

Stone Crest Assisted Living

255 N. Main Street Freeland, Michigan 48623 989-695-5035



Celebrating February

Our Leadership Team

Administrator

Andrea Conquest

Resident Care Manager

Becky Jiggins

Life Enrichment Director

Dee Malmstrom

Maintenance Director

Troy Haven

Dietary Director

.Jim McCartv

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.

Movie Trivia

1. What animated character's catchphrase is "To infinity, and beyond!"?

- a. Zorak b. Space Ghost c. Buzz Lightyear

2. "I love the smell of napalm in the morning" is a line from which 1979 film?

- a. Apocalypse Now b. Taxi Driver c. The Godfather

3. In the film "A Few Good Men", which actor says the line - "You can't handle the truth" ?

- a. Jack Nicholson b. Kevin Bacon c. Tom Cruise

4. Complete this Patrick Swayze quote from the Dirty Dancing film - "Nobody puts Baby in the ..."?

- a. Dark b. Closet c. Corner

5. Fill in the blanks to this well-known film quote - "I'll get you, my pretty, and your little ????? too"?

- a. Friends b. Dog c. Sister

6. Which Stephen King film opens with the line "I was 12 going on 13, the first time I saw a dead human being"?

- a. It b. Stand By Me c. The Shining

7. This well-known actor voiced the "Genie" in the 1992 Disney movie "Aladdin"

- a. Billy Crystal b. Ben Stiller c. Robin Williams

8. Released in 1967, what kind of animal is "Bagheera" in "The Jungle Book"?

- a. Snake b. Tiger c. Panther

9. Who voices the character of "Buzz Lightyear" in the Toy Story movies?

- a. Eddie Murphy b. Tom Hanks c. Tim Allen

10. The song "Circle of Life" was featured in which Disney film?

- a. The Little Mermaid b. Aladdin c. The Lion King

****Trivia Answers on page 3**j**

Kindness Matters

As Ellen DeGeneres tells her viewers every day....please be kind to one another. Kindness is the easiest gift we can give to someone else. It can be free, it can be random, you can go big or stay small. The expectation is nil but the payback is immeasurable.

A random act of kindness can brighten your entire day – whether you are on the giving end or the receiving. What a great feeling to pull up to the drive through window, expecting to pay for your coffee or your lunch on the run, only to find out that the person in line ahead of you just paid your bill.

Maybe you have an extra ten minutes and you shovel the snow from the sidewalks on your block, helping prevent slips and falls. Nurturing a friendship with an elderly neighbor, providing help with small chores around the house, but also the comfort of support and companionship.

The next time you are feeling down and maybe a tiny bit sorry for yourself, do something kind for someone else and see how it changes your mood....results are almost 100% guaranteed!

SMILE!

It increase your face value



Sweet Talking

Conversation hearts, Necco hearts, candy hearts, Sweethearts – people use many different names to describe those tiny chunks of candy sporting short messages that are ubiquitous around Valentine’s Day.

The candy is iconic, and pretty much synonymous with the most romantic day of the year. But when it comes to actually eating real conversation hearts... well, let’s just say it’s a divisive topic. Either you can’t get enough of them, or you see no reason why anyone would eat candy that seems like a second cousin to sidewalk chalk.

But what are they even made of? And where did they come from? In honor of Valentine’s Day, we took a look at the history and process behind conversation hearts.

The story of conversation hearts begins in 1847, when a Boston pharmacist named Oliver Chase invented a machine that would make it easier to produce lozenges. At the time, apothecary lozenges (basically medicine mixed with sugar paste) were in high demand as a popular remedy for sore throats and other ailments. But making them was a labor-intensive process that involved pulverization with a mortar and pestle, kneading dough, rolling it out and cutting it into small discs. The candy lozenges became what we know today as Necco wafers. With the acquisition of Stark Candy Company in 1990, Necco says it became “the leading manufacturer of conversation hearts.” Today, the company claims to produce about 100,000 pounds of Sweethearts every day from mid-February through January. Necco offers classic Sweethearts, as well as sugar-free, chocolate, “color your own” and “dazzled” varieties. The company website describes how the classic candy hearts are made. So, no, they’re not made of chalk.



Trivia Answers

1-C 2-A 3-A 4-C 5-B 6-B 7-C 8-C 9-C 10-C



Laissez Les Bons Temps Rouler!

Once a year New Orleans descends into a flurry of chaos, crowds, and colorful masks as the city celebrates Mardi Gras– the last day of the Carnival celebration. Mardi Gras, or Fat Tuesday as it's also known, is the Christian feasting period before the start of Lent on Ash Wednesday. But in the Big Easy the day of indulgence takes on a whole new meaning as galas, parades, and parties take over the city– it's even a Louisiana state holiday. This year the festivities will take place on March 5th, so whether you celebrate by catching beads on Bourbon or digging into a King Cake– here's everything you need to know about the unique history and culture of Mardi Gras.

The annual Carnival always kicks off 12 days after Christmas (January 6th) and continues until Fat Tuesday (the evening before Ash Wednesday.) It's a period filled with celebrations, parades, balls, and parties, all of which culminate on Tuesday, March 5.

The story of these glazed and frosted pastries dates back to the Medieval Times, when French, Belgian, and Spanish cultures commemorated the 12th day of Christmas with gifts and sweets. Biblically, the kings during this time would have been visiting the newborn baby Jesus, bringing gifts and sweets of their own. That's where the "king" in king cake comes from. Today, the cakes are fried and doughy, glazed and frosted, typically in the Mardi Gras colors. They're usually circular and braided, to resemble a King's crown. Most cakes are baked with a tiny baby figurine on the inside, and whomever finds the toy, as tradition holds, must host the next big party

