

FEBRUARY 2018

# Fiddick's Forum

Fiddick's Nursing & Retirement Home \* 437 First Ave, Petrolia, ON, N0N 1R0 \* 519-882-0370



## Celebrating February

**Library Lovers Month**

**Bird-Feeding Month**

**Spunky Old Broads Month**

**Groundhog Day**

*February 2*

**Weatherman's Day**

*February 5*

**XXIII Winter Olympics**

*February 9–25*

**Valentine's Day**

*February 14*

**Curling Is Cool Day**

*February 23*

**International Sword**

**Swallowers Day**

*February 24*

## XXIII Winter Olympics

From February 9–25, the world's greatest athletes will compete for gold medals and glory at the XXIII Winter Olympics. South Korea will host the winter games in Pyeongchang, a city in Gangwon Province, high in the Taebaek Mountains of the north.

Chief among the battles to play out on snow and ice will be the contest for men's hockey gold. For the past five Winter Olympics, players from the National Hockey League have participated in the Olympics. This year the NHL is not building a break into its schedule to allow players to compete in the Olympics, a matter that is not sitting well with the athletes. The USA hopes to compete with Russia, Canada, Sweden, and Finland for the coveted medal.

Elsewhere on the ice, Russia's 17-year-old Evgenia Medvedeva is favored for gold in women's figure skating, but 17-year-old American Karen Chen is an up-and-coming phenom who might surprise the world. On the men's side, American Nathan Chen could take gold if he continues to impress with innovative new jumps.

On the slopes, Americans Lindsey Vonn and Mikaela Shiffrin are poised to make a run for gold in downhill skiing. Shaun White, red-haired maestro of the snowboard half-pipe, has been a fan favorite since he took gold in 2006.

Canada took gold in men's and women's curling in 2014. Will they repeat? While Germany swept all luge events in the Sochi Olympics, the Austrians will provide stiff competition this time. In bobsleigh, Nigeria will attempt to field its first-ever team as three former women's track stars introduce the cool sport to the African continent. And beyond sports, South Korea is introducing innovative technological advances to the Olympics—virtual reality will change the way we watch the games. These Winter Games are sure to offer both sport and spectacle.

## Message from Mike

I do think it is time for "Old Man Winter" to begin to leave...we have had enough of the frigid cold days. I would like to thank all of our Residents and their families for their patience while we were restricting visitors these last few weeks, but it is in the best interest for all concerned. I hope that everyone will enjoy our special events in February, the Sweetheart Luncheon and much more that our Activity Department has planned for this month.

Take care everyone, I hope everyone is doing well and if there are any issues or concerns my office door is always open and feel free to come and see me at anytime.

*Just a thought for Valentine's Day:*

*A bell is no bell 'til you ring it,  
A song is no song 'til you sing it,  
And love in your heart  
Wasn't put there to stay - Love isn't love'  
Til you give it away.*



*~Oscar Hammerstein, Sound of Music*

Kindly yours,

Michael Fiddick, Administrator

## Fiddick's Family Council

Our next Family Council meeting will be on **Wednesday, February 28<sup>th</sup> at 4:00pm** in the Victoria Way Conference Room.

The family council members encourage you to attend and become involved so we can work together to enhance the lives of our loved ones. For those of you who are new to Fiddick's, these meetings are held once a month on the last Wednesday of the month usually at 4:00pm and are done by 5:00pm.

There is no commitment required, though we would love to have more members who attend regularly.

*We hope to see you there!!*

## Friendly Reminders:

1) We will keep our current Lost and Found items until the end of February since we were closed for most of January. At the end of February, we will be taking down all the items to make room for new ones. Please come in before then to go through if you feel your loved one is missing any personal items. Our Lost and Found is located at the back of the Retirement Home Activity Room behind the dividers. If you find your loved ones' missing items please bring them to the MAA desk to be labeled and then they will be returned to resident.

2) The parking lots at the sides of the building are all reserved spots. Parking for visitors is at the front of the building, across the street in the visitor/staff parking lot, or along the road. Please do not park at the side of the building. Thank you.



## February's Feathered Friends



February is Bird-Feeding Month. During the cold, harsh winter, it is especially difficult for wild birds to find food, so everyone is encouraged to provide food, water, and shelter

to help birds survive, and birds do need our help. One-third of the North American overwintering bird population has declined since 1966. And one-third of all North American bird species are at risk of extinction, with birds in arid, grassland, and coastal climates at greatest risk. A little bit of winter seed to augment their daily catch of insects could be enough to get them to springtime nesting season.

