



**Coronavirus COVID-19**  
BC Centre for Disease Control | BC Ministry of Health

Guidelines for Visitors to Long-Term Care and Seniors' Assisted Living Facilities

**DO NOT ENTER IF SICK**



All visitors must be fully vaccinated against COVID-19 to enter the facility\*



All visitors must provide acceptable proof of COVID-19 vaccination



All visitors are required to wear a medical mask in hallways, common areas and multiple occupancy rooms



Visits will not be permitted during active COVID-19 outbreaks



Cough or sneeze into your elbow and do not touch your face



Use soap and water or alcohol-based hand sanitizer



Clean hands before and after visiting



GEORGE  
DERBY  
CENTRE

# THE DERBY DIGEST

February 2022

Remember the Day!  
Remember her with a  
*Whitman's*  
SAMPLER

Valentine's Day is February 14th

A WOMAN NEVER FORGETS THE MAN WHO REMEMBERS



**Mission**

In a home-like environment we provide resident and family centered care while recognizing our veterans' legacy.

**Vision**

To be a community committed to compassionate care, innovation and excellence.

**Values**

Resident & family centered, integrity, inclusion, diversity, safety, respect & dignity.



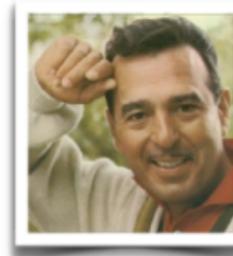
# GROUNDHOG DAY!

Each year on February 2, a crowd gathers for the annual Groundhog Day Celebration in Punxsutawney, Pennsylvania.

Legend has it that if the groundhog sees his shadow, six more weeks of winter can be expected. If the day is cloudy and the groundhog isn't scared by his own shadow, then spring is on its way.

According to legend, the same groundhog, Punxsutawney Phil, has been predicting the weather for over a hundred years, and he keeps his youthful appearance by drinking an "elixir of life."

## Famous February Birthdays



The following people were born in February. Can you find their **last names**? Search horizontally, vertically, diagonally, forward, and backward.

- A. Charles **BARKLEY**
- B. Farrah **FAWCETT**
- C. Tennessee **FORD**
- D. Galileo **GALILEI**
- E. George **HARRISON**
- F. Steve **IRWIN**
- G. Jack **LEMMON**
- H. John **McENROE**
- I. Ronald **REAGAN**
- J. Levi **STRAUSS**
- K. Elizabeth **TAYLOR**
- L. Vanna **WHITE**



**Bonus:** Match the person to the correct clue.

- 1. *Charlie's Angels* actress \_\_\_\_
- 2. Telescope inventor \_\_\_\_
- 3. U.S. president \_\_\_\_
- 4. *Wheel of Fortune* star \_\_\_\_
- 5. Country singer \_\_\_\_
- 6. Hot-tempered tennis pro \_\_\_\_
- 7. English American actress \_\_\_\_
- 8. Basketball great \_\_\_\_
- 9. Film actor \_\_\_\_
- 10. Beatles' member \_\_\_\_
- 11. Denim jeans inventor \_\_\_\_
- 12. Renowned crocodile hunter \_\_\_\_

\*See a Rec. Staff for **prizes** once you've completed the puzzle!

# YEAR Of The TIGER



2022 is the **Year of the Tiger** according to Chinese zodiac. This is a Year of Water Tiger, starting from Feb. 1, 2022 and lasting Lunar New Year's Eve on January 21, 2021.

The Tiger ranks third in the 12-year cycle of the Chinese zodiac signs.

The Years of the Tiger include

1914, 1926, 1938, 1950, 1962, 1974, 1986, 1998, 2010, 2022, 2034...

With the uncommon courage and confidence, people born in the Year of the Tiger are natural leaders and they can always bravely put brilliant ideas into practice. They are also generous, passionate and holding a strong sense of justice. When meeting the weak or see anything unfair, the Tigers stand up and offer help.

**Strengths:** Brave, passionate, optimistic, love challenges and adventures.

**Weaknesses:** Rebellious, overconfident, stubborn, emotional.

#### **Lucky Things for Tigers:**

Lucky Numbers: 1, 3, 4

Lucky Colors: grey, blue, white, orange

Lucky Flowers: cineraria, anthurium

Lucky Directions: south, east, southeast

#### **Things Should be Avoided:**

Unlucky Numbers: 6, 7, 8

Unlucky Colors: gold, silver, brown, black

Unlucky Direction: northwest

# February

## ***Flower of the Month - Violet***

The violet is the flower of February. This beautiful little plant has a sweet scent and blooms in colors ranging from deep blue to bright fuchsia and royal purple. The violet is the state flower of Illinois, Wisconsin, New Jersey, and Rhode Island, as well as the national flower of Greece. One reason violets are so adored is for their varied culinary uses. From savory meals to sweet desserts, violets can be used to add a unique floral flavor to your favorite dish. Some varieties even taste like vanilla.



