

February 2019

The Holiday Times

Holiday Retirement Home * 30 Sayles hill Road * Manville * Rhode Island * 02838 *(401)765-1440



Celebrating February

Super Bowl Send-Off 2/1

Music w/Chuck Dee 2/2

Chinese New Year 2/5

Music w/Manny Brando 2/12

Valentine Social 2/14

Music w/Hagob 2/17

Music W/J. Slick 2/19

Birthday Party 2/22

Music w/Mike Denardo 2/26

Wine & Cheese Social 2/28

From Diane's Desk

Well here we are once again; it feels like I just did this. January sure went by fast. But hey, we are that much closer to spring. First I want to congratulate Lisa Howard. She was elected President of the Activity Director Association of RI and was sworn in on Friday, January 25th during the annual Activity luncheon. We wish her great success!

We had a busy January, lots of fun things and good entertainment. Though, part of the month we were on isolation due to the flu. Thankfully it did not last long. We got to see Kalifornia Karl, Bob Trembley and Bud Pistachio. We had an enjoyable afternoon with the paint party. The group painted snowmen in a winter scene. That is quite the group of artists and there are some very talented people who attended. But it's all about having fun and being with your friends that counts.

Looking ahead to this month, we have lots of things going on. As you can see we changed up the calendar a little so that we can spend time on each unit. We still plan on having large scale events like parties, music events, mass, etc. in the activity room. This gives us the opportunity to spend time with more people and spread some cheer.

And on that note, we have some enjoyable entertainment planned starting with Chuck Dee on the 2nd, Manny Brando will be here on the 12th. Everybody's favorite violinist will be here on Sunday the 17th and Gary Leanes will be performing at the monthly birthday party on the 22nd.

Well, that's it for now. Have a good month and until then.....

I'll see you in activities.

Diane

The Year of the Pig



Xin nián kuài lè! That means “Happy New Year” in Chinese. February 5 ushers in the Year of the Pig, a very auspicious year in Chinese culture. Why does the pig represent wealth and good fortune? Perhaps

the chubbiness of the pig indicates prosperity. Or maybe it is because wild boars are known to be fearless and will run headlong into any situation, usually winning out in the end. With pigs held in such high esteem, it may be surprising to learn that the pig is the very last animal of the Chinese zodiac and the legend concerning the pig is not very flattering.

The legend states that when the Jade Emperor declared that he was selecting animals for the zodiac, all the animals rushed to his palace to be included. But the pig journeyed slowly, and when he arrived, the gates were shut. However, the other animals pleaded with the Jade Emperor to let him in. He conceded, and the pig was allowed to enter but was made the last sign of the zodiac. Perhaps the pig’s connection to good fortune stems from this tale: Despite the pig’s hardships, he still triumphed and was added to the zodiac.

The Chinese New Year’s celebration lasts not for one day, but for two whole weeks. There are many traditions and superstitions to observe. For example, on New Year’s Day, it is commonplace to set off firecrackers, yet it is forbidden to sweep because you may sweep away good luck. Two days later is the Day of the Rat, the day when rats were created. On this day, people leave out crumbs of grain or crackers to share with rats. Celebrations continue to February 19, which culminates in the five-day-long Lantern Festival. The displaying of lanterns is a major event, and one of the most popular pastimes of the Lantern Festival is guessing at lantern riddles. Riddles are written on lanterns, and the answers to these riddles often involve blessings for the family and good fortune, reinforcing the major themes of the Chinese New Year.

Let’s Go Boys!
Join us on February 1 for our Super Bowl rally in support of our very own New England Patriots!



2:00 In the Activity room.

Underwater Weddings



With Valentine’s Day falling in the middle of February, it is no wonder this month is known as Wedding Month. The city of Trang in Thailand has capitalized on lovers

yearning to tie the knot on Valentine’s Day by offering a unique setting for a wedding—under water! Every year from February 13 to 15, couples flock to this tropical seaside destination to take part in an underwater group wedding ceremony. On the 13th, couples are greeted at the airport by Thai dancers in traditional dress and then paraded through the streets of Trang to the cheers of spectators. On Valentine’s Day, couples are boated to the island of Koh Kradan, where they take part in a traditional Thai wedding ceremony and are blessed with the pouring of water over their heads from a conch shell. Then—for qualified divers only—comes the big event. Tuxedoed grooms and brides dressed in white don their scuba kits for the underwater ceremony in the protected, pristine waters of Thailand’s Andaman Coast.

The Original Castaway

On February 1, 1709, Alexander Selkirk was rescued from an island after being stranded there for four years. Upon his return to England, journalists portrayed his last four years in extraordinary detail, making Selkirk a celebrity and inspiring the novelist Daniel Defoe to write his masterpiece *Robinson Crusoe*.



Selkirk was a hot-tempered navigator of a privateering ship called the *Cinque Ports*—a legalized pirate ship plundering for the British Crown. When conditions on board got bad, Selkirk tried to raise a mutiny against the ship's young captain by begging to

be left alone on an island with the crew. Unfortunately for Selkirk, none of the other crew members wanted to stay behind with him, so he was abandoned on Más a Tierra island off the coast of Chile. Selkirk expected another friendly ship to arrive, perhaps within days, but again he miscalculated, and another ship did not arrive for four years and four months. Amazingly, Selkirk survived. He ate fish, crayfish, and the many goats that inhabited the island. He grew so fleet of foot that he could catch them with his bare hands. Food and shelter came relatively easy. Keeping his sanity was his most difficult task. When a ship arrived on the horizon to save him, it was navigated by none other than William Dampier, a buccaneer under whom Selkirk had sailed on the *Cinque Ports*. Selkirk attempted to tell his story to Dampier, but he could barely remember the English language. Selkirk found it difficult to reintegrate into society, often thinking that he was happiest when he had nothing on the island.

