



- Black History Month
- American Heart Month
- Friendship Month
- Ground Hog Day-February 2
- Super Bowl Sunday-February 2
- Academy Awards-February 9
- Valentines-February 14
- Presidents Day-February 17
- Mardi Gras-February 25
- Ash Wednesday-February 26
- Leap Day-February 29



# HAPPY BIRTHDAY

Join us on Thursday, February 20<sup>th</sup> at 2:00 as we celebrate all those born in February. The cake and gifts are provided by Cheyene Medical Lodge in Mesquite.

- |              |                        |
|--------------|------------------------|
| Desiree Y.   | February 3 (Staff)     |
| Angela C.    | February 8 (Staff)     |
| Marta M.     | February 22 (Staff)    |
| Jazmyn C.    | February 22 (Staff)    |
| Charlotte H. | February 24 (Resident) |

- Ayn Rand (author) – February 2, 1905
- Gertrude Stein (writer) – February 3, 1874
- Rosa Parks (activist) – February 4, 1913
- Laura Ingalls Wilder (writer) – February 7, 1867
- Thomas Edison (inventor) – February 11, 1847
- Galileo (astronomer) – February 15, 1564
- Michael Jordan (athlete) – February 17, 1963
- Sidney Poitier (actor) – February 20, 1927
- Nina Simone (singer) – February 21, 1933
- George Washington (president) – February 22, 1732
- Elizabeth Taylor (actress) – February 27, 1932



**Three Forks of Forney welcomes our newest residents**

- Margaret F.
- Joan L.
- Clara R.
- Charles P.
- Bell H.
- Annie R.
- Thomas "T.C." R.
- Mary R.
- Alice M.

Take some time this month to welcome our newest community members

# Three Forks Tribune

Three Forks of Forney Senior Living~335 South F.M. 548~Forney, TX. 75126 972-552-3426



## February EVENTS

Take some time this month to review your monthly calendar and sign-up for the outings you wish to attend. Our outings this month include Brookshire's, Aldi, Christina's Mexican Diner, Dollar General, Dollar Tree, Film Alley in Terrell, Community Thrift Shop, Braum's, Doe Belly's, and Scrumbscious. A sign-up sheet for each outing is located at the front desk. Please sign-up for the outings you wish to attend. You may also call the front desk at 972-552-3426 to have your name added to the sign-up list. Please be in the lobby 10 minutes before departure time for all outings. Outings will be rescheduled in the event of bad weather conditions.

Live music concerts this month include Jessie Frank, Colton Mathis, Edey Brookshire, Viktor and Mike Coldeway. Concerts and other large events are held in our main dining area.

On Saturday, February 7, there will be a mini-bazaar in the lobby where you can purchase jewelry and makeup. The Forney Lion's Club will be hosting a root-beer float social on Saturday, February 22.

Our resident monthly meeting is on Saturday, February 15. This is a good time for everyone to meet and discuss various topics of interest. Those attending the meeting will receive a bingo buck.

Daily Schedules are delivered to your room to help keep everyone up-to-date with all the happenings at Three Forks. Our two ambassadors Johnny and Eilene faithfully deliver the schedules. If you have any questions, comments or suggestions about activities, events, and outings, please phone Angela at 972-564-8240. [Tune into channel 2 for current community news and updates.](#)



### Three Forks Team

**EMILY WHITSON**  
*Executive Director*

**MICHAEL MASCİ**  
*Resident Care Director*

**CORIE FORD**  
*Memory Care Director*

**SHELBY MATHIS**  
*Business Office Manager*

**BILL LAWSON**  
*Maintenance Director*

**ALEX DAVIS**  
*Community Relations Director*

**ANGELA TYLER**  
*Life Enrichment Director*

**RENE JENKINS**  
*Life Enrichment Assistant*

## 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 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.

## Welcome Stranger

On February 12, 1851, a prospector in New South Wales, Australia, discovered flecks of gold in a local waterhole. Within a year, over 500,000 "diggers" from all over the world rushed to Australia with the hope of striking it rich. This Australian Gold Rush transformed the cultural fabric of Australia. What began as a penal colony and a distant backwater soon grew into a booming multicultural metropolis. The immigrant influx grew the economy as demand for products and services grew. Diggers united in what was termed "mateship," helping each other in the outback and banding together against the authorities. The rush reached a fever pitch on February 5, 1869, when two miners discovered a massive nugget tangled in the roots of a tree just below the surface. This nugget, dubbed "Welcome Stranger," was the largest ever found in the world. It measured 24 inches across and weighed 158 pounds, and it instantly made the diggers rich. It was worth \$3–4 million in today's Australian dollars. Not all diggers struck it rich, but many chose to remain in Australia and start new lives.

### **EMPLOYEE OF THE MONTH**

## **MARTA MONSIBRAIS**



**Congratulations to Marta Monsibrais for being this month's employee of the month. Marta is a dedicated team member in the housekeeping department. Marta was born in Mexico and has three children. Her favorite past time includes walking and shopping. Marta really enjoys talking to the residents, and says she feels welcomed at Three Forks.**

## From Your Valentine

On February 14 each year, sweethearts celebrate Valentine's Day by exchanging cards, chocolates, and other tokens of love. But do these sweethearts know who they are celebrating? The true identity of St. Valentine is murky and there are differing stories detailing his role in the church and the acts that inspired the popular holiday bearing his name.



Competing stories depict St. Valentinus (the Latin version of the name) as either a priest from Rome or the Bishop of Terni during the reign of Emperor Claudius II. Legend has it that Valentinus aided Christians who were persecuted under Claudius II's reign. Eventually, Valentinus, too, was put under house arrest at the home of Judge Asterius. It so happened that Asterius had a blind daughter. The judge asked Valentinus to prove the power of Christ by restoring the girl's sight. When Valentinus performed the miracle, the judge thanked him by freeing him and all the Christians he had imprisoned. But Valentinus did not remain free for long. He was again arrested and brought before Emperor Claudius II himself. When Valentinus attempted to convert Claudius to Christianity, he was executed on February 14, AD 270, but before his martyrdom, he is said to have written a note to the daughter of Asterius, which he signed "From your Valentine."

Another story details how Claudius II outlawed marriage for young men in the belief that single men made better soldiers than those with wives and families. Valentine defied Claudius and performed marriages in secret, purportedly cutting hearts of parchment and gifting them to the couples as a sign of God's eternal love. When Valentine's secret was discovered, Claudius executed him.

These stories are different yet they both illustrate Valentine's devotion to his faith and his people. As these legends spread, so did Valentine's reputation for heroic love and devotion, inspiring a holiday dedicated to the ideals he died for.



**Join us on Friday, February 14 at 2:00**



**We will be hosting a baby shower for  
Shelby, Colton, Payslee Jo and  
Baby Hazel Dot**

*It's a  Girl!*

## **THREE FORKS AMBASSADORS**



### **MEET OUR COMMUNITY AMBASSADORS**

**Eilene Mayberry  
Bobbie Shipley  
Bill Copeland  
Johnny Miller  
Adell Houston  
Pat Pearson**