## ***Birthstone of the Month - Amethyst***

With its lovely purple hues, the amethyst, which is a type of quartz, has been a popular gemstone for thousands of years. The Greeks believed the stone would help prevent drunkenness. In fact, amethyst is Greek for "not intoxicated." European soldiers wore amethyst amulets during battle, believing the gems had a protective quality. They also believed that its presence would help them think more clearly while under pressure, which would bring victory. Today, amethysts are associated with peace and inner strength.



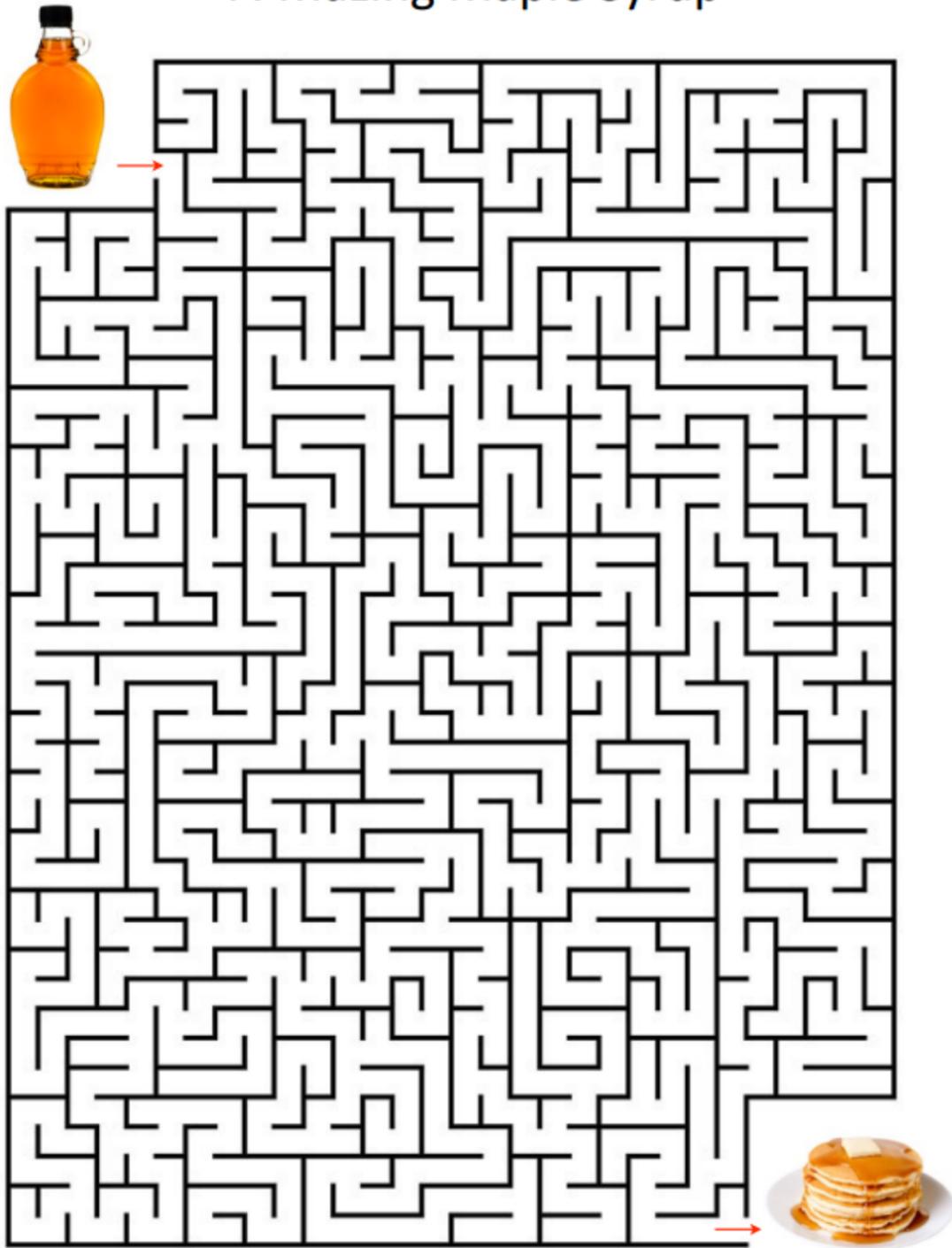
## ***February Zodiacs***

Aquarius (Water Bearer) February 1—18

Pisces (The Fish) February 19—28



## A-Mazing Maple Syrup



\*See a Rec. Staff for **prizes** once you've completed the puzzle!



**Valentine's Day Coloring**