

Sierra Ridge Memory Care
3265 Blue Oaks Dr.
Auburn, CA 95602

Postage
Information



Sierra Ridge Newsletter

February 2020

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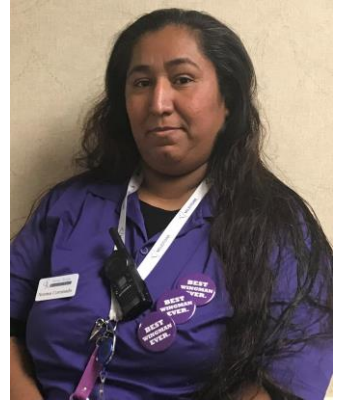
Community News

Mission Statement
Sierra Ridge is committed to being the leader in providing quality personal service for our residents while honoring the experience of aging through our In the Moment program.


Valentine's Day Lunch
With your Loved one;
Friday, February 14th at 12n

Please RSVP at sld@sierraridge.net or call 530-887-8600 by February 06th.

Employee of the Month!



Norma
Congratulations Norma and thanks for your kindness and dedication toward your residents. You are appreciated!!

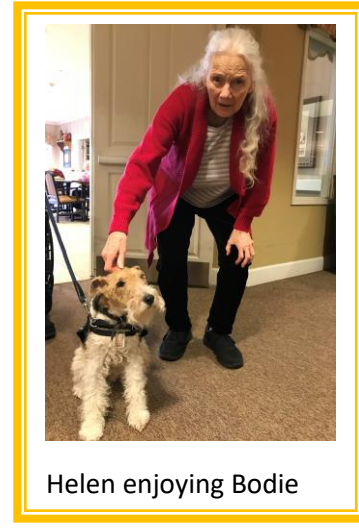


There is only one happiness in life: to love and be loved.
-George Sand, Author.

Pet Therapy Photos



Neske enjoying pet therapy with Ella



Helen enjoying Bodie

Celebrating February

Mend a Broken Heart Month

Black History Month

Groundhog Day
February 2

Westminster Dog Show
February 10-11

Valentine's Day
February 14

Presidents' Day: U.S.
February 17

Mardi Gras
February 25

Leap Year Day
February 29



- Sierra Ridge Management Team**
- Joyce Perkins
Executive Director
 - Lynda Murray
Health & Wellness Director
 - Amy Papp
Sales & Marketing Director
 - Jennifer Fuston
Senior Business Office Manager
 - Colleen Magda
Senior Lifestyle and Leisure Director
 - Robert Selvester
Culinary Director
 - Shannon King
Resident Care Director

A Giant Leap for Humankind

Notable Quotable

“Zest is the secret of all beauty. There is no beauty that is attractive without zest.”
~ Christian Dior, fashion designer

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.

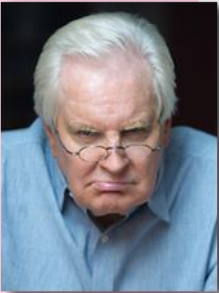
For millennia, calendars were loosely based on human observations of the lunar cycle. Extra days, weeks, and even months were added at random to make up for seasonal discrepancies. Julius Caesar was fed up with the inadequacies of such calendars based upon a 10-month solar year. In 46 BC, he enlisted astronomer Sosigenes to modify the calendar to include

12 months and 365 days, with a 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! In 1582, Pope Gregory XIII created his *Gregorian calendar*. He included a leap day but went further and decreed that leap years would not occur on years evenly divisible by 100, excepting those divisible by 400. The Gregorian calendar is still in use today, but after 10,000 years, a new calendar will be created once again.



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.

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

Benefits of Animal Therapy

Anyone who has ever stroked a dog’s soft ears or felt the gentle rumble of a cat’s purr knows the calming feeling an animal can offer. Pet therapy presents many health benefits, like lowering cholesterol levels and can even prevent heart attack and stroke. Pet therapy also helps fight

depression as well as providing emotional stability during stressful situations and helping to reduce anxiety. Animals can help improve socialization- they listen without judgment and give unbiased affection, especially when a senior may desire to share the thoughts, they may not be comfortable

telling family or friends. Being around animals makes people feel better, healthier, and happier.



Pippa snuggling up to George.