

The

Liberty Letter

Liberty Commons ~ 390 Orleans Road, North Chatham, MA 02650 (508) 945-4611 ~ ext. 245

May
2012

Celebrating May

Hamburger Month

Salad Month

Loyalty Day

May 1

Grump Out Day

May 2

Kentucky Derby

May 5

Iris Day

May 8

Lost Sock Memorial Day

May 9

Twilight Zone Day

May 11

Armed Forces Day

May 19

Sunscreen Day

May 27

World Championship Old-Time Piano Playing Contest

May 24-28

Activity News

We will be celebrating the Kentucky Derby, Mother's Day, Armed Forces Day, National Nursing Home Week, Memorial Day Weekend and much more.



The Resident Council of Liberty Commons invites you to join us for a weeklong celebration of "National Nursing Home Week" May 13-19; this year's theme is "*Celebrating the Journey*".

Celebrating the Journey is the theme for National Nursing Home Week® 2012. Beginning on Sunday, May 13th, Join us for a Mother's Day dessert social starting at 2:30p.m. **Harry French** will be here providing music for your enjoyment. Daily special events are planned throughout the week that honor the lives and milestones of the people that we care for and the staff who serve them.



On Saturday, May 19th at 11:00a.m. we will end our weeklong celebration with an **Armed Forces Day** - Veterans appreciation with a United States Flag raising ceremony in the front entrance courtyard, starting at 11:00a.m.

"Life is a journey, not a destination" Ralph Waldo Emerson

Memorial Day Weekend!

The first unofficial summer weekend on Cape Cod. You are invited to join your family member for hot dogs and hamburgers and lots of other great food. Friday, May 28th at noon. Entertainment will be provided by Ken Leray. Seating is available for both inside and out. If you would like more information or you would like to participate in any of our events, Please call the Activities Department, Steve Franco at (508) 945-4611 x 245 or email stevefranco@libertycommons.org

Wishing you many blessings in the month of May.

Stephen Franco, ADC

Question of the Month

with Gayle Capulli



Mothers Day is in May. What virtue did you inherit from your Mom?

When I was growing up my mother always had a cat. Now I always have a cat. A home is not a home without a cat.

Luanne Loring, Hairdresser

My mother was an RN administrator. I grew up in the business and became one as well. Her integrity and work ethic has thankfully been passed down.

David Maloney, Clinical Director for Hospice

My independence. I grew up with just my mom. She showed me that as a single woman nothing is impossible. **Jenna Coulsey, CNA**

My mother loved to have a tidy home, and now so do I. **Shernett Williams, CNA**

My mother is a well-known dressmaker in Jamaica. Now I love to sew and mend for my son and I. **Jasmine Walker, CNA**

My mother has taught me to embrace who I am and not to pass judgments, accepting all quirks with grace. **Daphne DePaula, LPN**

My mother gave me the ability do design and decorate which came in handy when I owned the Cranberry Goose gift shop.

Randell Sacht, CNA

My mother raised eight Children. I have two. I wonder how she did it. It is the hardest job ever. **Jean-Claude Butter CNA**

Deltiologists Rejoice

Deltiologists rejoice from May 6–12. It is Postcard Week. Deltiologists are postcard collectors. This hobby is the third most popular in the world after stamp and coin collecting. The postcard collecting craze reached its height between the years of 1907 and 1913. Luckily, many antique postcards from this period remain. The most precious cards are often real photographs capturing real places, people, or events.

The traditional way to celebrate Postcard Week is to create your own postcard. Be sure to include the words “Postcard Week” and the date. Create an original work of art or print it on you computer. No matter how you create a postcard, your recipient is bound to smile when they receive it in the mail.

A Gem of a Clip

That handy paperclip in your office drawer enjoys its own special holiday on May 29, Paper Clip Day. The origins of this simple invention are a matter of debate. Some contend that Johan Vaaler, a Norweigan, invented the first clip in 1899. Unknown to Vaaler, the Gem Company in England was already producing the double-looped paperclip recognized by us today.



Even more marvelous than the origins of this ubiquitous device is the story of Kyle MacDonald and his one red paperclip. In less than one year, MacDonald traded his paperclip for a variety of random things until he ended up with a house! Included in his swaps were a pen, a hand-sculpted doorknob, a snow mobile, a van, an afternoon with rock and roll singer Alice Cooper, and a role in a movie. At last he ended up with a small house on Main Street in Kipling, Saskatchewan in Canada. Imagine what he could have ended up with if he had started with a stapler.

Free Your Feet



May 8 is No Socks Day, a day to give your feet a breath of fresh air (although your nose might object).

Researchers have concluded that our feet were much healthier before the

invention of socks and shoes, back when we roamed barefoot. Scientists explain that it took 4 million years for our feet and our unique gait to evolve. Since the advent of the shoe, our walking has worsened, and we now suffer a greater number of foot stresses, pains, and ailments. The solution? Remove the socks and shoes and walk barefoot.

Really? The Society for Barefoot Living suggests that we walk barefoot everywhere, allowing our feet to work the way they were designed to, striking first not with the heel but with the ball of the foot. Walking barefoot also strengthens our arches and allows our toes the freedom to spread open and support our weight.

Perhaps the most important aspect of walking barefoot is coming into contact with the ground. The delicate nerves on our soles tell our brain how to improve our stride. Without this feedback, our feet do not know how hard or how soft to strike the ground, and our bodies often overcompensate by landing harder than necessary. The repeated stress of such impact takes its toll on our feet, our legs, and our backs.

