
FAIRHAVEN

January
2012



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



Celebrating January

Hot Tea Month

Soup Month

Trivia Day
January 4

Old Rock Day
January 7

Bubble Bath Day
January 8

Letter Writing Week
January 8-14

Houseplant Appreciation Day
January 10

**Dr. Martin Luther King, Jr.
Day**
January 16

**Chinese New Year:
Year of the Dragon**
January 23



Australia Day
January 26

THANK YOU!!

**WE WANT TO SAY THANK YOU TO ALL WHO HELPED
MAKE THIS A GREAT HOLIDAY FOR THE FOLKS WHO
LIVE HERE.**

**WE WANT TO THANK THE FAMILIES, CHURCHES,
FRIENDS AND MORE WHO DONATED ALL THE
WONDERFULL HOLIDAY GIFTS!**

**THERE WERE HATS, SCARVES, GLOVES AND
PERFUMES, WATCHES, GAMES, JEWELRY AND MORE!**

THANK YOU FOR ALL THE GENEROUS DONATIONS!

**WE HOPED ALL WHO CAME TO OUR HOLIDAY
FAMILY NIGHT ENJOYED THE GREAT FOOD AND
MUSIC, BECAUSE WE ENJOYED HAVING YOU HERE.**

**WE START THIS NEW YEAR, WITH OUR NEW
BUILDING! RENOVATIONS ARE OVER, AND THE
PLACE LOOKS GREAT!**

**WE HERE AT FAIRHAVEN ARE LOOKING FORWARD
TO A GREAT YEAR, WE WILL CONTINUE TO ENJOY
OUR SPECIAL EVENTS, SUCH AS THE ANTIQUE CAR
SHOW, THE LUAU AND THE FAMILY NIGHT
CHRISTMAS!**

**WE ARE CONTINUING TO ACCEPT DONATIONS FOR
ACTIVITY ITEMS FOR OUR RESIDENTS, BOOKS,
MAGAZINES, MOVIES, AND EVEN BABY CLOTHES.**

**ONCE AGAIN, I CAN NOT THANK EVERYONE
ENOUGH!**

HAPPY NEW YEAR!

Zap It! Dinner's Ready!



Sometimes the best inventions are the ones discovered by accident – penicillin, potato chips, even the microwave oven.

In 1946, Dr. Perry Spencer, an engineer for the Raytheon Company, was testing a device called a “magnetron,” a tube that created microwaves. Magnetrons were originally invented to be installed in Britain’s radar system during World War II. The microwaves they emitted could spot Nazi warplanes high overhead.

Dr. Spencer, while testing the magnetron, suddenly discovered that the chocolate bar in his pocket had melted. The radar microwaves had cooked it! Spencer tried another experiment. He placed some popcorn near the magnetron tube, turned it on, and watched as the popcorn sizzled and popped. Spencer tried still another experiment. He called a colleague in to watch as he placed an egg near the magnetron. The egg shook, and the colleague leaned in for a closer look – perhaps too close, because the cooked egg exploded all over his face. Spencer knew he had stumbled upon something great.

Engineers went to work on Spencer’s idea. By 1947, they had constructed a six-foot tall, 750-pound box that looked like a refrigerator. This original microwave cost nearly \$5,000. Raytheon did not sell very many.

As the years went by, the design became smaller, cooking became safer, and the cost came down. Spencer patented his refined invention on January 24, 1950. Soon the “Radarange,” as this invention was called, was popular in every hotel and restaurant. By the 1970s, the radar ranges were a proven benefit in the kitchen. Once considered a luxury, they were now a necessity. How could we ever live without them?

Oatmeal in the Oven

January may be the perfect month to enjoy the warm and hearty comfort of oatmeal. Besides, it’s Oatmeal Month. This recipe for oven-baked oatmeal is sure to win the hearts, minds, and stomachs of all who eat it:

Mix together:

- 1/3 cup vegetable oil
- 1/2 cup sugar
- 1 large egg, beaten

Add, mixing well:

- 2 cups oats, rolled or quick
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 3/4 cup milk

Pour into greased 9 X 5-inch loaf pan. Bake at 350 degrees F for 35 to 40 minutes (25 to 30 minutes if using quick oats), or until golden brown. Top with milk, cream, brown sugar, nuts, dried berries, or all of the above.

A Shocking Day

You walk across the carpet, reach for the doorknob, and ZAP...you get a shock! What exactly is this strange phenomenon? Perhaps the best day to answer this question is on January 9, Static Electricity Day.

The secret of static electricity begins with tiny, microscopic atoms. The insides of atoms are made up of electrically charged electrons. Amazingly, these miniscule electrons can move from

one atom to another. When feet rub on the carpet, electrons move from the atoms in the carpet to the atoms in your feet. Touch a brass doorknob and ZAP, the knob is a conductor of energy. The electrons jump from your hand to the knob with a tiny spark. Sometimes people really do have electric personalities.



