

Liberty Letter

Liberty Commons, 390 Orleans Rd., North Chatham, MA 02650 Tel - 508 945 4611 x 245



Celebrating May

Global Health and Fitness Month

Inventors Month

Gifts from the Garden Month

International Firefighters Day
May 4

Wildflower Week
May 7-13

Mother's Day
May 13

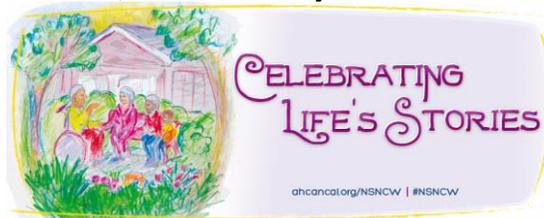
Museum Day
May 18

Ride a Unicycle Day
May 20

Memorial Day (U.S.)
May 28

Activity News

We will be celebrating the Kentucky Derby, Mother's Day, **National Skilled Nursing Home Week**, Our Veterans, Memorial Day Weekend and much more.



The American Health Care Association (AHCA) announced "Celebrating Life's Stories" as the 2018 theme for National Skilled Nursing Care Week (NSNCW), formerly known as National Nursing Home Week. **(May 13 to 19) "Celebrating Life's Stories"** pays homage to the diverse set of perspectives that our residents, families and staff bring to our facilities. We will be sharing some of our resident life stories and most significant life events, relationships and experiences to cultivate a shared sense of purpose at the center and in the surrounding community.

Nursing Home Week begins on May 13th with our Liberty Commons, Mother's Day Dessert social. Harry French will be providing music for your enjoyment in our main dining room. We hope that you will be able join us at Liberty Commons for one of our special events during our Nursing Home weeklong celebration. (Events are listed on page 2)

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 25th at noon. Entertainment will be provided by Harry French. Seating is available both inside and outdoors. 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- x245 or email stevefranco@libertycommons.org

Lei of the Land



Since May 1, 1928, Hawaii has celebrated the first of May as Lei Day. Lei—those beautiful garlands constructed of flowers, leaves, shells, seeds, nuts, feathers, and even bones and teeth are given at

birthdays, weddings, retirements, funerals, and graduations—any occasion one wishes to show honor, love, or high regard. While the lei's history dates back to the earliest Polynesian settlers of Hawaii, the holiday itself was introduced by Don Blanding, a poet from Oklahoma who had resettled in Hawaii.

The first Hawaiians adorned themselves with local flowers and vines. Certain lei flowers identified where you lived on the islands. Other lei represented your rank, wealth, or whether you were royalty. Many lei were not made of short-lived flowers or vines at all but of hardy bones and shells. In fact, lei were worn not just for celebrations or rituals but for everyday tasks by both commoners and chiefs alike.

Today, there is still a wide variety of lei, each unique to a particular occasion. The *hala* lei, made from the red fruit of the pandanus tree, is a symbol of cleansing and can be worn at funerals or for the new year. A delicate *ilima* blossom lei is the distinctive lei of royalty and is worn on special occasions. *Lehua* lei, made from blossoms associated with the fire goddess, are indicative of strength. *Pikake* is the flower of romance, worn at weddings. *Plumeria* lei are used to welcome guests but should never be given to sick people, as they are bad luck for those in ill health. Lei are woven into both the nature and mythology of Hawaii. They are not just given in love and esteem but as symbols that tell ancient and important stories.

Lei Day offers myriad opportunities to celebrate this unique form of art and culture, the greatest of which takes place in Waikiki on Oahu, where there is music, a lei competition, hula performances, craft demonstrations, and plenty of food for all.

