
FAIRHAVEN

December
2011



FAIRHAVEN HEALTHCARE CENTER. 476 VARNUM AVE. LOWELL MA. 01854. 1-978-458-3388



Celebrating December

Bingo Month

Fill the Cookie Jar Month

**Learn a New Language
Month**

Pearl Harbor Day
December 7

Maple Syrup Day
December 17

First Day of Hanukkah
December 20

Flashlight Day
December 21

Christmas
December 25

Boxing Day
December 26

Kwanzaa
Begins December 26

New Year's Eve
December 31

THE HOLIDAYS ARE UPON US!!!

AND WE ARE LOOKING TO HAVE SOME GREAT HOLIDAY FUN! THE SOUNDS OF HOLIDAY MUSIC WILL BE HEARD THROUGH OUT THE MONTH.

WE WILL SEE SANTA, A SILENT MOVIE, LOT'S OF GOOD FOOD AND MORE.....

JOIN US ON THURSDAY DECEMBER 15TH FROM 4P-7P FOR THE FAMILY PARTY WITH FOOD, MUSIC AND VICTORIAN CAROLERS!

THE RESIDENTS CHRISTMAS PARTY WILL BE HELD ON TUESDAY DECEMBER 20TH AT 3PM SANTA HAS A GIFT FOR ALL!

WE ARE LOOKING FOR HELP TO FILL EVERYONES STOCKING THIS YEAR, THE ACTIVITIES DEPT. IS ACCEPTING DONATIONS OF SHAMPOOS, TEDDY BEARS, HATS AND CAPS, GLOVES, PERFUMES, BODY WASHES HIS AND HERS COLOGNES, CARDS, SOCKS PUZZLE BOOKS, CANDY AND MORE TO MAKE SURE EVERYONE GETS A STOCKING FROM SANTA!!

MERRY CHRISTMAS, HAPPY HANUKKAH AND A FESTIVE KWANZA TO ALL, AND TO ALL A GOOD NIGHT!



A Surprise December Birthday



On December 2, 1956, the zookeepers at Ohio's Columbus Zoo suffered quite a shock. Early that morning they found, on the floor of the gorilla house, a newborn gorilla! But it was quite sick, and a zoo veterinarian immediately gave the baby mouth-to-mouth resuscitation.

Miraculously, the baby lived, making it the first gorilla ever born and raised in captivity. News of the birth spread all around the world.

Why was the birth of the gorilla such a surprise? Experts had no idea how long the gestation period of a gorilla was. They thought it was nine months, similar to a human, although it was really more like eight and a half months. For this reason nobody expected Millie, the mother gorilla, to give birth so soon.

The baby gorilla was named Colo, after her birthplace of Columbus, Ohio. Because Millie never learned mothering skills from her parents, the zoo built Colo a special nursery, and she was raised by zookeepers. Zoo attendance skyrocketed as the public clamored to catch a glimpse of a real live baby gorilla. Colo was dressed up for the holidays, wearing hats and fancy dresses – much to the delight of all.

Twelve years later, Colo gave birth to her own baby, and she has enjoyed 25 children, grandchildren, great, and even great-great grandchildren. Colo's birth at the Columbus Zoo transformed zoo gorilla programs forever. Thanks to innovations in gorilla enclosures that better mimic a gorilla's natural environment, many mother gorillas now are able to rear their own babies.

On December 2, 2011, Colo will turn 55 years old, making her the oldest living gorilla in captivity. Her birthday will be celebrated with much fanfare and the reverence and respect she deserves.

All Washed Up

In 1850, a man named Joel Houghton invented the world's first dishwasher. While it splashed water on dishes, it hardly got the job done. Years later, in 1886, a woman named Josephine Cochran exclaimed, "If nobody else is going to invent a dishwashing machine, I'll do it myself." She did. It worked, and she received her patent on December 28, 1886.

At the 1893 World's Exhibition in Chicago, Cochran shared her invention with the world, and she won first prize. At first, her dishwasher was sold mainly to hotels and restaurants. It wasn't until the 1950s that they became commonplace in households. Cochran knew she had struck gold and so started her own company. It eventually became KitchenAid, which is now a part of Whirlpool, the largest maker of home appliances in the world.

Raise Our Voices

When many voices of a choir rise together in song, it is enough to bring tears of joy to any listener. December 11 is World Choral Day, a day to listen to the simple sound of voices singing or even to raise your own voice in harmony with the rest of the choir.



What is that special and beautiful power of a choir that moves us so deeply? The organizers of World Choral Day believe that choral singing is more than just music – it also has the power to break down barriers made by differences in politics, religion, race, and age. Human voices singing together can bring solidarity, peace, and understanding to the world.

