

THE *Waterford* AT SHREVEPORT
 2222 E. Bert Kouns Ind. Loop
 Shreveport, LA 71105

www.waterfordatshreveport.com
 Phone: (318) 524-3300

Address Service Requested

THE Waterford Word

2222 E. Bert Kouns Ind. Loop • Shreveport, LA 71105 • Phone: (318) 524-3300

FEBRUARY 2012

- CANDLES
- CANDY
- CARDS
- CHOCOLATE
- CRUSH
- CUDDLE
- CUPID
- DANCING
- DINNER
- FEBRUARY
- GROUNDHOG DAY
- HEART
- HUGS
- KISSES
- LOVE
- PINK
- PRESIDENTS DAY
- RED
- ROMANCE
- ROSES
- SMOOCH
- SWEETIE
- TEDDYBEAR
- VALENTINE

FEBRUARY WORD SEARCH

T A W D V W G I Z D I P U C Z
 X E H S U R C A N T D T V Y A
 G F Q B D K S H J P B N A O U
 C P E D H V R E N N I D L B Y
 F Q Z H E I T E E W S A E F O
 E R A E B Y D D E T M N N P J
 B T F V T R K I N Y O C T I R
 R N A O U K Q E D T O I I N O
 U G S L I Y D N C W C N N K M
 A X E S O I A S G U H G E O A
 R L S O S C A R D S U E O K N
 Y E O E R R O B G K B J A C C
 S G R O U N D H O G D A Y R E
 T P S E L D N A C U D D L E T
 F G W H D S Q Q C Y V I P N U

REGULARLY SCHEDULED Activities:

- SUNDAY**
 10:00 Devotional w/ Kallie
 2:00 Movie & Popcorn
 7:00 Resident Sing Along
- MONDAY**
 9:30 Strengthening Class
 2:00 Resident Meeting (The 2nd of Feb.)
 3:00 Blood Pressure Check (1st & 3rd Mondays)
 5:30 Podiatrist (2nd Monday Only)
 6:00 Jackpot Bingo
- TUESDAY**
 9:00 Beanbag Baseball
 2:30 Holy Communion (Protestant) w/ Tom Wilson (2nd & 4th Tuesday of Month)
 3:00 Warbler's Practice (1st & 3rd Tuesday Only)
 6:00 Worship Service w/ the Wilemon's
 7:00 Resident Choice Movie Night
- WEDNESDAY**
 8:00 Prayer Breakfast (One Wednesday Only)
 9:30 Strengthening Class
 7:00 Resident Sing Along
- THURSDAY**
 9:00 Beanbag Baseball
 3:00 Pokeeno
 6:45 Prayer Group w/ Sidney Love
 7:00 Resident Choice Movie Night
- FRIDAY**
 9:30 Strengthening Class (Every Other Friday)
 6:00 Jackpot Bingo
- SATURDAY**
 9:00 Dominoes
 2:00 Movie & Popcorn
 3:00 Beanbag Baseball
 7:00 Lawrence Welk Show
- Department Heads:**
JUNE BENNETT
 Executive Director
KRISTIN SCHNEIDER
 Sales Director
ALLISON CORMIER
 Activity Director
DEBRA PIPKINS
 Housekeeping Director
ERIC ANDERSON
 Maintenance Director
CHRIS BRANDAO
 Dietary Director

Hello Residents of the Waterford,

I want to express how much I've enjoyed meeting all of you! I look forward to getting to know each one of you. A special thanks to everyone who has helped me so much the last two weeks. You have made me feel so welcome. It is a pleasure to work with you each day.

Thanks!

February's calendar is booming with many exciting events! I am thrilled with the number of great ideas that the residents of The Waterford have shared with me. Keep your suggestions coming and be sure to look for them in upcoming calendars.

If you like Cajun cuisine and Big Band era tunes, then please join us on February 23 at our Mardi Gras Masquerade Ball 2012! We will be electing a King and Queen of the Ball. The contest will be judged based on your evening attire, so make sure to come dressed in your festive clothing! The Mardi Gras Masquerade Ball 2012 will feature music by Ken and Trudy Lee's group, Falling in Love with Swing. This is sure to be an evening filled with entertainment and fun!



Allison Cormier

Attention Ladies!



Are you looking for something new and fun to do?
 The sophisticated ladies of the Waterford
 would like to invite you to join The Red Hat Society.
 Anyone interested in joining please contact Mrs. Martha Miller.

