

## Volunteers

We are looking for individuals to come and spend one on one time with residents, help with activities, play cards or other games, entertainment, companionship or just bringing new ideas and activities to our residents. Come talk about What's Happening in the world today. Have coffee or Tea, walk the halls. Our Residents would love to spend some time with you! Contact us if you would like to lend a helping hand!  
Phone: 507-684-3026  
Email: [LifeEnrichment@whisperingoakplace.com](mailto:LifeEnrichment@whisperingoakplace.com)



### Notable Quotable

"Gold is good in its place; but loving, brave, patriotic men are better than gold."

~ Abraham Lincoln, 16th president of the United States

## From the Nurse's Desk

How to keep your heart healthy during Heart Health Month. The top tips to keep your ticker in tip top shape are; be smoke free, keep your cholesterol in check, manage your blood pressure, keep diabetes at bay, be physically active, achieve a healthy weight, and enjoy a variety of healthy foods.

## Manager's Corner

Since our January has been so dreary, some people are feeling the negative effects that the little to no sunshine is causing. That can be due to Seasonal Affective Disorder. Here are some tips to help with Seasonal Affective Disorder; Expose yourself to light, stick with a healthy nutrient rich diet, and stay as active as possible.

Seek professional help if you can't beat feelings of seasonal depression, see a psychologist who specializes in cognitive behavioral therapy, which can improve SAD and may have longer-lasting benefits than light therapy. And ask your general practitioner whether you're a good candidate for antidepressants (such as the selective serotonin reuptake inhibitors or SSRIs) that can provide a mood-boosting effect. Keep in mind that it can take several weeks to feel a noticeable difference with these drugs.

I hope you have a wonderful winter and remember spring is right around the corner!

# Newsletter Title

February 2020



Whispering Oak Place  
903 Calverly Court  
Ellendale MN  
507-684-3026

**Celebrating February**

**Library Lovers Month**

**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*

## 2020= A Leap Year

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 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.



## Staff Spotlight!



Sue is our Culinary Coordinator. Her favorite thing about Whispering Oak Place is the residents. A couple of fun facts about her is she has met and cooked with Anthony Bourdain, can throw a 60mph fastball, and is an Eagles and Chief's fan. She is eagerly awaiting the Superbowl!

## January Excitement

Our dear resident Myrtle Peterson turned the big 100! She had an open house for the community on January 26<sup>th</sup> and had over 100 people show up! You can really tell how many lives she has touched in her many years. On her actual birthday of the 27<sup>th</sup>; the staff and all the residents threw her a big shin-dig to keep her smile beaming. When asked if she had a good time, she replied with “ I couldn’t have dreamt of a better way to celebrate. I had all the people I love under one roof!”



## Birthdays

We don't have any February Birthdays so here are some Valentine's Day jokes!

What do you call 2 birds in love?  
Tweet-Hearts

What did the baker say to his sweetie?  
I'm dough-nuts for you!

What did the stamp say to the Valentine card?  
I'm stuck on you!

## Upcoming Events

2/1- Historical Society @ 9am

2/2- Super Bowl Party @ 5pm

2/3- Organic Soap Making @ 11am

2/4- Out to Lunch @ Skol Tavern

2/11- Linda C. Karaoke @ 2pm

2/13- NRHEG Kindergarten singing

2/14- Valentine's Day Party @ 6pm

2/18- Out to Supper

2/21- Jeff Berg Music @ 2pm

- Church Service @ 10am every Friday with Fellowship to follow
- Coffee & Conversations daily @ 2:30pm- Family and Friends welcome!