Liberty Commons Special Events for May 2018

May 2nd 2:30p.m. *The Kalifornia Karl Show*
May 9th 2:30p.m. *Ethan Stone the Piano Man*

National Skilled Nursing Home Week

May 13th 2:30p.m. *Mother's Day Dessert Social w/ Harry French*

May 14th 10:30a.m. *Resident Life Stories*

May 15th 10:30a.m. *Art & Conversation w/Cape Cod Museum of Art*

May 16th 2:30p.m. *The Noteables Concert*

May 17th 10:45a.m. *400 East Lunch Outing*

May 18th 3:30p.m. *Cape Conservatory Concert*

May 24th 11:00a.m. *Resident Council Meeting*

May 25th 11:30a.m. *Cookout with Ken Leray*

May 30th 2:30p.m. *Resident Birthday with Paul Ashley*



Stuff Your Craw

Louisiana's Cajun country loves its crawfish, but only the town of Breaux Bridge, Louisiana, has been named "The Crawfish Capital of the World" by the Louisiana State Legislature. Every first weekend in May, this town on the bayou celebrates CrawFest and enjoys its crawfish boiled, fried, etouffeed, and in sandwiches, pies, jambalaya, bisque, and gumbo. Louisiana produces 90% of the world's crawfish, and although the "mud bugs" can still be found in the wild, most are raised in shallow rice paddies where the water is 8 inches deep and must be between 65° and 85° F. This industry is a major part of Louisiana's economy. Each year farmers harvest up to 105 million pounds of crawfish, earning the state 120 million dollars.

Man's Best Friends



May 6–12 is Pet Week, a week to honor our nonhuman companions. Pets have been shown to make us more empathetic and even interact more with others. Pets also offer many health benefits, too, such as lower stress, sharper executive function, even a reduction in physical pain. Moreover, people who own pets get more exercise, both physically and mentally.

In many ways, our pets do much more than just act as companions. Three-year old Alida Knobloch of Georgia is literally attached to her pet goldendoodle, Mr. Gibbs. That's because Mr. Gibbs carries her heavy oxygen tank. Alida suffers from a rare form of lung disease that makes it difficult for her to breathe without assistance. With Mr. Gibbs by her side and an oxygen tank carried on the dog's back, Alida is able to run and play. Alida's family is so grateful that they call Mr. Gibbs Alida's "four-legged lifeline."

When a wildlife park became overcrowded with animals, Casey Anderson stepped in to save a baby grizzly bear. Little did Anderson know that the bear, named Brutus, would grow to be one of his best friends and even be the best man at his wedding! Anderson's love of grizzlies led him to found the Montana Grizzly Encounter sanctuary. When Brutus isn't roaming the park, he may be found cuddling with Anderson or eating at the dining room table.

An eight-year-old girl from Seattle befriended an entire flock of crows. As a four-year-old, she often spilled food in her yard, attracting the birds. Over the years she began to intentionally feed them. The crows, one of nature's cleverest animals, were so grateful that they began to bring her gifts in return: buttons, toys, dead fish, rocks, even a plastic heart, which, the girl says, proves "how much they love me." Animals may not be human, but they often bring out the best in us, so during Pet Week make sure you do your part to thank the animal that has given you so much.

Any Way the Wind Blows

The Netherlands is famous for its windmills, which are celebrated on May 12, Windmill Day. As part of Europe's "Low Countries" (so named because of their location below sea level), the Netherlands was prone to flooding. Dutch windmills were created to drain the water from the land. At one point, 10,000 windmills were in operation across the country. Today, windmills in the form of massive wind turbines are making a comeback as generators of electricity.

Wind turbines are often grouped in "wind farms," or arrays of windmills strategically placed in windy areas such as hilltops, open plains, or even offshore. As the wind turns the blades, a rotor spins a generator, which creates electricity. The major advantage of this type of electricity is that there is no dangerous waste created as a byproduct. The main disadvantage, of course, is that these windmills create energy only when the wind blows. However, advancements in technology are creating batteries that can store power for later use. Windmills, it seems, are not merely for tourists anymore but will become part of the power grids of the future.