In January, Kristin Schneider joined the Waterford community serving as the Director of Sales. She was born and raised in Blanchard, Louisiana. Upon graduation from college with a Business Degree, Kristin was employed in sales and marketing where she enjoyed gaining experience within the independent living community. Kristin and her husband, Joe, reside in Haughton with their four year old son, Hunter. Outside of work, she enjoys being actively involved with their church and spending quality family time. Kristin is truly excited to be a part of the Waterford team.



Kristin Schneider

Sales Director, The Waterford at Shreveport
 kschneider@thewaterfordshreveport.com

LITTLE GROUNDHOG

("sung to "Little White Duck")

*There's a little groundhog
 Who lives in the ground,
 A little groundhog
 Who likes to look around.
 She comes outside on
 Groundhog's Day
 If she sees her shadow,
 then she runs away.
 There's a little groundhog,
 Who loves to stay and play
 When spring's on its way.*

www.childfun.com

A Prisoner's Valentine by Millicent Olmsted (Adapted)

Charles, Duke of Orleans, who was taken prisoner at the battle of Agincourt in 1415, and detained in England twenty-five years, was the author of the earliest known written valentines. He left about sixty of them. They were written during his confinement in the Tower of London, and are still to be seen among the royal papers in the British Museum. One of his valentines reads as follows:

WELCOME TO
THE
Waterford
LET'S GIVE A BIG WATERFORD
WELCOME
TO OUR NEWEST RESIDENTS

George Rascoe
AND
Mary Sanders

*Wilt thou be mine?
Dear Love, reply.
Sweetly consent or else deny.
Whisper softly,
none shall know,
Wilt thou be mine, Love?
Aye or no?
"Spite of Fortune,
we may be Happy by one word from thee.
Life flies swiftly
- ere it go
Wilt thou be mine, Love?
- aye or no?"*

Leap Year Traditions And Facts

Leap Year has been the traditional time that women can propose marriage. In many of today's cultures, it is okay for a woman to propose marriage to a man. Society doesn't look down on such women. It is believed this tradition was started in 5th century Ireland when St. Bridget complained to St. Patrick about women having to wait for so long for a man to propose.

According to English law, February 29th was ignored and had no legal status. So a crime on the day is no crime at all. There is a Greek superstition that claims couples have bad luck if they marry during a leap year. Apparently one in five engaged couples in Greece will avoid planning their wedding during a leap year.

A law once existed in Scotland forbidding a man to refuse a proposal made to him on February 29th. Punishment for such an offense was a large fine. In Scotland it is thought unlucky to be born on a Leap Year's Day.

The exact time the Earth takes to complete a full circle around Sun is a little longer than a year, 365 days, 5 hours, 48 minutes, and 46 seconds. It was the Romans who first designated February 29 as leap day. Later, a more precise formula was adopted in the 16th century when the Gregorian calendar fine-tuned the calculations to include a leap day in years only divisible by four.

The following rules decide which years are leap years:

- Every year divisible by 4 is a leap year.
- But every year divisible by 100 is not a leap year
- Unless the year is also divisible by 400, then it is still a leap year.

This means that year 1800, 1900, 2100, 2200, 2300 and 2500 are not leap years, while year 2000 and 2400 are leap years. This actually means year 2000 is kind of special, as it is the first time the third rule is used in many parts of the world.

According to astrologers, those born under the sign of Pisces on February 29 have unusual talents and personalities reflecting their special status. February 2008 has five Fridays - it starts and ends on a Friday. Between 1904 and 2096, leap years with same day of week for each date repeat every 28 years which means that the last time February had 5 Fridays was in 1980 and next time will be in 2036.

The longest time between two leap years is 8 years. Last time was between 1896 and 1904. The next time will be between 2096 and 2104.

www.boldsky.com

Pets for Seniors: The Therapeutic Benefits

www.nofocus.com

- Facilitate human contacts; people become more social, interactive with other people, and verbal.
- People smile more.
- People's need to nurture is fulfilled.
- Provides stimulation.
- Physical therapy:
 - Motivate walking
 - Petting an animal is better than physical therapy for arthritic fingers and much more enjoyable.
- More positive response than to arts and crafts or visitors coming in to visit for the day.
- Assist in recall of memories and help sequence temporal events in patients with head injuries or chronic degenerative diseases of the brain such as Alzheimer's disease.
- Stress Relief.
- Combat depression.
- Something to look forward to - often a visit with a pet is the high point in a shut-ins day, bringing happiness and a sense of well being.
- Improved psychological well-being.
- Improves rehabilitation process: in the length of stay, physical and psychological attitudes.
- Alzheimer's patients have fewer anxious outbursts.



