

NorthShore Living Center  
 106 Medical Center Drive  
 Slidell, LA 70461

Postage  
 Information



### Groundhog Day

Every February 2, crowds gather at the entrance of a groundhog's burrow and wait for the furry creature to forecast the weather.

If it sees its shadow and runs back inside, prepare for six more weeks of winter. If it steps boldly from its burrow, then spring may come early.

The Pennsylvania Germans began the tradition of Groundhog Day in America, with evidence of its practice dating back to 1841. These traditions began in ancient Europe, when people believed that badgers and bears, not groundhogs, could predict the weather. Christians, trying to convert these heathens, absorbed this tradition into their religious celebration known as Candlemas, commemorating the presentation of the baby Jesus at a temple and the purification of Mary. Amazingly, little is remembered of Candlemas, but much is made of an overgrown squirrel that predicts the weather.

### February Birthdays

If you were born between February 1 and 18, you are an Aquarius. Water Bearers have attractive personalities, and are very imaginative and intuitive. Aquarians have a strong desire to help humanity, create unity, and thirst for knowledge and truth. People born between February 19 and 29 are Pisces. These Fish have boundless imaginations and often become gifted artists. Their great capacity for love and depth of feeling make them sensitive and caring souls.

**RESIDENTS:**

- Mary Fox.....Feb. 1<sup>st</sup>
- Beatrice Mizell.....Feb. 3<sup>rd</sup>
- Mary Martin.....Feb. 7<sup>th</sup>
- Doris Cazes.....Feb. 21<sup>st</sup>
- Wendel Dufour.....Feb. 29<sup>th</sup>

**STAFF:**

- Heather Johnstone.....Feb. 6<sup>th</sup>
- Chandra Brown.....Feb. 11<sup>th</sup>
- Kevin James.....Feb. 21<sup>st</sup>

# NorthShore Living Center

February  
 2012



106 Medical Center Drive Slidell, LA 70461 \* (985) 643-0307 \* Fax: (985) 641-9307

### Calendar Confusion

Ever feel the need to make up for lost time? You're not alone. In fact, the entire world will be making up for lost time on February 29, the Leap Day for 2012's Leap Year.

Ancient cultures kept calendars like we do today, but these were based on lunar cycles that followed the phases of the moon, making each month only 29.5 days long. One year would last only 354 days, not nearly enough days for an actual year, which lasts 365.242 days, the amount of time it takes the Earth to orbit the sun.

These 354-day calendars wreaked havoc when it came to celebrating annual holidays. As the years passed, autumn harvest festivals were celebrated during the spring planting season! The Egyptians were the first culture to correct the amount of days, and they even added an extra day, a Leap Day, to the calendar every fourth year to prevent these problems.

Cleopatra shared this system with her boyfriend Julius Caesar, and Caesar decided to fix the Roman calendar. In the year 46 B.C., Caesar instituted a year that lasted 445 days – later called the Year of Confusion – to reset the entire calendar. Then he started a new 12-month-long year of 365 days, with an extra Leap Day added every fourth year to make up for the lost time. But this still was not perfect.

This extra day was still 11 minutes too long, which meant that an entire extra day would be added to the calendar every 128 years. That may seem small, but 1,000 years later, this created major problems. Now it was Pope Gregory XIII's turn to fix the calendar. He decided to keep the Leap Day, but only one out of every four "century years" would observe a Leap Year. The years 2000 and 2400 are Leap Years, but 2100, 2200, and 2300 are not. We still use this Gregorian calendar today. As for people born on February 29, known as Leaplings, no official ruling has yet been made on how to count their age.

### Celebrating February

**Mardi Gras Ball  
 w/"Glitter & Gold"**  
*Feb 2<sup>nd</sup>*

**Krewe of Slidellians Parade**  
*Feb 4<sup>th</sup>*

**Jack & The Smilin Band**  
*Feb 6<sup>th</sup>*

**Krewe of NorthShore In-house Parade**  
*Feb 10<sup>th</sup>*

**Valentine's Day Social**  
*Feb 14<sup>th</sup>*

**"Cracker Jack and Peanut"**  
*Feb 16<sup>th</sup>*

**Mardi Gras Day**  
*Feb 21<sup>st</sup>*

**Ash Wednesday**  
*Feb 22<sup>nd</sup>*

**Audubon Nature Institute  
 Zoomobile**  
*Feb 23<sup>rd</sup>*

**Silver Slipper Casino Trip**  
*Feb 28<sup>th</sup>*

## J-E-L-L-O

There is no other dessert as wiggly and as jiggy as Jell-O. In fact, there is nothing quite like this gelatinous children's treat, so why shouldn't it have it's own weeklong celebration? February 12-18 is Jell-O Week.

