

Liberty Letter

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



Celebrating September

Sewing Month

World Alzheimer's Month

Classical Music Month

Labor Day: U.S.
September 3

Grandparents Day
September 9

Line Dance Week
September 10-15

Online Learning Day
September 15

Museum Day
September 22

Love Note Day
September 26

Activities News

The month of September is usually a beautiful month on Cape Cod. Liberty Commons will be celebrating Labor Day Weekend, the start of the NFL season, Classical Music Month, "Love Note Day" and the first day of Autumn.

Thank you to everyone that helped make our **20th Annual Silver Stock** all day music festival a huge success. Silver Stock is a Liberty Commons end of summer celebration! The planning, resources, time and energy from all our staff that have helped make Silver Stock past and present a reality has truly been a labor of love for the past two decades.

Liberty Commons has many daily activities and monthly special events. (Special event dates are listed on page 3 of the newsletter.) Resident group daily activities are planned and implemented on all three of our nursing units. The individual skill leveled groups help maximize each of our residents social participation, cognition and enjoyment. Stop by the activities office on the Stage Harbor unit and pick up a monthly calendar. The monthly activities calendars and newsletter are also available on our company web page at www.broadreachhealth.org

Arden Schofield Music Fund Concert!

We hope that you will be available to join us for a special concert with gifted student musicians from the **Cape Cod Conservatory** on Friday, September 14th @ 3:30p.m. in the main lobby.

Just a reminder: if you would like to send an e-mail rather than letters to residents, they can be sent via my e-mail: stevefranco@broadreachhealth.org Please remember to put the resident's name as the subject.

Have a Blessed September!
Stephen Franco, Activities Director

Into the Great Beyond

On September 5, 1977, NASA launched the Voyager 1 satellite into space. After 40 years of space travel, Voyager 1 has logged over 13 billion miles and is the first human-made object to leave our solar system.



Voyager 1's initial mission was to explore some of the most distant planets of our galaxy, Jupiter and Saturn. The pictures it sent back of Jupiter and its moons revealed

startling new information. Not only did it find two new moons orbiting Jupiter but it also discovered volcanoes on the moon Io and possibilities of ice and oceans on the moon Europa. Its findings about Saturn were no less exciting, again finding two new moons plus a new ring around Saturn to boot. But Voyager 1's mission is not limited to sending information back to Earth; it also brings information from Earth into the cosmos.

NASA scientists knew that Voyager 1 would leave our solar system and perhaps journey to another distant realm, so they made two gold-plated copper records filled with greetings for aliens. One record contains sounds, including whale songs, music by Chuck Berry, and greetings in 55 different languages. Also included are instructions for how to play the records, as well as a "star map" directing aliens back to our solar system. Voyager 1 could be Earth's messenger to other intelligent life forms in the universe.

For now, Voyager 1 is zipping through interstellar space at over 38,000 mph. Its next big mission won't happen for 40,000 years when it will pass a nearby star. Voyager 1 will run out of power by 2025, though, so it won't be able to send us any data. For now, NASA scientists are content to study Voyager 1's latest information about what life is like in outer space beyond our solar system. And who knows? Maybe it will find another satellite sent from a distant galaxy carrying a record or two for us to listen to back on Earth.

No Greetings from Seattle

Residents of Seattle, Washington, in America's Pacific Northwest, claim to be some of the friendliest people in the country, yet they proudly celebrate September 16 as Stay Away from Seattle Day. You can even find Hallmark cards for the holiday. Is this how Seattleites thank the thousands of tourists who travel to Seattle each year? The truth is that Seattle was not responsible for creating the holiday. Tom Roy, a former radio personality, came up with the idea while working on a talk show in Lancaster, Pennsylvania. While flipping through *Chase's Calendar of Events*, a guide to holidays both popular and obscure, he discovered an entry form. Roy went on to create 80 holidays, including Stay Away from Seattle Day, and he admits that he had never even visited Seattle. While residents of the Emerald City have embraced the strange holiday, the Seattle Metropolitan Chamber of Commerce does not endorse it.