Waterford Memories

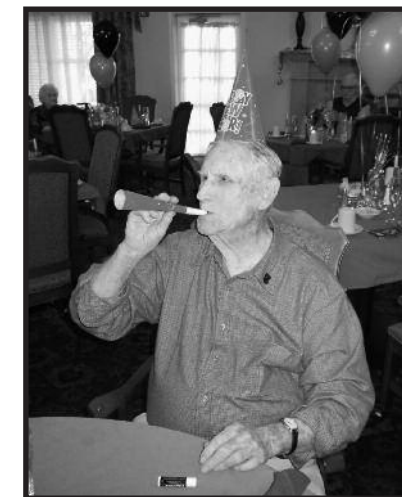
Friends
To everything We Have
there is a season and a time to every purpose under the heaven.
Lost:
Melba Smith
Rhonda Morton



Mrs. Miller sure knows how to Jazz it Up!



Happy Birthday to Mrs. Bobbie and Geraldine



Mr. Claude Toots his own Horn!



Mrs. Laurents' grandson visited for New Year's

FEBRUARY Birthday Celebration

Resident Birthdays

- 4th Ernest Hamiter
- 4th Ruth Stephens
- 5th Theresa Champagne
- 8th James Ashley
- 10th Nelma Brown
- 10th Liz Towns
- 11th Louise Wallace
- 17th Natalie Robinson
- 20th Jane Mapes
- 27th Virginia Bush

Employee Birthdays

- 14th June Bennett
- 15th Monica Wilson
- 16th Debra Pipkins
- 19th Penny Rasberry
- 22nd Glorious Holloway
- 26th Jarvis Armington

Hope your birthday is full of sweet little surprises and all of your favorite things!



Mrs. Earle Shines in the New Year in her Gold Pants!



The dining room looked beautiful on New Year's Eve



This is some of the Birthday girls for this month!

Socialites Delights:

February is full of socials and special events. Please join us in some good old fashioned fun!

Thursday, Feb. 2nd - 2:00 pm Resident Council Meeting

Everyone is welcome to attend this meeting. This event provides you with an opportunity to share your thoughts.

Sunday, Feb. 5th - 2:00 pm Birthday Party for Little Elizabeth

Come and enjoy Mickey Mouse eats and treats while we wish Elizabeth a Happy Birthday! Held in the activity room.

Monday, Feb. 13th - 2:00 pm

AUCTION with Amador of AGAPE Hospice
No money is necessary for this AUCTION - just bring yourself and be ready for a lot of fun!

Tuesday, Feb. 14th - 2:00 pm Valentine's Social

Let's celebrate Valentine's Day with punch and pie in the Activities Room. Hope to see you there!

Thursday, Feb. 16th - 2:00 pm King Cake Social

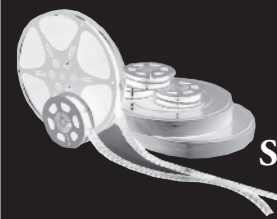
Join us for a great time in the main dining room. The Krewe of Gemini will be there so wear your purple, green and gold. We will have King cake and punch. Don't miss the fun!

Friday, Feb. 17th - 11:00 am Krewe of the Elders

Let's have lunch with the Krewe of the Elders while they enlighten us with the history of Mardi Gras. A grand prize will be given to the resident guessing the correct number of beads.

Friday Feb. 23rd - 4:30 pm Mardi Gras Masquerade Ball

With musical entertainers Ken and Trudy Lee "Falling in Love with Swing." Trudy delights her audience with her vocal style of the Big Band Era. Ken plays lively trombone tones reminiscent of Tommy Dorsey and Glen Miller.



FEBRUARY Movies

Saturday, February 4, 2012 • 2 pm
TRUE GRIT

A tough U.S. Marshal comes to the aid of a stubborn young woman to help track down her father's murderer.

Sunday, February 5, 2012 • 2 pm
J. EDGAR

As the face of law enforcement in America for almost 50 years, J. Edgar Hoover was feared and admired, reviled and revered. Behind closed doors, he held secrets that would destroy his image, his career and his life.

