



FEBRUARY 2020 NEWSLETTER

Congratulations to Martha Whiteside upon her retirement from Valley View!!! Martha worked twenty years as a Certified Nursing Assistant on our evening shift. She was a thoughtful, quiet caregiver and helped many others transition into our facility as great caregivers.

Martha plans to continue her dog grooming business and travel with her husband, Ron.

With Flu season upon us, please don't visit if you have any symptoms.

Remember: Washing your hands, using hand sanitizer and getting an influenza vaccine is the best way to prevent contamination.



Feb. 1st -- National Wear Red Day During American Heart Month, the American Heart Association's Go Red for Women movement works to save women's lives and beat heart disease, the No. 1 killer of women. **On Feb. 1st -- National Wear Red Day -- support the movement -wear red.**

Place your vote for Valentine King & Queen. Results will be announced at the Valentine/Birthday Party 1:30 pm on Feb. 14.
Join the fun with the Miller Kids on their violins.



February 25 is Fat Tuesday – when we will celebrate **Mardi Gras!!** Our monthly Happy Hour will be celebrated this day instead of the regular Thursday. Come celebrate with us at 2:30 pm February 25!!

Leap Year - February 29, 2020 -- What does it mean? A leap year occurs every four years to help synchronize the calendar year with the solar year, or the length of time it takes the earth to complete its orbit around the sun, which is about 365 $\frac{1}{4}$ days. A leap year (also known as an intercalary year or bissextile year) is a calendar year containing an additional day added to keep the calendar year synchronized with the astronomical or seasonal year. Because seasons and astronomical events do not repeat in a whole number of days, calendars that have the same number of days in each year drift over time with respect to the event that the year is supposed to track. By inserting (also called intercalating) the drift can be corrected. A year that is not a leap year is called a common year.