The millions of singers worldwide participating in this year's World Choral Day are enough to bring hope and light to even the darkest corners of the globe.

Speaking of Hope



Dr. Ludovic Lazarus Zamenhof had a unique dream. His dream was to create a new language that would foster peace and understanding between all the nations of the world.

In 1887, he wrote a book of grammar for

this new language. He spent years translating books into his new language. Zamenhof called his language *Esperanto*, a word that means “hopeful,” and many people are indeed filled with hope on December 15, Zamenhof Day.

L.L. Zamenhof was born on December 15, 1859, in Bialystok, Poland. His father spoke Russian and his mother Yiddish. All around him lived people speaking German, Polish, and Belarusian. Neighbor sometimes fought against neighbor, with the two sides often arguing in a language that the other did not understand. Zamenhof believed that communication was the bridge between these rival groups.

Zamenhof himself learned English, but he thought it was too difficult. He also learned to speak German, French, Latin, Greek, Hebrew, Italian, Spanish, and Lithuanian. However, none of these languages created a feeling of unity, peace, and mutual understanding he was looking for.

Esperanto is supposed to be five times easier to learn than other foreign languages, and while it is spoken by people all around the world, it is not yet a major language. Interested in learning some simple Esperanto phrases?

Hello = Saluton

Good Morning = Bonan Matenon

Thank You = Dankon

Do you speak Esperanto? = Ĉu vi parolas Esperanton?

Merry Christmas = Feliĉan Kristnaskon

Lofty Peaks

Snowcapped mountain peaks are more than just picture perfect. Mountains are an important part of every healthy ecosystem. December 11 is International Mountain Day. How much do you know about the world’s tallest places?

- The tallest mountain, measured from the sea floor, is Mauna Kea in Hawaii at over 33,000 feet tall.
- Everest is 29,035 feet above sea level.
- The world’s longest mountain range is the Ocean Ridge, a chain of underwater mountains that runs under five oceans for over 40,400 miles.
- The longest mountain range on land is the Andes in South America.
- Tenzing Norgay, the Nepali Sherpa mountaineer, accompanied Sir Edmund Hillary to the top of Mt. Everest in 1953.

Sign of the Times

The year 1904 brought some exciting moments to New York City. The city’s first subway line opened, and for the first time ever, New Year’s Eve was



celebrated in Times Square. Of course, it was not named Times Square back then. It was known as Longacre Square. That is, until the owner of *The New York Times* newspaper, Alfred Ochs, moved his newspaper headquarters downtown and lobbied the city to rename the location. The 1904 New Year’s Eve party marked the official opening of the newspaper’s new offices.

By 1907, fireworks were banned at the Times Square New Year’s Eve party. Ochs would not stand to see the fun extinguished. He devised a massive ball of light to drop down from his building’s tower at the stroke of midnight. Over 100 years later, the ball dropping at Times Square has become more than famous – it has become part of New Year’s Eve lore.

Your Return Address
Street Number and Name
City, State Zip Code

Your Mailing Address
Street Number and Name
City, State Zip Code

To the Point

Its red leaves and green leaves are iconic of the December holiday season, so it should come as no surprise that Poinsettia Day is celebrated on the 12th of December. The poinsettia is native to Mexico. It was named after Joel Robert Poinsett, the first United States Minister to Mexico. The Aztecs of Mexico called the plant *cuetlaxochitl*, and they used its red leaves to make colored dyes. The plant's first association with Christmas comes from 16th-century Mexico. The story tells of a young girl who had no money to buy a gift for her church. An angel told her to gather weeds and take them to the altar. Miraculously, the weeds sprouted beautiful red leaves, and they have been associated with the holidays ever since. In fact, they are the best-selling potted plant in the United States, with over 60 million plants sold in just a six-week period.



December Birthdays

Sagittarius rules those born from December 1 to 21. Sagittarians are often on the go, and their endless optimism is infectious. These are easygoing and curious people who love to learn new things. Capricorns are born from December 22 to 31. They are pragmatic and forthright, so they have no problem sharing their advice. Great improvisers, Capricorns can adopt new ideas and make quick judgments in tricky situations.

Maria Callas (soprano) – Dec. 2, 1923
Little Richard (musician) – Dec. 5, 1932
Louis Prima (jazz singer) – Dec. 7, 1910
Sammy Davis, Jr. (entertainer) – Dec. 8, 1925
Christopher Plummer (actor) – Dec. 13, 1929
Steven Spielberg (director) – Dec. 18, 1946
Jane Fonda (actress) – Dec. 21, 1937
Mary Higgins Clark (writer) – Dec. 24, 1927
Louis Pasteur (scientist) – Dec. 27, 1822
Donna Summer (musician) – Dec. 31, 1948