Not only can you help birds by feeding them this February but simple observations conducted during the Great Backyard Bird Count (GBBC) from February 16 to 19 can inform scientists about winter bird populations. During this four-day event, participants can spend as little as 15 minutes per day identifying birds in their own backyards and submitting that list to scientists via [birdcount.org](http://birdcount.org). Last year, 160,000 birders participated, from amateurs to experts, creating a global snapshot of world bird populations. Since birds are always on the move, such counts are important for scientists to see where populations come and go, where certain species congregate, whether diseases are affecting birds in specific regions, how species are coping with habitat loss and pollution, and how weather changes are affecting populations.

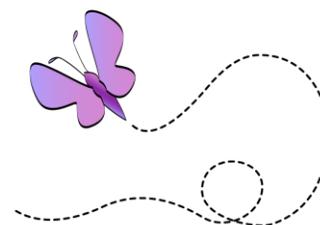
Citizen science—the practice of regular citizens aiding scientists in their research—is an important part of ornithology. The more people who participate, the more data is gathered, and the more accurate a picture of bird health. Citizen science birding projects are not limited to February. From November through April, birders can participate in Project FeederWatch. Every fall, people gather in the mountains and hills to count migrating hawks and raptors. Journey North is an annual count of migrating hummingbirds during the spring. So grab your binoculars and field guide and get counting!

## Fiddick's Nursing Home Welcomes...

*Frances Lyons*  
*Magcheltje Zylstra*  
*Lola Casey*  
*Jules Mercier*

## And mourns the loss of..

*Margaret Simpson*  
*Michael Tatarchuk*



## Special Events in February

February 1<sup>st</sup>- Entertainment from Gary McGill

February 14<sup>th</sup>- Sweetheart Luncheon

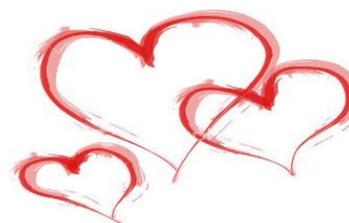
February 15<sup>th</sup>- Valentine's Day Party

February 20<sup>th</sup>- Mardi Gras Party

February 23<sup>rd</sup>- Birthday Party with Marc  
and Kim Reid

February 25<sup>th</sup>- Covenant Christian Youth

Choir



## February Resident Birthdays

### Retirement Home

Marjorie Alderman- Feb 19<sup>th</sup>  
Mervin Freer- Feb 27<sup>th</sup>

### Ruby Hall

Irene Page- Feb 21<sup>st</sup>  
Benedetta Muscedere- Feb 28<sup>th</sup>

### Victoria Way

Peggie Robillard- Feb 9<sup>th</sup>

### Barclay Lane

Silvestro Persichilli- Feb 2<sup>nd</sup>  
Stan Racher- Feb 14<sup>th</sup>  
Shirley Colledge- Feb 17<sup>th</sup>  
Angela Fracalanza- Feb 18<sup>th</sup>

### Fairbanks Court

Marcy Elliot- Feb 15<sup>th</sup>  
Angele Whitehead- Feb 25<sup>th</sup>  
Laurel Martell- Feb 29<sup>th</sup>



Our February Birthday Party will be on Friday, February 23<sup>rd</sup> at 2:30pm with musical entertainment by Marc and Kim Reid. Cake and beverages will be served 😊

## February Birthdays

In astrology, those born between February 1–18 are Water Bearers of Aquarius. They are creative and intellectual philosophers at heart, getting to the root of problems and using their energy and passion for the benefit of others. Those born between February 19–28 are born under Pisces. Friendly and selfless, they are always willing to help others with their hearts on their sleeves. Thanks to an intuitive understanding of life, Pisces make deep connections with other living beings.

Norman Rockwell (painter) – February 3, 1894  
Charles Lindbergh (pilot) – February 4, 1902  
Hank Aaron (ballplayer) – February 5, 1934  
Jack Lemmon (actor) – February 8, 1925  
Thomas Edison (inventor) – February 11, 1847  
Jack Benny (comedian) – February 14, 1894  
Susan B. Anthony (activist) – February 15, 1820  
Michael Jordan (athlete) – February 17, 1963  
Sidney Poitier (actor) – February 20, 1924  
George Handel (composer) – February 23, 1685  
Levi Strauss (inventor) – February 26, 1829  
John Steinbeck (author) – February 27, 1902

## Happy Valentine's Day!

Happy Valentine's Day to all of our sweethearts! We are hosting a Sweetheart Luncheon for all of the residents who have a significant other. We did send out invitations but if we missed anybody please contact Brooke (Activity Director). It will be on February 14<sup>th</sup> at 12:30pm. The next day (February 15<sup>th</sup>) we will have a Valentine's Day party for all of the residents at 2:30pm!

