

# Liberty Letter

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



## Celebrating May

**Physical Fitness & Sports Month**

**Older Americans Month**

**Meditation Month**

**Be Kind to Animals Week**  
*May 5–11*

**Teacher Day**  
*May 7*

**Mother's Day**  
*May 12*

**Nylon Stockings Day**  
*May 15*

**Memorial Day: U.S.**  
*May 27*

**Paper Clip Day**  
*May 29*

## 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.



**LIVE SOULFULLY**  
May 12–18, 2019

In 2019, National Skilled Nursing Care Week (NSNCW) will focus on living Soulfully. This week will celebrate skilled nursing centers, and their residents and Staff, by showcasing how they achieve happy minds and healthy souls.

Every day, skilled nursing centers assist our seniors and people with disabilities in living their happiest and best lives. Whether it's exercise, trivia, reading or listening to music, our centers pay it forward by helping individuals find their own happiness to improve quality of life.

Skilled Nursing Care Week begins on May 12<sup>th</sup> 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 24<sup>th</sup> at 11:45a.m. 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@broadreachhealth.org](mailto:stevefranco@broadreachhealth.org)

## Seltzer's Derby Dream

The hard-hitting sport of roller derby will be on full display this May 5, which is celebrated as International Roller Derby Day. Roller derby wasn't always about collisions and falls. One could even argue that the idea of the roller derby was born from the all-night dance marathons of the 1920s.



Many strange pastimes emerged during the Great Depression, including dance marathons. Partners would dance for as long as they could, sometimes for up to 40 days, hoping to outlast the competition and win a cash prize.

Entrepreneur Leo Seltzer attempted to capitalize on the trend by organizing dance marathons (then called "walkathons" since contestants merely ended up shuffling across the floor) across the country. Thanks to ticket sales and entry fees, he made millions before retiring after a couple of years. But Seltzer could not remain idle. He hoped to capitalize on another popular trend—roller skating.

Combining the allure of bicycle "track" races and roller skating, Seltzer envisioned the "roller derby," an around-the-clock roller-skating race around an indoor track. In 1935, Seltzer won praise for his touring Transcontinental Roller Derby, but it was still not enough for him. Over the next many years, he slowly transformed the game from a mere race into a full-contact sport. It wasn't until November 29, 1948—when his fantastic new sport was broadcast on television—that the nation became captivated with roller derby.

Today, roller derby remains a popular amateur sport with over 4,000 clubs worldwide. Most teams are all-female, although male and co-ed clubs are becoming popular. Gameplay is relatively simple, with two teams fielding five players on the track. One player, called a *jammer*, is helped to score by the four remaining *blockers*. A point is scored each time the jammer passes the opposing team's blockers. Alas, despite the game's quick pace and physical play, Seltzer's dream of roller derby becoming an Olympic sport has yet to be realized.

## Liberty Commons Special Events for May 2019

- May 1st 2:30p.m. *The Kalifornia Karl Show*  
 May 8th 2:30p.m. *Ethan Stone the Piano Man*  
 May 9th 10:30a.m. *Healing Power of the Horse*

### National Skilled Nursing Home Week

- May 12th 2:30p.m. *Mother's Day Dessert Social w/ Harry French*  
 May 13th 10:30a.m. *Resident Soul Stories*  
 May 14th 10:30a.m. *Art & Conversation w/Cape Cod Museum of Art*  
 May 15th 2:30p.m. *The Noteables Concert*  
 May 16th 10:45a.m. *400 East Lunch Outing*  
 May 17th 3:30p.m. *Cape Conservatory Concert*  
 May 23rd 11:00a.m. *Resident Council Meeting*  
 May 24th 11:30a.m. *Cookout with Ken Leray*  
 May 29th 2:30p.m. *Resident Birthday with Paul Ashley*



### 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 13<sup>th</sup> is an evening cookout)

- May 24<sup>th</sup> Memorial Day Weekend  
 June 7<sup>th</sup> Music with Harry French  
 "Dress Purple"  
 June 28<sup>th</sup> Red, White & Blue Cookout  
 July 12<sup>th</sup>, 5:00p.m. Music with the Quahogs  
 July 26<sup>th</sup> Music with Julie Charland  
 "Cape Cod Cookout"  
 August 9<sup>th</sup> Music with Dave Cuddy  
 "Dress Pink"  
 August 30<sup>th</sup> **Silverstock**

## A Scent Is Born

On May 5, 1921, Gabrielle “Coco” Chanel introduced the first modern perfume to the world—her famous Chanel No. 5. It was no mistake that she debuted her fragrance on the fifth day of the fifth month, for the number five had long held special significance to Coco Chanel.



When Chanel was just 12 years old, her mother died of tuberculosis and her father sent her to live in an orphanage under the care of the convent of Aubazine. As Chanel walked the pathways of the convent gardens, she discovered that the stones were laid in groups of five. She constantly passed over these stones while making her way to prayers, and they made a lasting impression. While her childhood was stark and frugal, it was amongst the nuns that Chanel learned to sew, a skill that blossomed into a fabulous career in fashion design. But always, the number five stayed with her.

Fashion houses were not interested in the perfume business, yet Coco Chanel was not interested in following traditions. In 1920, she approached the French-Russian perfumier Ernst Beaux and asked him to “create a scent that would make its wearer smell like a woman, and not a rose.” At the time, most perfumes were simple, often mimicking the scent of one flower. Or else they were gaudy and overpowering with musks and jasmine. Chanel wanted something new.

