

January 2019

# The Holiday Times

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## Celebrating January

**1/1 Happy New Year**

**1/6 Park Place Church**

**1/9 Kim & Chris**

**1/13 Krylo Dance Company**

**1/18 Hot Chocolate Social**

**1/19 Kalifornia Karl**

**1/21 Paint Party**

**1/22 Wine & Cheese Social**

**1/22 Music With  
Bud Pistachio**

**1/24 Birthday Party  
With Bob Trembly**

**1/29 Music With  
The Silver Tops**

**1/31 Music With  
Russ Morency**

## Diane's Desk

Happy New Year! Hopefully everyone had a joyous holiday and able to spend time with loved ones. Now that Santa has delivered all his packages it's time to start cleaning up. The trees and decorations will be coming down to be put away till next year.

We had an extremely busy December with all the festivities happening. The resident and family buffet was enjoyed by many and I've only heard good things about the food. Don and his kitchen staff always do a tremendous job and that was obvious from all the happy faces the night of the party. Polka Paul provided the entertainment and had everyone singing and dancing in their seats. It was so fun we should do it again next year!

Our residents had their Christmas party on Friday the 21<sup>st</sup> and because everyone was very good this year, Santa and Mrs. Clause showed up to the party. They even gave out presents to all the good girls and boys! There also was a trip to Lasalette to see the lights and enjoy a concert with Father Pat. We had much entertainment throughout the month, including the Cumberland Lincoln Community chorus, Kalifornia Karl, and the Greenville Goldenaires to name a few.

This month things slow down just a tad. Not as many parties but still have lots of great entertainment. Kim and Chris will be here on the 9<sup>th</sup>, Kalifornia Karl will be back on the 19<sup>th</sup>, Bob Trembly will be here on the 24<sup>th</sup> for our monthly birthday party. We are also doing the popular paint party on the 21<sup>st</sup> and the Krylo Dance Company will be performing for us on the 13<sup>th</sup>. Congratulations to Alycia Peloquin on the birth of her daughter. Both mother and daughter are doing well. Until then I'll see you in activities.....

Diane

## A Birthday Mystery

Happy birthday to Sherlock Holmes, who is believed to have been born on January 6, 1854. Sir Arthur Conan Doyle, the creator of Sherlock Holmes, never explicitly stated the date of his fictional detective's birth, so how, exactly, have we arrived at this birth date?



The January 6 date was first asserted by Christopher Morley, a literary essayist and Sherlock Holmes superfan. Morley decided on the date after noticing Holmes' penchant for quoting Shakespeare's play *Twelfth Night*. He deduced that Holmes' birthday must fall on the twelfth night after Christmas, which is January 6. On that date in 1934, Morley arranged a meeting of the Baker Street Irregulars, a group of Sherlock Holmes fans and scholars who gathered together to enjoy all things Sherlockian over the course of a few days, including lectures, dinners, cocktail parties, and performances. Morley's group has included such esteemed members as Isaac Asimov, Franklin D. Roosevelt, and Harry S. Truman. The original Baker Street Irregulars appeared in various Sherlock Holmes stories. They were a band of street kids who aided Holmes in gathering tidbits of information.

Sherlock Holmes scholar William S. Baring-Gould corroborates the January 6 date in a roundabout fashion. He points out that in Doyle's final Sherlock Holmes mystery, *The Valley of Fear*, Holmes awakes very cranky on January 7. Why is he cranky? He must have a hangover. Why a hangover? He was up late celebrating. What was Holmes celebrating? Baring-Gould postulates that it was his birthday. However, many attest that this is all rather shoddy detective work.

Not everyone agrees that Sherlock Holmes' birthday is January 6. Many instead celebrate Holmes' birthday on December 2, the real-life birthday of Dr. Joseph Bell, the surgeon and professor after whom Sir Arthur Conan Doyle modeled his detective. Yet all agree on the year 1854, for in a 1914 tale, Holmes was described as 60 years old. Elementary, my dear.

## Bye-Bye to Dry

The cold, dry winter air can wreak havoc on sensitive skin and cause chronic dryness. Luckily, January 8 is Winter Skin Relief Day, a day to take some small steps to ease the discomfort of dry skin. Skin lotions and moisturizers are helpful, but dermatologists also recommend taking shorter showers. This may be the number one cause of dry skin. A long, hot shower strips the skin of its natural oils, degrading our best barrier against cold, dry air. Dermatologist Joshua Zeichner recommends showers less than 10 minutes and no hotter than 84 degrees. Many common cleansers and soaps are alkaline, and washing often disrupts the natural acidic pH of our skin. Look for soaps that are pH balanced. These will have a less deleterious effect on the skin. Moisturizer is key. Applying a thick and oily cream while the skin is still damp will improve absorption, but don't apply too much. Dr. Zeichner explains that constant moisturizing may tell the skin that it doesn't need to maintain its own hydration. These small changes to your routine may ease some uncomfortable symptoms of dry skin.

## An Afternoon With The Cumberland/Lincoln Community Chorus



## New Year, Lasting Traditions

Another new year begins, and all around the world people will be popping champagne, singing “Auld Lang Syne,” and kissing loved ones at the stroke of midnight. But just why, exactly, do we repeat these New Year’s traditions year after year?

Bubbly champagne is the drink of choice on New Year’s. Its invention is often credited to Dom Perignon, the Benedictine monk who oversaw the wine cellars of his abbey in the year 1697. While others saw bubbles as a problematic sign that wine had spoiled, Perignon perfected the production of this new fermented drink known as champagne. From its beginnings in the abbey cellar, champagne was regularly used in religious celebrations such as consecrations and coronations. It then made the natural transition to secular celebrations, most notably at the soirees of the French aristocracy. As champagne became cheaper and more accessible, it became the classiest beverage to offer during the holidays.