Daniel Defoe was intrigued with Selkirk's story and so wrote a romanticized version of it in *Robinson Crusoe*. Perhaps, however, this story should not be celebrated, for it has often been criticized as a tale of one colonialist's suppression and enslavement of an indigenous culture. Crusoe may have been a hero in 18th-century England, but today his accomplishments seem rather brutish. Perhaps instead, we should celebrate February 1 as Alexander Selkirk Day and forget Robinson Crusoe.

Drawing the Short Straw

February 22 is Skip the Straw Day. Banning straws has certainly been a hot topic. More and more companies and communities are outright banning these seemingly harmless modern conveniences. This is because Americans, on average, use one million plastic straws each day, and many of those plastic bits are ending up in landfills and our oceans. For those who still want straws or need them for medical reasons, some companies now provide customers with biodegradable or compostable straws, including paper straws. People used to sip drinks through long hollow reeds of ryegrass. That all changed in 1888 when inventor Marvin Stone patented a spiral winding process for paper and created the first paper straw. His straws were far superior to ryegrass straws, for they did not impart a grassy taste to the beverage. So it seems that we have come full circle, back to Stone's original invention. But will banning plastic straws actually save the environment? Not entirely. Plastic straws are just a tiny percentage of plastic pollution. But the anti-straw movement might raise awareness about the harms of plastic to our planet.

Many Happy Returns



February is Return Shopping Carts to the Supermarket Month. Shopping carts are abandoned in the strangest of places: alongside roads, in ditches, under bridges. Today is the day to put those shopping carts back where they belong. It is estimated that two million shopping carts are taken from supermarkets each year, and with one shopping cart valued at \$100, that's \$200 million rolling away. If pushing a shopping cart back to a supermarket all the way from a highway is too much to ask, you can start by returning shopping carts from the parking lot. Unattended carts can do a lot of damage to cars. Furthermore, studies show that abandoned shopping carts lead to people throwing other trash into parking lots. Returning carts fosters good citizenship!

Celebrating The New Year



February Birthdays

In astrology, those born between February 1–19 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. Those born from February 19–28 are the slippery Fish of Pisces. Selfless Pisces are very wise and empathetic, making them always willing to help others. These deep emotions also make Pisces talented artists and good friends.

Dorothy Faucher	2/5
Gerard Fontaine	2/5
Judith Onorato	2/7
Irene Grasso	2/8
Toni Bernier	2/14
Theresa Fregeau	2/14
Lorette Beaudette	2/16
Frances Long	2/17
Harriet Goldstein	2/24
Germaine Villani	2/24
Joan Giusti	2/27

Hard to Swallow



The last Saturday in February is International Sword Swallowers Day, a holiday not for the faint of heart or throat. Sword swallowing is not an illusion or trick, but an incredibly dangerous feat that takes years of practice. If

done incorrectly, it can end with hospitalization or even death. Professionals, however, only suffer the occasional sore, or “sword,” throat. The key to sword swallowing is to not swallow at all! One must completely relax the throat and esophagus and suppress the gag reflex, not an easy feat considering our throats have built-in nerves designed to eject foreign objects in our esophagus. Sword swallowers do not start with swords but practice with spoons, knitting needles, and coat hangers. Out of the world’s 7.5 billion people, only about 100 dare to swallow swords. What originated as a divine ritual 4,000 years ago is today a shocking and sensational demonstration of willpower.

Happy Chinese New Year

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



I A U E N S M T H W U U S R F
M G M R S S K R O W E R I F D
N A V J L U N A L A N T E R N
S N U D A P Z D L A P H A P R
C F V T M I K I Z P R G E H R
C E S R I G O T A R O E H E R
L A L W N B L I Z N H D T E E
T A I E A B Y O I S O S D R S
N I V D B V B N J G O P A A R
E E G I O R J A U O A Z W B O
O O W E T Z A L R C W T O B H
Y V L Y R S J T K A I L X I D
S N A K E D E E I N C L U T L
L R S B L A T F G O K S P T F
X P F P R S R Y E K N O M Q E

ANIMALS
CELEBRATION
DOG
DRAGON
FESTIVAL
FIREWORKS
HORSE

LANTERN
MONKEY
NEW YEAR
OX
PIG
RABBIT
RAT

RED PACKETS
ROOSTER
SHEEP
SNAKE
TIGER
TRADITIONAL
ZODIAC

Mixed-Up Valentine's Day

Unscramble the letters to reveal words that have to do with Valentine's Day.



1. RHSETA _____
2. RSLOFWE _____
3. AYNCD _____
4. OELV _____
5. CROEMAN _____
6. TNASI ENTINAVLE _____
7. EGGRNTIE RDCA _____
8. MOPE _____
9. URCBHE _____
10. CEESRT IRRADME _____
11. DUCIP _____
12. OYLIHDA _____
13. OBW NAD OARWR _____
14. EB NIME _____
15. ORSE _____
16. ESENTPRS _____
17. UYARBFER _____
18. TEAD _____

Answers:

1. HEARTS 2. FLOWERS 3. CANDY 4. LOVE 5. ROMANCE 6. SAINT VALENTINE 7. GREETING CARD 8. POEM 9. CHERUB 10. SECRET ADMIRER 11. CUPID 12. HOLIDAY 13. BOW AND ARROW 14. BE MINE 15. ROSE or EROS (Greek god of love) 16. PRESENTS 17. FEBRUARY 18. DATE
--