Saturday, February 11, 2012 • 2 pm
CONTAGION

As a deadly fast moving airborne virus rapidly spreads, an international team of medical experts work to find a cure before society collapses around them.

Sunday, February 12, 2012 • 2 pm
APOLLO 18

The real mission to space in the 1970's that NASA suddenly canceled - haven't you ever wondered why we've never gone back to the moon.

Saturday, February 18, 2012 • 2 pm
DOLPHIN TALE

A boy bonds with a dolphin who loses its tail after being caught in a crab trap.

Sunday, February 19, 2012 • 2 pm
BLACKTHORN

In this version of history, Butch Cassidy is alive and well in Bolivia but is seeking to catch a glimpse of home once again. He teams up with a young robber as they run from the law and rival gangs in order to get his wish.

Saturday, February 25, 2012 • 2 pm
RISE OF THE PLANET OF THE APES

Prequel to Planet of the Apes where scientists work on genetic experiments create a race of intelligent apes that leads to war to determine which species will ultimately dominate the earth.

Sunday, February 26, 2012 • 2 pm
MR. POPPER'S PENGUINS

An ordinary business man finds his life turned upside down when he inherits six penguins. As he transforms his life and apartment to accommodate his new changes, it begins to impact his professional life.



The Spotlight at The Waterford

Pat Goeders was born on August 28, 1922, in Iowa. Her family included her mother, Bessie McDowell, a teacher, her Norwegian father, Peter Osheim, a cattle farmer, and one sister, Viva, who was thirteen years older than Pat.

The Depression touched their area particularly hard and left a vivid impression on Pat. Her father took odd jobs, and her mother stayed home to take care of Pat. Pat remembers the days of the ten-cent movie; and even at that, it was a 'long time between 10 cents'. She recalls walking a mile to school and that her parents were good providers. Her father plowed the ground, and her mother canned. They raised roosters to eat and used hens for their eggs. However, Pat would get a little upset when her pet roosters were the main course of their meals. Much to her dismay, one day when she came home from school her pet pig her father was raising for food was not there anymore!

Pat's early years' memories are of being around five or six years old, and her closest companion was her dog. Someone picked it up, and it broke Pat's heart. Luckily, someone gave her a pure-blooded rat terrier, Toddy, who remained her constant companion until she was a senior in high school. In first grade, Pat contracted a severe ear infection that almost took her life. One of her fondest memories was getting to be a special guest at her sister's house each summer. Viva had married a farmer when Pat was five years old and had five sons, so naturally Pat received grand treatment. Her favorite hobby was playing basketball (probably learned from spending summers with those five boys).

The war was on, and Pat wanted to do her part. She moved to Kansas City, Missouri to work in a defense plant making parts for servicemen's radios. She met her husband, Bob, at the Surf Ball Room (one of only eight ball rooms in the United States). Pat absolutely loved ball room dancing, but he told her he couldn't dance. Her response was 'if you can walk, you can



dance'. Thus, they became a team. Soon, he was called into the service as a pilot; and, as so many couples during the war era had to do, marriage plans were placed on hold.

They were finally married in Corpus Christi, Texas, where they remained until the war was over. They eventually set up housekeeping in Mason City, Iowa where they raised five children: daughter, Carol, and sons, Peter, Jack, Tony, and Tim. Her sister, Viva, and Pat rejoiced at the birth of a girl! Pat has six grandchildren and now boasts of one great-grandchild, Henry, born just last year. The children are scattered. Carol lives in Virginia but has worked at a company that has sent her all over the world - 'and she has eaten some horrible things'. Peter, Jack, and Tim followed in their dad's footsteps and are salesmen in Texas, North Carolina, and Shreveport, respectively. Tragedy struck as their son, Tony, was killed in a plane crash.

Eventually, Pat spotted an advertisement in sales at Brenner's Furniture Company and thought, 'I bet I can do that'. After applying for the position, Mr. Henry Brenner decided he would 'give her a chance'. Her response was to return the next day to 'straighten up the place' and 'make the windows look great'. She did just that, and Brenner's Furniture Company was fortunate enough to have her for many years.

So, if you are interested in the art of ball room dancing or need advice on how to spruce up your windows, just give our own Waterford February Spotlighter, Pat Goeders, a call!