Baseball's Shrine



On January 29, 1936, the Baseball Hall of Fame inducted its first class of Hall-of-Famers in Cooperstown, New York. Ty Cobb, Babe Ruth, Honus Wagner, Christy Matthewson, and Walter Johnson all enjoyed the great honor.

The idea of building a Hall of Fame began a year earlier in 1935, when an organization dreamed of building a museum honoring America's national game. Why Cooperstown, New York? It was hoped that the museum would provide an economic boost to the local economy. At the time, it was commonly believed that Civil War hero Abner Doubleday had invented the game in that very town. While Doubleday's claim on the invention of the game turned out to be false, one thing was for certain – fans loved the game, and they flocked to the Hall of Fame. The Doubleday myth was Cooperstown's great fortune.

Today the Hall of Fame gets over 350,000 visitors each year. It holds over 38,000 artifacts from some of the game's most storied players. Perhaps the most glorious room of all is the Plaque Gallery, a vast hall where bronze plaques memorializing every inductee grace the walls like a baseball shrine. Only 1 percent of those who ever played the game are inducted into the Hall of Fame. Here are some of baseball's most famous record holders:

Most Career Hits	Pete Rose (4,256)
Most Home Runs	Barry Bonds (762)
Highest Career Average	Ty Cobb (.366)
Longest Hitting Streak	Joe DiMaggio (56)
Most Strikeouts	Nolan Ryan (5,714)
Most Career Wins	Cy Young (511)
Most Saves	Mariano Rivera (603)
Most Stolen Bases	Ricky Henderson (1,406)

Of these record holders, Pete Rose, Barry Bonds, and Mariano Rivera are not in the Hall of Fame. Not yet, anyway.

Speed Demons

On January 28, 1896, a British man named Walter Arnold was speeding along in his car (a Benz before there was Mercedes) at a blistering eight miles per hour, four times the legal limit of two miles per hour. The local constable followed the mad speeder on his bicycle and, after a five-mile chase, fined him one shilling. Arnold received the first speeding citation in history.

Cars were so new that authorities did not really know how to react to them. In those early days, if you were to drive down the road, a person holding a red flag had to walk down the street in front of you. While speeding tickets are all too common nowadays, it's hard to imagine someone traveling at four times the legal limit. Then again, the speed record for driving on a public street is 257 miles per hour. But that is sure to cost you more than a one-shilling fine.

Healthy Hugs

On January 21, Hugging Day, feel free to offer a hug to anyone and everyone you want. After all, the goal of the holiday is for people to show more emotion in public.



Studies have shown that physical contact has many health benefits. Such contact is indeed necessary for healthy social, psychological, and physical development. Hugs strengthen the immune system, decrease the risk of heart disease, decrease levels of the stress hormone cortisol, and increase levels of the "love hormone" oxytocin and the "feel good" brain chemicals, serotonin and dopamine.

Some people shy away from being touchy-feely in public, but humans have always been social creatures that thrive through human-to-human contact. Hugging may be the best tonic of all for what ails you.

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

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



As Easy as Pie

Eskimo Pie may not have been a pie at all, but it sure was delicious. It was the first chocolate-covered ice cream bar. Christian Kent Nelson got the idea while working in his candy store. He watched as a small boy began to buy an ice cream, then changed his mind and bought a chocolate bar instead. Nelson asked him why he didn't buy both. The boy said, "Sure, I know I want 'em both, but I only got a nickel." For weeks afterwards, Nelson worked around the clock trying to stick chocolate to ice cream.

Nelson's invention was a hit. He teamed up with chocolatier Russell Stover and called his new treat the Eskimo Pie. On January 24, 1922, Nelson patented his idea. Soon millions of the treats were being sold across the globe, and Nelson was raking in \$2,000 a day in royalties. Now that's cold hard cash.

January Birthdays

Capricorns are born from January 1 to 19. Capricorns 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. If you were born between January 20 and 31, you are an Aquarius. Water Bearers have attractive personalities and are very imaginative and intuitive. Aquarians have a strong desire to help humanity, create unity, and thirst for knowledge and truth.

Paul Revere (patriot) – Jan. 1, 1735
Paul Revere (musician) – Jan. 7, 1938
Kate Middleton (princess) – Jan. 9, 1982
Charo (comedienne) – Jan. 15, 1951
Ethel Merman (singer) – Jan. 16, 1909
George Burns (comedian) – Jan. 20, 1896
Django Reinhardt (musician) – Jan. 23, 1910
Paul Newman (actor) – Jan. 26, 1925
W.C. Fields (comedian) – Jan. 29, 1880