Scotland’s national poet Robert Burns penned the words to “Auld Lang Syne” in 1788 and sent them to the Scots Musical Museum, requesting that his lyrics be set to an old Scottish folk tune. The phrase *auld lang syne* roughly translates to “for old times’ sake,” and, fittingly, the nostalgic song is about preserving friendships. The tune was often sung at funerals, farewells, and other group celebrations. It finally made it to America in 1929, when the Guy Lombardo Orchestra played it at a New Year’s celebration in New York’s Roosevelt Hotel.

No New Year’s party is complete without a kiss at the stroke of midnight. In ancient times, the winter darkness was the domain of evil spirits. At New Year’s masquerade balls, scary masks were torn off at midnight, and a kiss was shared as an act of purification to chase away malign spirits. For centuries, New Year’s has been a time of celebration, nostalgia, and hope.

## Healthy Skepticism

Once you hear that January 13 is International Skeptics Day, you might want to check the date for yourself, because some people claim that this holiday falls on October 13, while others insist that it always falls on the first Friday the 13th of the year. It turns out that a little skepticism is healthy, even when it comes to science. Skepticism, after all, urges us to corroborate what we learn by seeking supporting facts, whether in the field of science, politics, relationships, or just about anything. Too much skepticism, though, can lead to cynicism and denial, even in the face of overwhelming evidence. Similarly, a lack of skepticism can lead to naivete and being taken advantage of. When psychologists talk about healthy skepticism, they are talking about that “Goldilocks” area—not too much, not too little, but just the right amount. If this sounds plausible to you, perhaps you should consider joining the Skeptics Society, a group emphasizing critical thinking as a means to resist pseudoscience, superstition, and irrational belief. Then again, you might want to do a background check on those folks first.

## A Little Too Much Libations??



# Holiday Fun!



## Nothing Trivial



It is a little-known fact that January 4 is Trivia Day. Ahh, trivia, which for many is considered useless or trivial knowledge. But the word *trivia* has nothing to do with the useless or unimportant.

Rather, it comes from the Latin word *trivium*, which means “crossroads” or “place where three roads meet.” From *trivium* came the word *trivialis*, meaning “found everywhere” or “commonplace.” In medieval times, the *Trivium* of academia referred to a threefold curriculum of grammar, logic, and rhetoric, as opposed to the *Quadrivium* of arithmetic, music, geometry, and astronomy. In fact, the *Trivium* was considered the essential foundation of a full liberal arts education as far back as in ancient Greece, as explained by Plato in his dialogues. As you can see, there is nothing at all trivial about the *Trivium* or about the meaning of the word *trivia*.

Researchers even argue that trivia games are good for the brain. People enjoy guessing answers to questions about little-known facts. Psychology professor John Kouinos explains that your brain experiences a dopamine rush when getting the answer right. It just makes the brain feel good. Kouinos compares collecting facts to a person who collects stamps. “The more, and the rarer, the better,” he says. Psychologist Deborah Stokes also points out that retaining information, no matter how useless that information may be, is like exercise for the frontal cortex of the brain as it ages. Moreover, trivia games often don’t happen in isolation. People enjoy playing trivia games in social settings, which is an added bonus to brain health.

To get you ready for your next trivia challenge, check out these weird bits of knowledge: Oscar the Grouch was originally orange and didn’t turn green until the second season of *Sesame Street*; Hydrox creme-filled chocolate sandwich cookies were invented four years before Oreos; and Wayne Allwine, the voice of Mickey Mouse, married Russi Taylor, the voice of Minnie Mouse.

## January Birthdays

In astrology, those born between January 1–19 are Capricorn’s Goats. Goats are focused on lofty goals; these hardworking and determined souls will prevail with grit and resilience. Those born between January 20–31 are Water Bearers of Aquarius. Water Bearers are deep-thinking intellectuals, unafraid of exploring outlandish ideas. Their strong sense of community makes them good friends and valuable team members.

Pauline Cotnoir	1/3
Beverly Dubois	1/5
Claire Arruda	1/7
Richard Yanski	1/7
Doris Trahan	1/11
Violette Zordan	1/11
Laurette Auclair	1/13
Stanley Czekalski	1/13
Sally Kelly	1/16
Alice Packer	1/20
Barbara Bedard	1/27
Mary Illuzzi	1/27
Jeannette Cote	1/29

## Did You Know...?

The first New Year was celebrated 4,000 years by the ancient Babylonians.

More vehicles are stolen on New Year’s Day than any other holiday, statistics from the National Insurance Crime Bureau revealed.

In Italy, people wear red underwear on New Year’s Day to bring good luck all year long.

In Colombia, Cuba and Puerto Rico, some families stuff a large doll, which is called Mr. Old Year, with memories from the past year. They also dress him in clothes from the outgoing year. At midnight, he is set ablaze, thus burning away the bad memories.

The traditional New Year’s song, “Auld Lang Syne,” means, “times gone by.”

# Happy New Year!



AULD LANG SYNE  
BABY  
BALL  
BALLOONS  
CALENDAR  
CELEBRATION  
CHAMPAGNE  
CLOCK  
CONFETTI  
COUNTDOWN  
DANCING  
DECEMBER  
EVE

FATHER TIME  
FIRECRACKER  
FIRST  
FLUTE  
GAMES  
GOWN  
HAPPY  
HAT  
HOURGLASS  
INVITATION  
JANUARY  
KISS  
MIDNIGHT

MUSIC  
NOISE MAKER  
PARTY  
RESOLUTION  
SPARKLER  
STREAMER  
TIMES SQUARE  
TOAST  
TRADITION  
TUXEDO  
VOW  
YEAR