



Notable Quotable

“I firmly believe that respect is a lot more important—and a lot greater—than popularity.”

~ Julius Erving (born February 22, 1950)



February Horoscopes and Birthdays

If you were born between February 1–18, you are an Aquarius, the Water Bearer. Aquarians are loyal and smart humanitarians who want to make a difference in the world. They are energetic, have inquisitive minds, and come up with creative solutions. Those born from February 19–29 are Pisces, the Fish. Like fish, Pisces like to go with the flow in an easygoing manner, but on the inside, they

are intuitive, intensely spiritual, and deeply emotional.

Happy Waterford Birthday!
Nora L. You share your birthday with all these people.

- Lisa Marie Presley – Feb. 1, 1968
- Farrah Fawcett – Feb. 2, 1947
- James Michener – Feb. 3, 1907
- Sarah Palin – Feb. 11, 1964
- Peter Tork – Feb. 13, 1942
- Hugh Downs – Feb. 14, 1921

Favorite Art Memories



The Art of Being Humble

February 22 prefers not to call attention to itself. It is Be Humble Day, a day not to brag, boast, or call attention to your accomplishments. The words *humble* and *humility* come from the Latin word *humus*, which means “earth,” literally the dirt beneath our feet. To be humble is to have a modest estimate of one’s own worth and to never have a superior attitude.

In our loud, proud, and power-driven society, humility can be

viewed as a weakness. However, humility has often proven to be a leader’s greatest strength. A good and humble leader will sacrifice personal gain for the benefit of the entire group. Humble leaders also do not create their identity from their accomplishments. When their choices are criticized, they do not take it personally but rather are willing to learn from their mistakes. Taking a day to be humble may make us all stronger leaders, whatever our tasks.

Waterford Grand

February 2024

Waterford Grand | 600 Waterford Way, Eugene, OR 97401 | 541-636-3329 | [Waterford Grand Website](#)



Celebrating February

Bird Feeding Month

Women Inventors Month

Spunky Old Broads Month

Engineers Week
February 18–24

Liberace Day
February 4

Periodic Table Day
February 7

Chinese Lunar New Year’s Day
February 10

Hippo Day
February 15

Presidents’ Day
February 19

For Pete’s Sake Day
February 26

Guess Who!



Don’t you think it’s fun to just look at a baby picture and wonder who’s the baby?

This is one of our dear residents, who spreads sunshine wherever she goes. She is an amazing woman who is an ambassador here at Waterford Grand. She’ll boldly go and ensure you’re included and invited to everything.

We are so happy she is with us. From this picture, her ginormous smile and complete exuberance haven’t changed a single whit of this go-getter gal.

Just see if you can guess who she is. 😊 Are you even surprised?

Spreading Sunshine

Is there someone in your life who is a perpetual grouch? Are they forever grumpy? Is every day a bad day? February 16 may be your day to help them. It’s Do a Grouch a Favor Day.

Hunger is a definite biological cause of grouchiness. Perhaps the best favor you can do for a grouch is bake them a treat or buy them lunch. Some people are grouchy first thing in the morning.

The grouch might say they’re “nota morning person,” but this grouchiness may have a biological cause. Some suffer a groggy period after waking up that is called the “sleep inertia” phase. It takes from five to 30 minutes for a person to feel awake. Or, if someone is an interminable grouch, perhaps the biggest favor you can do them, and yourself, is leave them alone.

Pucker Up



During Victorian times, it was considered bad luck to sign a Valentine's Day card.

Valentine's Day always falls on February 14, but in the south of France, people are still planting kisses until the Saturday after Valentine's Day.

The residents of Roquemaure call it the Festival of the Kiss, and kiss they do. They smooch from sunup to sundown in honor of their favorite saint, Saint Valentine. According to legend, Valentine became the patron saint of love when, on February 14 around the year 270, he was caught performing illegal marriage ceremonies for Roman soldiers and was martyred by Roman emperor Claudius II Gothicus.