Lucky Lindy



On May 20, 1927, Charles Lindbergh pointed his *Spirit of St. Louis* airplane down the runway of Roosevelt Field, Long Island, and 33 1/2 hours later he landed in Paris, France. A crowd of 100,000 greeted him as a hero. Lindbergh had become the first person to fly solo across the Atlantic Ocean. Before becoming a national hero, Lindbergh was a mail pilot. He had heard of a promotion, offered by a New York hotelier: the first person to fly from New York to Paris would be awarded a prize of \$25,000. Many attempted the flight and failed, but Lindbergh would succeed. He supervised the building of a custom plane. With four sandwiches, two canteens of water, and 451 gallons of gas, he made the flight and etched his name into the history books.

Mother May I?



Sunday, May 13 is Mother's Day in the United States, Australia, and Canada. In Mexico, *Día de las Madres* is Thursday, May 10. In France, *La Fête des Mères* is Sunday, May 27. After Christmas and Easter, Mother's Day is the

third-most celebrated holiday in the world, but the way mothers are honored differs from place to place.

In the United States, the most typical gift given to mom is a Mother's Day card and flowers. It may come as no surprise that the vast majority of Mother's Day cards—80% in fact—are not bought by men but by women. A mother's job is never done, it seems, not even on Mother's Day.

Mother's Day wasn't always celebrated by buying cards, flowers, chocolates, and jewelry. It was Anna Jarvis who fought to establish the national holiday. Jarvis was inspired largely by her own mother, who had organized "Mother's Day work clubs," where women would tend to soldiers wounded during the Civil War and tackle problems that led to infant mortality. Indeed, Jarvis proposed Mother's Day as a day to honor women like her mother, who had played greater political roles for the benefit of society. She was disgusted when her holiday turned into a commercial bonanza for those hawking flowers and candy. Jarvis spent her life fighting what Mother's Day had become.

In most countries these days, Mother's Day is celebrated by showering gifts and attention on mom. In Mexico, it is tradition on *Día de las Madres* to serenade mom in the morning before church and then prepare dinner for her. France's *La Fête des Mères* originated as a way for the French government to honor the mothers of large families with a gold medal. It was a means to encourage French women to have more children and repopulate the country after World War I. By the 1950s, consumer appeal and a rising birth rate transformed the holiday into one more commercially aligned with the United States. And why not take one day out of the year to recognize their vital importance?

May Birthdays

In astrology, those born between May 1–20 are Taurus' Bulls. Bulls are hardworking, ambitious, honest, and dedicated to finishing tasks with a dogged persistence. Once the work is done, a Taurus expects to enjoy the fruits of their labor. Those born between May 21–31 are Gemini's Twins. They have two distinct and alluring sides to their personality: sociable and ready for fun, or serious and thoughtful. Sometimes they feel as if one half is missing, so they forever seek new friends.

Benjamin Spock (pediatrician) – May 2, 1903
Sugar Ray Robinson (boxer) – May 3, 1921
Sigmund Freud (psychoanalyst) – May 6, 1856
Fred Astaire (entertainer) – May 10, 1899
Yogi Berra (ballplayer) – May 12, 1925
George Lucas (film maker) – May 14, 1944
Adrienne Rich (poet) – May 16, 1929
Cher (singer) – May 20, 1946
Sir Arthur Conan Doyle (writer) – May 22, 1859
Bob Dylan (songwriter) – May 24, 1941
Jim Thorpe (athlete) – May 28, 1887
Walt Whitman (poet) – May 31, 1819

Cookouts are starting in May!

You are invited to join us at 11:45a.m. on the following dates for lunchtime cookouts with entertainment. "Dress for our Color themes!" Seating is available indoors and out with weather permitting. (July 13th is an evening cookout)

May 25th Memorial Day Weekend

June 8th Music with Harry French

"Dress Green"

June 29th Red, White & Blue Cookout

July 13th, 5:00p.m. Music with the Quahogs

July 27th Music with Dave Cuddy

"Cape Cod Cookout"

August 10th Music with Harry French

"Dress Orange"

August 31st Silver Stock