On the Road Again



September 13 is Roald Dahl Day in honor of the British writer's birthday. Dahl is best-known for his children's books, including *Charlie and the Chocolate Factory* and *James and the Giant Peach*. But aside from his writing, Dahl

was a born explorer. During the 1930s, he joined oil exploration expeditions to Newfoundland, Canada, and Tanzania, Africa. In 1939, he joined the Royal Air Force and became a World War II fighter pilot. It was during this time that he crash-landed in the Egyptian desert. The injuries he sustained kept him from flying, so the British government sent him to Washington, D.C., as a diplomat. The truth, however, was that he was a spy and his task was to rally America to join in the war effort. Dahl proved both as charming and shrewd as fictional spy James Bond and even spent a weekend in 1943 with then-president Franklin D. Roosevelt. Perhaps it is fitting that Dahl, in 1967, adapted Ian Fleming's James Bond story *You Only Live Twice* into a movie.

Oktoberfest in September

The annual German celebration of Oktoberfest begins on September 22, which is confusing to many. Why would a festival named for the month of October actually begin a month early? It wasn't always the case.



Oktoberfest began as a fabulous wedding celebration on October 12, 1810, when the Bavarian Crown Prince Louis married Princess Therese von Saschen-Hildburghausen. The Bavarian royal family invited all the citizens of Munich to celebrate the occasion on the fields in front of the palace gates. The fields were named *Thereseinwiese*, "Therese's meadows," in honor of the bride. For five days, the people

of Munich ate, drank, danced, and otherwise partied to their hearts' content. Finally, on the last day, a dramatic horse race ended the reveling. The townspeople had to wait only a year before the celebration was held again, and then every year afterward as an annual festival. Over the years, it became bigger and better.

Oktoberfest became an agricultural fair, showcasing the bounty of Bavaria's farms. Carnival games like bowling and tree climbing were added, and prizes were awarded. So much was packed into Oktoberfest that organizers had no choice but to extend the celebration to 16 and sometimes 18 days. Finally, it was decided that October was far too cold for such an event. The shorter days meant chilly nights, so the start of Oktoberfest was moved to September, and no one ever bothered to change the name—not that anyone even cared, for Oktoberfest has always been a point of pride for Bavarians. It is still celebrated today as the world's largest *Volksfest*, or beer festival and fun fair. Indeed, the Bavarian beer halls and their Oktoberfest beer are famous. Since 1887, participating breweries have enjoyed their own parade to kick off the festivities. And since 1950, the celebration has officially begun with a 12-gun salute and the tapping of the first keg of beer by the Lord Mayor of Munich. As they say in Bavaria, "Prost!"

Yes, Virginia

On September 21, 1897, the *New York Sun* newspaper published an editorial called "Is There a Santa Claus?" It was during that year that eight-year-old Virginia O'Hanlon asked her father if Santa Claus existed. He suggested that she write her question to the local paper. Francis Pharcellus Church, one of the newspaper's editors, had no idea that his reply to Virginia's query would be one of the most reprinted editorials in the world.

Church was a war correspondent during the Civil War. His experiences had made him cynical and an atheist. He had not wanted to write the editorial and refused to have his name attached to the reply. But he did write it, and rather than give a straight and simple answer, he wrote philosophically about the existence of fairytale-like figures and how they should give us all faith and joy in the profound innocence of childhood, and, as Church put it, in the existence of "love and generosity and devotion." When he wrote, "Yes, Virginia, there is a Santa Claus," he was arguing that, despite all he had seen during wartime, humanity was still decent and good.