The *Waterford* at Shreveport



February 2012

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|---|---|--|
| | | | 1 **National Freedom Day** 9:30 Exercise with Carolyn 10:00 Mexican Train (Dominoes) 7:00 Resident Sing Along | **Groundhog Day** 2 9:00 Bean Bag Baseball 10:30 Groundhog Day (Pool) 2:00 Resident Council Meeting 3:00 Pokeeno 6:45 Prayer with Sidney Love | 3 9:30 Exercise with Margaret 2:30 Hand And Foot (The Card Game) 6:00 Bingo | 4 9:00 Dominoes 2:00 Movie & Popcorn 3:00 Bean Bag Baseball |
| 5 10:00 Devotions with Kallie 2:00 Movie & Popcorn 6:00 Super Bowl Party 7:00 Resident Sing Along | 6 9:30 Exercise with Margaret 10:00 Monday Manicures 2:00 Birthday Party for Elizabeth 3:00 Blood Pressure Check up | 7 9:00 Bean Bag Baseball 2:30 Protestant Holy Communion with Tom Wilson 3:00 Resident Birthday Party 6:00 Worship with the Wilemon's | 8 9:30 Exercise with Carolyn 10:00 Drying Flowers with Silica Gel 7:00 Resident Sing Along | 9 9:00 Bean Bag Baseball 12:00 Ann the Alterations Lady - PICK UP 3:00 Pokeeno 6:45 Prayer with Sidney Love | 10 9:30 Exercise with Margaret 3:00 Krewe of Centaur 6:00 Bingo | 11 9:00 Dominoes 2:00 Movie & Popcorn 3:00 Bean Bag Baseball |
| 12 10:00 Devotion With Kallie 2:00 Movie & Popcorn 7:00 Resident Sing Along | 13 9:30 Exercise with Margaret 10:00 Auction with Amador 4:30 The Larks from Haynes Ave. Baptist Church 5:30 Podiatrist visits 6:00 Bingo | **Valentine's Day** 14 9:00 Bean Bag Baseball 2:00 Valentine Social Punch, Pie 2:30 Protestant Holy Communion with Tom Wilson 6:00 Worship with the Wilemon's | 15 9:30 Exercise with Carolyn 10:00 Making Mardi Gras Masks 7:00 Resident Sing Along | 16 9:00 Bean Bag Baseball 10:30 Pokeeno 2:00 King Cake And Punch with Krewe of the Gemini | 17 9:30 Exercise with Margaret 11:00 Lunch with Krewe of the Elders 2:00 Red Hatters (Chapter Tea Social) 6:00 Bingo | 18 9:00 Dominoes 2:00 Movie & Popcorn 3:00 Bean Bag Baseball |
| 19 10:00 Devotion with Kallie 2:00 Movie & Popcorn 7:00 Resident Sing Along | **Presidents Day** 20 9:30 Exercise with Margaret 10:30 Monday Manicures 1:00 Book Club 3:00 Health talk 6:00 Bingo | **Fat Tuesday / Mardi Gras** 21 9:00 Bean Bag Baseball 2:00 Whine and Cheese Social with the Active 8er's! 3:00 Warbler's Practice 6:00 Worship with the Wilemon's | 22 **Ash Wednesday** 9:30 Exercise with Carolyn 10:00 Arranging Dried Flowers 7:00 Resident Sing Along | 23 9:00 Bean Bag Baseball 10:30 Pokeeno 4:30 Mardi Gras Masquerade Ball - Music by: Ken and Trudy Lee | 24 9:30 Exercise with Margaret 2:30 Deal or no Deal 6:00 Bingo | 25 9:00 Dominoes 2:00 Movie & Popcorn 3:00 Bean Bag Baseball |
| 26 10:00 Devotion with Kallie 2:00 Movie & Popcorn 7:00 Resident Sing Along | 27 9:30 Exercise with Margaret 1:00 Book Club 3:00 Blood Pressure Check up 6:00 Bingo | 28 9:00 Bean Bag Baseball 2:30 Protestant Holy Communion with Tom Wilson 6:00 Worship with the Wilemon's | **Leap Day** 29 9:30 Exercise with Carolyn 10:00 Mexican Train (Dominoes) 2:00 Music by: Dave Hutchins 7:00 Resident Sing Along | Notes: <u>Every Tuesday and Thursday Night at 7:00 pm - Residents Choice of Movie</u> _____ _____ _____ | | |