



woodbine

Black History Month

HAPPY BIRTHDAY!!!

Helen Kislack 2/1
 Joseph Wathen 2/2
 Abrar Mohammed 2/5
 Gladys Gorrell 2/6
 Ava Braddock 2/7
 Diane Hutton 2/8
 Alma Murphy 2/12
 Joseph Nastro 2/14
 Kathleen Smith 2/15
 Mohssen Zaboly 2/16
 Ashford Yiadom 2/18
 Joseph Boyd 2/19
 William Barlow 2/25
 Minnie Nelson 2/25
 Alice Grigsby 2/26
 Mercy Boansi 2/28
 Eva Atkins 2/29



Black History Month was begun as Negro History Week by historian Carter G. Woodson in 1926. His goal was to educate the American people about African-American history, focusing on African Americans' cultural backgrounds and reputable achievements.

Just to name a few we celebrate this month:

Frederick Douglass (1818-1895)

Harriet Tubman (1820-1913)

George Washington Carver (1864-1943)

Thurgood Marshall (1908-1993)

Medgar Evers (1925-1963)

Martin Luther King, Jr. (1929-1968)

Malcolm X (1925-1965)

Rosa Parks (1913-2005)

Arthur Ashe (1943-1993)

Condoleezza Rice (1954-)

Ret. General Colin Powell (1937-)

President Barack Obama (1961-)



FEBRUARY 2012

Woodbine Rehabilitation
& Healthcare Center

2729 King Street
Alexandria, VA

(703) 836-8838



Leap Year

A **leap year** (intercalary or bissextile year) is a year containing one extra day in order to keep the calendar year synchronized with the astronomical or seasonal year.

February 29 is a date that usually occurs every four years, and is called Leap Day. This day is added to the calendar in leap years as a corrective measure, because the earth does not orbit around the sun in precisely 365 days.

This Month We Celebrate

Groundhog Day
February 2

Super Bowl XLVI
February 5

Lincoln's Birthday
February 12

Valentine's Day
February 14

President's Day
February 20

Mardi Gras
February 21

Ash Wednesday
February 22

Washington's Birthday
February 22

French Fry Friday
February 24

Leap Day
February 29

American Heart Month

Black History Month

Library Lovers' Month

Therapeutic Recreation Month

National Hot Breakfast

Folk Traditions:

On the British Isles, it is a tradition that women may propose marriage only on leap years. While it has been claimed that the tradition was initiated by St. Patrick or Brigid of Kildare in 5th century Ireland, this is dubious, as the tradition has not been attested before the 19th century. In Denmark, the tradition is that women may propose on the bissextile leap day, February 24, and that refusal must be compensated with 12 pairs of gloves. In Finland, the tradition is that if a man refuses a woman's proposal on leap day, he should buy her the fabrics for a skirt.

Birthdays:

A person born on February 29 may be called a "leaping" or "leaper". In common years they usually celebrate their birthdays on February 28 or March 1.

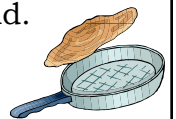


"Fat Tuesday" Pancake Race



Fat Tuesday is Mardi Gras. "Gras" is French for fat and "Mardi" is French for Tuesday. Also known as Pancake Day and Shrove Tuesday, Fat Tuesday always falls on the Tuesday before Ash Wednesday, which is the first day of Lent in the Christian Faith.

The tradition of a Pancake Day Race on Fat Tuesday can be traced to a town called Olney in Buckinghamshire, England. Legend has it that in 1445, one woman was busy preparing her pancakes when the church bells rang calling everyone to Shrove Tuesday service. Donned in her apron and church-required headscarf, the woman grabbed her skillet, pancake and all, and ran to the church, becoming the first pancake racer. The years that followed saw the majority of Olney women competing to reach the church first, pancake in hand.



VOLUNTEERS WANTED

Volunteer opportunities are available weekdays and weekends to assist with activities, 1:1 room visits, outings, the gift cart etc. For more information, please contact the Jessica Cornett, Volunteer Coordinator at (703) 535-7160.