September Special Events

- Aug. 31st 11:45a.m. **Silver Stock**
- Sept. 5th 2:30p.m. **Music with Julie Charland**
- Sept. 7th 10:30a.m. **Richie Bern Coffee Shop**
- Sept. 12th 2:30p.m. **The Dave Cuddy Show**
- Sept. 14th 10:30a.m. **Lunch Outing**
- Sept. 17th 2:30p.m. **Companion Animals**
- Sept. 18th 10:30a.m. **Arts & Conversation**
- Sept. 18th 2:30p.m. **Christine Callahan on the pond**
- Sept. 19th 2:30p.m. **Music with Harry French**
- Sept. 20th 2:15p.m. **Resident Council Meeting**
- Sept. 21st 3:30p.m. **C.C. Conservatory Concert**
- Sept. 26th 2:30p.m. **Resident Birthday Party**



Messages of Love

How does one write the perfect love note? Let me count the ways on September 26, Love Note Day. Whether you pen a love note to make an ordinary day extraordinary or jot some loving words down in a greeting card, penning a heartfelt love note takes some practice.



The sonnet was the preferable form for a love note for hundreds of years. It was invented by the Italian Giacomo de Lentini in the 13th century. The word *sonnet* means “little song,” and it is a 14-line poem with a variable rhyming scheme that always

ends with a turn of thought or sentiment. As you can see, a sonnet is a highly technical piece of writing, perhaps better left to poets like Dante or William Shakespeare. However, if you truly wish to woo your love, then a sonnet is the traditional choice.

Modern times, however, may require modern methods. A greeting card, a poem, or a note on a napkin must all be sincere. It is important to speak from your heart. And don't just write “I love you” or “You're beautiful.” These generic phrases, while true, are uninteresting. It is of utmost importance to be particular. Mention details and things you love: the smell of hair, the way she likes her coffee, his obsession with crossword puzzles. Show that you've noticed things that no one else but a true love could have possibly noticed. That is love.

Why is it important to a relationship to write love notes? Writing down your thoughts and feelings makes them permanent. Also, it is often easier to describe your heart in writing when you are alone and thoughtful than to express your truest thoughts and feelings on the spot in front of another person. Perhaps you'd like to start by writing a letter and not sharing it? The simple act of writing about your love for your beloved is a way to rejuvenate your feelings for them. So let your love flow from your pen. And if you're feeling really ambitious, try to make it rhyme!

September Birthdays

In astrology, Virgo's Virgins are those born between September 1–22. Virgos are one of the most careful signs of the zodiac. They pay attention to detail, analyze problems, and plan so as to leave nothing to chance. These amazing listeners give excellent advice. Those born from September 23–30 balance the scales of Libra. Libras strive for balance, avoid conflict, and desire fairness for everyone. To achieve this, they are sociable, strategic, charming, and diplomatic.

Boxcar Willie (singer) – September 1, 1931
Mort Walker (cartoonist) – September 3, 1923
Grandma Moses (painter) – September 7, 1860
Otis Redding (singer) – September 9, 1941
Arnold Palmer (golfer) – September 10, 1929
Agatha Christie (writer) – September 15, 1890
Peter Falk (actor) – September 16, 1927
H.G. Wells (writer) – September 21, 1866
Jim Henson (puppeteer) – September 24, 1936
Linda Hamilton (actress) – September 26, 1956
Ed Sullivan (TV host) – September 28, 1901
Johnny Mathis (singer) – September 30, 1935

In the Zone



Without the ozone layer to protect Earth from the sun's harmful ultraviolet radiation, we would all be toast, which is why September 16 is the International Day for the

Preservation of the Ozone Layer. In 1985, scientists discovered that the use of harmful chemicals was creating a hole in our ozone layer over Antarctica. Two years later, countries all over the world signed the Montreal Protocol, promising to end using such harmful chemicals. So the good news is that this holiday has been a success! The harmful chemicals that destroyed the ozone layer were banned, stopping further depletion of the ozone layer. Scientists now expect that the hole in the ozone layer could be entirely healed by the year 2060, as long as countries adhere to the ban—which means we get to keep on celebrating!