



# THE DERBY DIGEST

February 2024



fraserhealth

## STAY HEALTHY AND GET YOUR FLU SHOT



**Wash  
Your  
Hands!**

**Cover Your Cough!**



**Stay Home  
If You  
Feel Sick!**



◆ PROMOTING EXCELLENCE IN SENIOR LIVING ◆





# CHINA

- Official name-the People's Republic of China
- Third-largest country in area, after Russia and Canada
- Slightly larger than the U.S.
- Mountains-Himalaya, Kunlun Shan, Tian Shan, and Altay
- The Plateau of Tibet lies between the Himalaya and the Kunlun Shan. It is the world's largest plateau
- Deserts- Taklimakan in the north. Gobi in the east
- Major rivers- Yangtze, Yellow and Xi (SHEE)



Pandas live on the eastern edge of the Plateau of Tibet



# Valentine's Day



- |           |         |            |
|-----------|---------|------------|
| ARROW     | FLOWERS | MAILBOX    |
| CANDY     | GIFT    | PINK       |
| CARD      | HEART   | POEM       |
| CHOCOLATE | HOLIDAY | RED        |
| CUPID     | HUGS    | SWEETHEART |
| FEBRUARY  | LOVE    | VALENTINE  |







GEORGE  
DERBY  
CENTRE

**Mission**

In a home-like environment we provide resident and family centered care while recognizing our veterans' legacy.

**Vision**

To be a community committed to compassionate care, innovation and excellence.

**Values**

Resident & family centered, integrity, inclusion, diversity, safety, respect & dignity.

**28** DAYS IN THE MONTH  
\*Except for Leap Year

Leap Day Every 4 Years

Library Lovers Day

Presidents Day

Violets + Primrose February Flowers

# FEBRUARY FUN FACTS

National Cherry Month

Random Act of Kindness Week

**KINDNESS**

Amethyst Birthstone

National Golden Retriever Day

BLACK HISTORY MONTH

National Tater Tot Month

Most Romantic Month

National Pizza Day

Super Bowl 2nd Sunday

Valentine's Day

WINTER

Astrology Signs  
Aquarius Pisces

Groundhog Day

2nd Month of The Year

Make a Friend Day

MADEWITHHAPPY.COM

# ALL ABOUT FEBRUARY

## Birthstone of the Month - Amethyst

The amethyst, a purple variety of quartz, is the birthstone of February. This gorgeous violet gemstone has been valued by humans for thousands of years for its beauty and mythical powers. Amethysts were buried in the tombs of Egyptian pharaohs and in the caves of Neolithic man. In the Middle Ages, amethysts were worn to protect against sorcery and bring victory in battle. The name amethyst comes from the Greek word *amethystos*, which means "not drunk," as the stone was thought to prevent intoxication.



## Flower of the Month - Violet



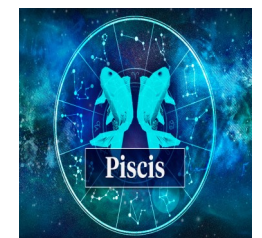
While many associate roses with Valentine's Day, violets are the traditional flower to give one's beloved on February 14th. Legend has it that while imprisoned by the Romans, the Christian priest St. Valentine used crushed violet petals as ink to write secret notes of love and friendship.

Thus, violets came to symbolize faithfulness and love. It is said that dreaming of violets means good luck and success are coming your way. In addition to their decorative charms, this lovely, little, edible flower can be used in a variety of foods, such as salads, smoothies, and sweets.

## February Zodiacs

Aquarius (Water Bearer) February 1—18

Pisces (Fish) February 19—29





# TOWN HALL ENTERTAINMENT



## Sitewide Birthday

February 21st Peter Montgomery



## Events

February 9: Chinese New Year celebration

February 14: Valentine's party



## Fridays 2pm Pub:

February 2nd :Shawn Mckee

February 16 : TBD

February 23rd : Greg Aclock



# Bus Outings

## Legion Outings

February 5th : RCL # 229

February 6th : RCL # 133

February 29th: RCL #8



## Scenic Drives :

February 8th

February 12th

February 26th

February 28th



# Empathy Statements

I can see how difficult this has been

It sounds like you did everything you could

I can totally see why you would be upset

Things are tough right now, but I'm here

Your patience here has been so important

