



Famous Birthdays

Clark Gable – February 1, 1901

Rosa Parks – February 4, 1913

Babe Ruth – February 6, 1895

Galileo Galilei – February 15, 1564

Steve Jobs – February 24, 1955

Valentine's Day
February 14

Love Your Pet Day
February 20

February Horoscopes and Birthdays

In astrology, those born between February 1–19 are Water Bearers of Aquarius. Water Bearers are deep-thinking intellectuals, unafraid of exploring outlandish ideas. Their strong sense of community makes them good friends and teammates. Those born from February 19–28 are the slippery Fish of Pisces. Selfless Pisces are very wise and empathetic, making them always willing to help others. These deep emotions also make Pisces talented artists.

New Carpet!

During the month of February, The Shores of Lake Phalen will be getting new carpet installed in all the main areas. This project should begin mid-February and take about a week or two. The project will be done in sections, hopefully eliminating as much inconvenience as possible. We will notify residents of which section of the building will be done on which days. Please keep an eye out for signage throughout the building with more information on the project.

Naming the Newsletter and the Beauty Shop

It has been decided that our newsletter will continue to be called "The Pebbles of Lake Phalen". We discussed this during the January Townhall meeting and residents voted to keep the original name.

Residents also voted on a new name for our Beauty Shop on the 2nd floor. The name that was decided on was "Waves of Lake Phalen". Thank you to all who participated.

~RESIDENTS~
 Elizabeth Raether – February 2nd
 George "Marty" Miller – February 2nd
 Ella Nagel - February 4th
 Richard Hove – February 8th
 Robert Wright - February 8th
 Agnes Gerlach – February 19th
 Nancy Kirchoff – February 20th
 Janna Capp – February 28th

~STAFF~
 Katrina K. (Activities) – February 1st
 Elsie B. (Dietary) – February 4th
 Linda K. (RA) – February 12th
 Lana G. (Dietary) – February 19th
 Cheresa I. (RA) – February 20th
 Alicia H. (Housekeeping) – Feb. 24th

Apartment Renovations

The apartment renovations on the 3rd floor are now complete. As you may know we combined 4 studio apartments into 2 one-bedroom apartments. There will no longer be an apartment 335 or 336. They were combined with the studio apartment next to them.

Thank you for your patience and understanding during the construction.



The Pebbles of Lake Phalen Newsletter

February 2019



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Once Upon a Time

Once upon a time, it was decreed that February 26 would forevermore be Fairy Tale Day. Whether you fancy woodland sprites, fire-breathing dragons, princesses locked in high towers, or talking animals, fairy tales and the lessons they impart are integral parts of every culture.

Scientists have traced the first fairy tales back to an era before the written word. An old folktale entitled "The Smith and the Devil," which is about a blacksmith selling his soul to the devil in order to gain magical abilities, dates back to the Bronze Age—6,000 years ago. Researchers from the New University of Lisbon in Portugal believe that this ancient tale was shared orally in a language that does not exist today. It is no surprise that fairy tales are so old. The purpose of these stories, after all, is to teach children clear distinctions between good and evil and right and wrong. Fairy tales are, in essence, morality tales filled with magic and wonder as a means to attract the attention of a young audience. Yet, adults are no less in need of morality tales.

The brothers Wilhelm and Jakob Grimm, famous for their collection of fairy tales, also believed that many of the stories they found had existed

for centuries before they wrote them down. They listened to old-timers tell the beloved tales "Little Red Riding Hood," "Cinderella," "Hansel and Gretel," and "Snow White" and then transcribed their versions of the tales into print. The Brothers Grimm were the first scientists of folklore. They even took positions as librarians and historians at the University of Göttingen in Germany.

It would be wise on Fairy Tale Day to choose a story collected by Wilhelm Grimm, for this brother's birthday falls on February 24. If you've grown tired of the same old tales, then perhaps you can read a new tale you might be unfamiliar with, such as "The King of the Golden Mountain," "Hans My Hedgehog," or "Cat and Mouse in Partnership."



Happy Returns



Many shopping carts have wheels that lock if they leave the store

February is Return Shopping Carts to the Supermarket Month. Shopping carts are abandoned in the strangest of places: alongside roads, in ditches, under bridges. Today is the day to put those shopping carts back where they belong. It is estimated that two million shopping carts are taken from supermarkets each year, and with one shopping cart valued at \$100, that's \$200 million rolling away. If pushing a shopping cart back to a supermarket all the way from a highway is too much to ask, you can start by returning shopping carts from the parking lot. Unattended carts can do a lot of damage to cars. Furthermore, studies show that abandoned shopping carts lead to people throwing other sorts of trash into parking lots. Returning carts fosters good citizenship!



Constance, DON
Martha, ADON
Lauri, LPN
Robin, LPN

Notes from Nursing

We have had some very cold temperatures in the recent weeks and with a lot of winter left ahead of us, there is a chance we will see below zero temperatures again this year. Please dress appropriately when you are outdoors. Dress in layers and make sure your hands and feet stay dry and warm. Cover as much skin as possible to avoid frostbite.

Also, it is still cold and flu season so make sure to be taking proper precautions to avoid exposure to germs. Proper hand hygiene is very

Valentine's Day Party!

Valentine's Day is on Thursday, February 14th. We will be doing a special Valentine's Day Happy Hour on Friday, February 15th in the main dining room from 2pm-4pm. We will have Valentine's Day themed treats, music and dancing for all who want to join. We will also be voting for The Shores Valentine's Day King and Queen. The winner does NOT have to be husband and wife or a couple. If you would like to run for king or queen please notify Lori at the front desk or let Keila or Dani know. We will get your name on the ballot. Voting will take place at the Valentine's Day Happy Hour and we will announce the winner at the end.



New Years Eve Party!

Activity's Director Keila and Memory Care Coordinator Katrina popping bottles of champagne for our residents.



Employee of the Month
Taylor R.
Resident Assistant
→



Guldens Lunch Outing

Residents enjoyed a great lunch at Guldens during the month of January. Our residents sure do know how to have a good time!