If you would rather not ditch the shoes, then studies find that the cheaper the shoes the better. The costs that come with fancy shoe cushioning can actually lead to a higher rate of injury.

Children running barefoot through the grass on a summer's day are more than heartwarming; they also provide us with a good example to follow. On May 8, let your feet go free and dare to feel the earth beneath your bare soles.

Enter the Twilight Zone

On May 11 you may find yourself "traveling through another dimension, a dimension not only of sight and sound but of mind; a journey into a wondrous land whose boundaries are that of imagination. That's the signpost up ahead – your next stop, The Twilight Zone."

That's right, May 11 is Twilight Zone Day, for no particular reason. You might recognize Rod Sterling's famous introduction to his hit television series of the 1950s and '60s. The show was an instant hit, and many future stars appeared on the show early in their careers, including Robert Redford, Burt Reynolds, Robert Duvall, Carol Burnett, Elizabeth Montgomery, William Shatner, and Peter Falk.

The Twilight Zone would win three Emmy awards and be remembered as the first "adult" science fiction series. On May 11, if things seem a little strange, don't fret, just enjoy your temporary stay in The Twilight Zone for a day.



Liberty Commons



Special Events for May 2012

May 2 nd	10:30a.m.	Exercise with Mary Demello
May 9 th	11:00a.m.	The Music Man "Ethan Stone"
<i>National Nursing Home Week</i>		
<i>May 13^h - 19th</i>		
May 13 th	2:30p.m.	Mother's Day Dessert Social w/ Harry French
May 14 th	10:30a.m.	News Currents with John Shea
May 15 th	10:30a.m.	"Photo Day"
May 15 th	2:30p.m.	Christine Callahan on the Pond
May 16 th	10:30a.m.	Historical Society- Chatham's 300 th
May 16 th	2:30p.m.	Spring Concert with The Notables
May 17 th	11:00a.m.	Marconi's Beach Restaurant Outing
May 18 th	10:00a.m.	Frugal Friday- Resident Council Benefit
May 19 th	11:00a.m.	Armed Forces Day- Veterans Tribute
May 21 st	11:00a.m.	Resident Council Meeting
May 25 th	11:30a.m.	Cookout with Ken Leray
May 30 th	1:30p.m.	Resident Birthday w/Party Ashley



Modern Marvels

Two of the most famous bridges in the world were opened in the month of May.

On May 24, 1883, the Brooklyn Bridge opened in New York City. When it opened, it was the longest suspension bridge in the world. Fortunately, the bridge was designed to be six times stronger than it needed to be, which is why this bridge has stood the test of time.

After the bridge opened, rumors swirled that it was bound to collapse. Ever the showman, P.T. Barnum helped to squelch such doubt by leading a parade of elephants, led by Jumbo, over its span. The bridge has been the stage of both fabulous feats and secrets, including the discovery in 2006 of a Cold War era bunker in one of its base supports. It was still filled with emergency supplies in preparation for a Soviet nuclear attack.



The Golden Gate Bridge in San Francisco opened with a week-long celebration on May 27, 1937. When it opened, it also held the honor of the longest suspension bridge in the world. The day before vehicle traffic was allowed to cross the bridge, it was opened to 200,000 pedestrians and roller skaters.

Amazingly, the weight of the entire roadway is suspended from two cables fixed in concrete at both ends. Each cable is made up of 27,572 strands of wire. These wires, if they were laid end-to-end, would stretch for 80,000 miles.

The famous orange color of the bridge was originally derived from a sealant. Locals, though, fell in love with it, and it was chosen to cover the entire bridge. Not only does this paint protect it from the wet climate and prevent rust, but it is a safety measure meant to make the bridge stand out in San Francisco's thick fog.

May Birthdays

People born between May 1–20 fall under the sign of Taurus, the Bull. Taurans are practical and determined types who value stability and keep the peace. They are faithful friends and gifted workers who like to use their hands. Those born from May 21–31 are Gemini, the Twins. Gemini are extremely independent and like to experience the world on their own. Full of energy, they are true social butterflies.

Bing Crosby (singer) – May 3, 1903
Orson Welles (actor) – May 6, 1915
Don Rickles (comedian) – May 8, 1926
Mary Kay Ash (entrepreneur) – May 12, 1918
Liberace (pianist) – May 16, 1919
Tina Fey (comedian) – May 18, 1970
Cher (diva) – May 20, 1946
Bob Dylan (musician) – May 24, 1941
John Wayne (hero) – May 26, 1907
Rudy Giuliani (mayor) – May 28, 1944
Clint Eastwood (actor) – May 31, 1930

The First Dracula

May 26, 1897, marks the day Count Dracula was born when Irish author Bram Stoker published his famous book *Dracula* and introduced vampires to popular culture. The character of Count Dracula received his name from Vlad III, Prince of Wallachia, in Transylvania, Hungary. Vlad was called Dracula, which means “Son of the Dragon.” His father, Vlad II, was a member of the Order of the Dragon, a Hungarian chivalric order.



When *Dracula* was first published, Stoker was immediately compared to other literary greats: Mary Shelley, Edgar Allan Poe, and Emily Brontë. Sir Arthur Conan Doyle, the creator of Sherlock Holmes, wrote Stoker a letter praising

his good work. Thanks to Stoker, we now have an entire catalog of vampire books, movies, and television shows to enjoy.