- Cards (Rummy)
- Trivia
- Yahtzee
- Coloring
- Wheelchair races
- Bible study
- gardening

### Music

- ✓ 40's
- ✓ 60's
- ✓ Polka's
- ✓ Rock and Roll
- ✓ Country music
- ✓ Sing Along
- ✓ Playing Instruments

## Activities Store!

(Official name still needs to be determined)

Every tenant will have the opportunity to earn points by attending certain activities like exercise and entertainment. They will also have extra opportunities for points by playing and winning Bingo! The points can then be used at our traveling "store" where tenants can purchase the items of their choice. Some of the ideas we came up with to purchase are!

- |                                 |  |
|---------------------------------|--|
| * Lotions                       | * Small plastic baskets  |
| * Sympathy and birthday cards   | * Fresh flowers  |
| * Candy bars                    | * Glasses cleaners   |
| * Small gifts for grandchildren | * Small notebooks  |
| * Small packs of Kleenex        | * Crayons/markers  |
| * Games/cards                   |  |
| * Coloring books                | * Save up tickets to win a trip in town for coffee and treats. |
| * Word-finds                    |  |
| * Costume                       |  |

# February

## Presidents Day – February 18<sup>th</sup>, 2019

Washington's Birthday is a United States federal holiday celebrated on the third Monday of February in honor of George Washington, the first President of the United States, who was born on February 22, 1732.

The shift from Washington's Birthday to Presidents Day began in the late 1960s, when Congress proposed a measure known as the Uniform Monday Holiday Act. Championed by Senator Robert McClory of Illinois, this law sought to shift the celebration of several federal holidays from specific dates to a series of predetermined Mondays.

The proposed change was seen by many as a novel way to create more three-day weekends for the nation's workers, and it was believed that ensuring holidays always fell on the same weekday would reduce employee absenteeism. While some argued that shifting holidays from their original dates would cheapen their meaning, the bill also had widespread support from both the private sector and labor unions and was seen as a surefire way to bolster retail sales.

The Uniform Monday Holiday Act also included a provision to combine the celebration of Washington's birthday with that of Abraham Lincoln, which fell on February 12. Lincoln's Birthday had long been a state holiday in places like Illinois, and many supported joining the two days as a way of giving equal recognition to two of America's most famous statesmen.

The main piece of the Uniform Monday Holiday Act passed in 1968 and officially took effect in 1971 following an executive order from President Richard M. Nixon. Washington's Birthday was then shifted from the fixed date of February 22 to the third Monday of February. Columbus Day, Memorial Day and Veterans Day were also moved from their traditionally designated dates. (As a result of widespread criticism, in 1980 Veterans' Day was returned to its original November 11 date.)

The move away from February 22 led many to believe that the new date was intended to honor both Washington and Lincoln, as it now fell between their two birthdays. Marketers soon jumped at the opportunity to play up the three-day weekend with sales, and "Presidents Day" bargains were advertised at stores around the country.

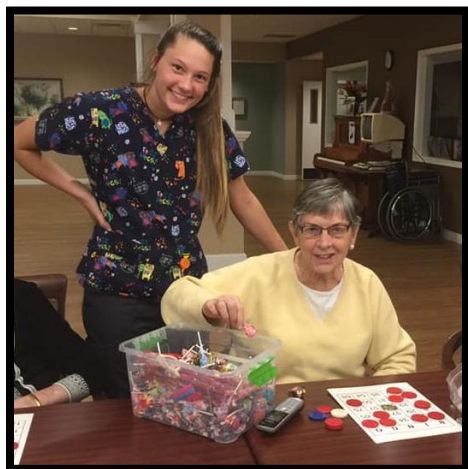
By the mid-1980s, Washington's Birthday was known to many Americans as Presidents Day. This shift had solidified in the early 2000s, by which time as many as half the 50 states had changed the holiday's name to Presidents Day on their calendars.



# February

Visit our Facebook Page

Boulder Creek – Marshall MN for more pictures!



Sensory Sculpting-

Our new favorite activity!