Beaux concocted several scents and presented bottles labeled 1–5 and 20–24. Chanel, of course, selected the fifth vial and named it, simply and accurately, Chanel No. 5. On the fifth day of the fifth month of the next year, Chanel not only presented her latest fashion collection but also her new fragrance, a delicate mixture of jasmine, ylang-ylang, may rose, and sandalwood. It also contained aldehydes, which are chemicals that create longevity in the scent so that women would not need to constantly reapply the perfume. Chanel No. 5 was an instant hit, and women have worn it ever since.

## May Day

For many, the first rite of spring comes on May 1, May Day, with the raising of the maypole. The celebration of May Day dates back thousands of years. The Celts of the British Isles celebrated May 1 as Beltane, their most important holiday. It was believed that this holiday marked the halfway point of a year split between the dark and light. Massive fires were burned to herald the start of the return of life. The tradition of raising and dancing around a maypole came much later, during the Middle Ages. It was common for villagers to dance around the maypole bearing colorful streamers, ribbons, and baskets of flowers, symbolizing the fertility of the earth and blooming of trees and flowers. It wasn't until May 1, 1886, that May Day became associated with the labor movement. In those days, workers of all ages suffered from abhorrent working conditions. It was on that May Day that 300,000 workers marched across America to demand better working conditions and higher wages. Today, while May Day is considered a major holiday in many countries, it is not widely celebrated, least of all in the United States.

## For the Love of Pugs



Pug lovers of every stripe will flock to Milwaukee on the weekend of May 18–19 for the annual Pugfest. The focus of the festivities revolves around three adorable costume contests, where pug owners parade their dogs for all to see. The costume categories are: “Hand-Crafted,” “Ready-Made,” and “Strollers and Floats.” When visitors aren't ooh-ing and aah-ing over the cute dogs, they will be watching pug races and allowing Father John Allen to perform the annual Blessing of the Pugs. Why do people love these tiny and, some might say, ugly dogs? They were originally bred as companion animals for Chinese royalty. When the dogs were brought back to Europe in the 16th century, European royalty adopted the practice. Today, anyone can feel like a king or queen with their own pug pup.

## The Big Cheese



Every May a wide field of intrepid contestants converges on Cooper's Hill outside the small village of Gloucester in England. They will throw themselves down the 650-foot hill, risking life and limb, to chase a rolling nine-pound wheel of double Gloucester cheese. This is the extreme sport of cheese rolling.

No one knows how this strange pastime originated. Some say that it came from an ancient pagan rite of spring, where bundles of burning brushwood were rolled down the hillside to represent the rebirth of spring after the dead of winter. After the burning bundle was rolled down the hill, buns, biscuits, and sweets were scattered over the hilltop as an offering to the spirits and to ensure a plentiful harvest. Likewise, no one knows when the rolling bundle of burning sticks became a wheel of cheese. What we do know is that the event was first recorded for posterity in 1826. Notes on that year's cheese rolling were recorded by the town crier, and from those notes, it is understood that even then the event had long been a pastime.

The event is rather simple. Contestants assemble at the top of Cooper's Hill and wait for the master of ceremonies to push the cheese down the slope. A second after the cheese is released, the contestants follow. The first to grab the cheese is the winner. However, the cheese may reach speeds of up to 70 mph, so usually no one catches the cheese. In that case, the first to cross the finish line is declared the winner. As simple as the competition sounds, there is nothing easy about chasing the cheese down the hill. Each year, many people suffer serious injuries. Paramedics wait at the hill's foot, ready to cart the injured off to local hospitals. Chris Anderson, a repeat champion, has suffered bruised kidneys, a concussion, and a torn calf for his victories. In 2013, in an attempt to mitigate the risk, the speeding wheel of cheese was swapped with a foam replica. Not to worry, the grand prize still remains. Winners, of course, get to take home the cheese.

## May Birthdays

In astrology, those born May 1–20 are Bulls of Taurus. Bulls are stable, reliable, patient, and determined. They will work hard and finish the job no matter what gets in their way, but they expect to be rewarded! Those born May 21–31 are Gemini's Twins. Twins seem to have two personalities and can blend into any situation. They have an energetic and fun-loving side that is the life of the party but also a deep and emotional side that needs love and nurturing.

Bing Crosby (singer) – May 3, 1903  
Audrey Hepburn (actress) – May 4, 1929  
Nellie Bly (journalist) – May 5, 1864  
Orson Welles (director) – May 6, 1915  
J.M. Barrie (author) – May 9, 1860  
Salvador Dali (artist) – May 11, 1904  
Florence Nightingale (nurse) – May 12, 1820  
Liberace (pianist) – May 16, 1919  
Lorraine Hansberry (playwright) – May 19, 1930  
Peggy Lee (singer) – May 26, 1920  
Bob Hope (comedian) – May 29, 1903



Families and Visitors,

Some power strips and extension cords may not be used as a substitute for electrical outlets. Please contact Jon Edwards at ([JonEdwards@BroadReachHealth.org](mailto:JonEdwards@BroadReachHealth.org) or 508.945.1611x231) in our maintenance department and have ALL your electrical items inspected before you connect any electrical equipment, power strips or extension cords in our resident and patient rooms.