In 1868, the supposed remains of Saint Valentine were purchased in Rome and transferred to Roquemaure. The French village was renowned for its winemaking, but in 1868, its vines were

diseased. Villagers and winemakers believed that the arrival of the saint's remains would cure their ailing vines. Miraculously, within four years, the vineyards had recovered.

And so, during the Festival of the Kiss, Roquemaure returns to the year 1868. Residents wear costumes from that era, while horses and carriages clop down the streets. Storefronts boast 19th-century decorations. Even the street names are rewritten, bearing the names of France's most lovesick poets and artists. Everyone drinks wine and kisses until they can't feel their lips. The local winery is named Cave Saint Valentine and produces specialty wines for the occasion. The local post office even gets in on the fun, sealing every letter with a kiss. This is why Roquemaure is known as "La Capitale des Amoureux," the Capital of Lovers.

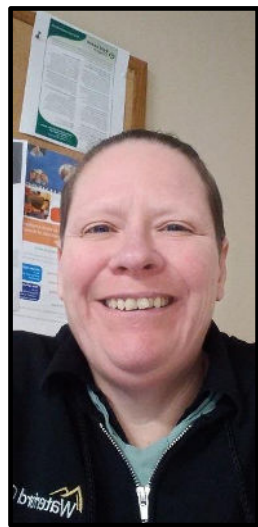
Employee of the Month for January 2024

OUR JANUARY EMPLOYEE OF THE MONTH IS RENEE CHANCE

Our congratulations go to Renee Chance from the kitchen and dining service department. Renee has been with the Waterford Grand since April 10th, 2023, and has worked full time as one of our most dependable kitchen and dining service associate. She is a committed employee, and we want to thank her for her dedication to our valued residents at Waterford Grand.

Renee has a very positive, friendly personality, and steps in to keep things running efficiently in the kitchen and dining services department. She is an integral part of the whole department. Renee exemplifies the qualities and values that Waterford Grand has strived to establish in our goal of making us stand out among other communities.

Thank you Renee and we appreciate your hard work.



Good Friends Make Good Neighbors!

Waterford Grand has the atmosphere of true friendship. We have folks here that have known each other all their lives, and we have folks that have just moved in and found the person they knew in high school.

One of the coolest things to do is to sit down with your friends and play a game of Bridge or have a small get together of sharing the best of memories.

laughing till your belly hurts. Friends are sometimes our absolute lifeline.

Invite your friends to visit Waterford Grand. We have so much to share. We have the 'prime' apartments open right now—yes, river view—and if you don't have any friends here you know now, well we have some new friends here just waiting for the opportunity to meet and welcome you.



The Magic of Mardi Gras

Mardi Gras is a spectacle of merriment, color, and culture. It typically involves parades, masquerade balls, and the donning of elaborate costumes. Each year, people indulge in the festivities and enjoy the spirit of community. In 2024, the celebration begins on January 6 and leads up to Fat Tuesday on February 13—the culmination of the Carnival season.

In 2024, Mardi Gras (French for "Fat Tuesday") promises to be an exceptional experience. While the details of the celebrations vary from place to place, grand parades with intricate floats, live music, and colorful Mardi Gras beads are common features. The heart of Mardi Gras lies in its diverse cultural influences, blending elements of French, Spanish, African, and Creole heritage, which contribute to the rich tapestry of this celebration.

A tasty aspect of Mardi Gras is the king cake, a traditional pastry with a hidden figurine or token inside that brings good luck to the person who discovers it. Vivid, intricate masks and costumes add to the visual spectacle of Mardi Gras, as participants embrace anonymity and the freedom to be anyone they choose for a day.

Whether you're in New Orleans, Rio de Janeiro, or any of the other cities that celebrate Mardi Gras, the joyous atmosphere and sense of unity are universal. Partygoers let loose, enjoy the parades, savor delicious cuisine, and partake in a global festival of life and culture. But Mardi Gras is more than just a party; it's a colorful expression of tradition, diversity, and the indomitable human spirit. Mark your calendars for Mardi Gras 2024 and prepare to join the revelry!



The Mardi Gras colors of purple, green, and gold symbolize justice, power, and faith.