During the 1800s in England, gelatin desserts were popular among the rich and famous. Party hosts would present fantastic jelly moulds of different shapes and sizes to their guests. But these fabulous jellies were expensive and hard to make. It wasn't until 1845 that Peter Cooper, the inventor of the first steam-powered locomotive, invented powdered gelatin. Cooper, though, never thought much of his idea and sold the product to a cough syrup maker named Pearl B. Wait. It was Pearl Wait who christened this new product Jell-O.

Jell-O may be the first real advertising success story. Consumers were, at first, suspicious of this strange, colorful, and wiggly food. In 1904, thousands of salesmen were sent door-to-door to give away free Jell-O cookbooks, a very innovative practice at the time. Popularity surged and by 1906, sales topped \$1 million dollars. Jell-O had truly become "America's Most Famous Dessert."

Can't wait to try a variety of Jell-O flavors? Enjoy this recipe for **8-Layer Jell-O**:

First Layer:  
1 package cherry Jell-O  
1 cup boiling water  
1/2 cup cold water

Second Layer:  
1 package cherry Jell-O  
1 cup boiling water  
3/4 cup evaporated milk



Repeat steps with lemon, lime, and orange Jell-O. Be sure to let each layer set until firm in a 9 X 13-inch pan before adding the next layer.

## CONGRATULATIONS!

Special congratulations go out to our newly chosen King and Queen of our Krewe of NorthShore Annual Ball and Parade. They are:

### King Mark Davis And Queen Charlene Caronia

The Carnival Ball will be held on Thursday, February 2<sup>nd</sup>, at 2pm, with entertainment by Glitter and Gold. Refreshments will be served. The parade will be held the following week, on Friday, February 10<sup>th</sup>, at 3pm, with Mardi Gras music and throws.

Donations of beads, costumes, apparel, and refreshments are accepted and appreciated. Contact Sonia Landry or Kristie Bankston at (985)643-0307 for more information.

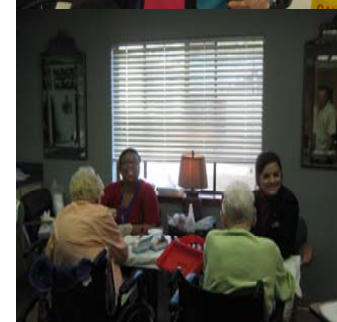
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**GUESS THE YEAR:** Fads this year were narrow, high-priced designer jeans, anti-Iranian dartboards and posters, and Superman regalia. *(First staff person to guess the correct year gets a free soft drink of choice)*

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## Directory of Staff

Robert Rhea.....Administrator  
Jill Charles.....Assist Administrator  
Angie Copeland.....Director of Nursing  
Chris Self.....Asst Director of Nursing  
Ann Edwards.....Admissions  
Angela Morrell.....Social Services  
Lynn Hardy.....Dietary Mgr  
Lory Fournette.....Administrative Assist  
Stacy Rester.....Accounts Mgr  
Kristie Bankston.....Activity Director



## FUN!FUN!FUN!

**The residents and staff all enjoyed a great holiday in December. Many groups and family members joined in and added to the fun. A very special thank you goes out to everyone who helped to make 2011 holidays a huge success. This includes all family, friends and staff who adopted residents, those who donated desserts, staff who worked hard to prepare for the holidays, and all who served at any celebrations. Your caring is deeply appreciated.**

## REMEMBER:

**Valentine's Day  
February 14<sup>th</sup>**

**Remember the ones you love!!!**

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## Nuts for Nutella

On the morning of February 5, try something other than butter and jam on your morning toast. Try Nutella, that delicious chocolate hazelnut spread. It's World Nutella Day.

This spread was first developed in Italy. When taxes on cocoa beans went through the roof, a savvy business man named Pietro Ferrero invented Gianduja, a spread made of 20% hazelnut paste and 80% chocolate. It tasted like chocolate, but was far more affordable. Gianduja was an instant hit, especially with children. In 1963, this concoction was renamed Nutella. Today you can find it all over the world.

Nutella is not just for your breakfast toast. Aficionados add it to crepes, bake Nutella spice cakes and Nutella banana muffins, make Nutella French toast, and even grill Nutella and mascarpone cheese sandwiches. Take one taste, and you too may get hooked.

## Food for Thought

*Reader's Digest* may be the most popular magazine in the world, with millions of readers worldwide in over 70 countries and with editions translated into over 20 languages. This magazine was started by a man named DeWitt Wallace, who conceived the idea while recovering from shrapnel wounds suffered in World War I. He launched the first issue in February of 1922.



Wallace's idea was simple. He would gather his favorite articles from a wide variety of magazines and publish them together in one journal. Sometimes he even rewrote and shortened articles that were too long. Wallace hoped that his little magazine would earn him \$5,000 a year, and by 1929, it was generating \$900,000 a year. Surprise, surprise. I wonder how long it took Wallace to digest that.