

Martin Luther Adult Day Program

February
2010

Program Coordinator: Jenny Cooper; Program Assistant: Julie Fergus; Bath Aide: Rhonda Grism

Celebrating February

Blah Buster Month

**Celebration of Chocolate
Month**

Robinson Crusoe Day
February 1

Weatherman's Day
February 5

Super Bowl XLIV
February 7

XXI Winter Olympics Open
February 12

**Valentine's Day &
Chinese New Year**
February 14

Mardi Gras
February 16

World Thinking Day
February 22



Are You a Tiger?

February 14 is celebrated around the world as Valentine's Day, but it is also the first day of the Chinese New Year this year! The Chinese base their yearly calendar on the phases of the moon, and name each year after a different animal. There are twelve animals in all, and they follow a cyclical, 12-year pattern. Their order is: rat, ox, tiger, rabbit, dragon, snake, horse, sheep, monkey, rooster, dog, and pig. This year, 2010, is the Year of the Tiger.

All people born during this year are born under the Tiger sign, and they are said to take on the characteristics of this animal. The Tiger is known as a brave protector and is admired by the Chinese for its ability to ward off the three main tragedies of the household: fire, thieves, and ghosts. Tigers are also sensitive, given to deep thinking, and capable of great compassion.

There are many legends that explain the origins of the Chinese zodiac and its twelve animals. One popular story is that the rat was given the responsibility of inviting other animals to meet with the Jade Emperor, the ruler of Heaven in the Taoist religion, for a banquet. At the banquet, the Jade Emperor would choose twelve animals for the Chinese zodiac. The cat was a good friend of the rat, but the rat tricked the cat into believing the banquet was a day later. The cat then slept all day and missed the banquet, was forgotten, and was left out of the zodiac. From this point on the cat vowed to be the rat's natural enemy, and that is why the cat always chases the rat.

If you know someone who is a Tiger sign (maybe even you are!), enjoy their unselfishness and good company. Like that famous Tony the Tiger says, "They're Grrrrreat!"

We are going to be doing some celebrating of our own on Monday, February 15th here at the day program with an authentic Chinese luncheon and observing some other traditional Chinese customs.

Light Bulb Moments

On February 11, 1983, President Ronald Reagan proclaimed “Inventors’ Day.” He chose February 11 because it is the birthday of one of the world’s most famous inventors, Thomas Edison. Not only did Edison invent the incandescent light bulb and the phonograph, he also had over one thousand other inventions, including the motion picture camera.

The holiday is a time to recognize not only the amazing inventors whose inventions make our lives more enjoyable and productive, but also to appreciate the hard work and dedication that goes into inventing. As Edison himself said, “Genius is one percent inspiration and ninety-nine percent perspiration.” Can you match the inventor to the five famous inventions below?

1. Mary Phelps Jacob
 2. Les Paul
 3. Mary Anderson
 4. Ben Franklin
 5. Alfred Nobel
-
- A. Bifocal Lens –eyeglasses with two different lenses of differing strengths.
 - B. Dynamite – the nitroglycerine-based explosive.
 - C. Electric Guitar – a guitar that amplifies the sound coming from the vibrating strings.
 - D. Windshield Wipers – originally designed to assist streetcar operators in New York City.
 - E. Modern Brassiere – a more comfortable alternative to corsets. (The first bra was made of two silk handkerchiefs sewn together using pink ribbon and cord.)

ANSWERS: 1.E., 2.C., 3.D., 4.A., 5.B.



Valentine’s Day in Chicago

Valentine’s Day is a time for giving chocolates and flowers to loved ones, but on February 14, 1929, the infamous Chicago gangster Al Capone had other things in mind.

During Prohibition, Al Capone and his gang ran a lucrative business selling bootleg alcohol, although his business card said he worked as a used furniture dealer. On that Valentine’s Day morning, Capone assigned his hit men, disguised as Chicago police, to rub out his enemies. Al Capone himself was in Florida – a perfect alibi – and the rival gang leader, Bugs Moran, who was supposed to be the prime target, showed up late and thereby escaped unharmed. With seven dead, the event came to be known as the St. Valentine’s Day Massacre.

The incident attracted so much attention from local and federal police that both gangs suffered tremendously. Capone finally went to jail in 1931, and Moran died penniless years later, both proving that crime doesn’t pay.

Groundhog’s Day



During a recent discussion regarding Groundhog’s Day, our group penned the following:

“Groundhog Phil”

Groundhog Phil had a hole in the ground and was
a perky little creature.

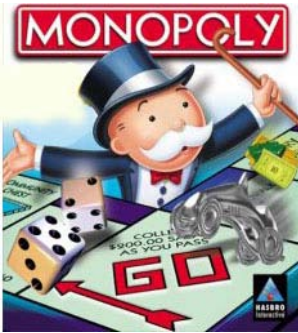
If he saw his shadow we’d have six more weeks of
winter,

And if you lived in Minnesota that always came to
be.

So if you’ve never seen a groundhog,
Please come and speak to me.

Take a Chance on Monopoly

Monopoly, the world's number one board game, has a very curious and interesting past. The very first version of the game was invented by a woman named Elizabeth Magie, and it was called "The Landlords Game." This game was originally designed as a teaching tool – players would buy and sell properties in order to learn that monopolies were bad for tenants and renters. (Maybe more games today should have a teaching element.)



Although the game belonged to its inventor, Elizabeth Magie, players taught each other the game, changing the rules and even changing the names of the properties on the board as they saw fit. A woman named Ruth Hoskins, who lived in Atlantic City, New Jersey, is

responsible for the property names on the current version of the board game. She changed all the names to Atlantic City street names.

Finally, a man named Charles Darrow learned Ruth Hoskins' version of the game, now called Monopoly, and he became obsessed. He wrote down the rules and began making Hoskins' board by hand. Darrow added the color stripes and cartoons and sold the game to Parker Brothers in 1935. On February 6, 1935, Monopoly as we know it today went on sale for the first time.

Here are some little known facts about the world's most popular board game:

- General Dwight Eisenhower played the game to relieve stress.
- The Beatles played it during their 1964 tour of the United States.
- A special version was created for WWII prisoners of war, with maps, compasses, real money, and other tools to escape hidden inside.
- Mr. Monopoly's original name was Rich Uncle Pennybags, and his appearance was inspired by the banker J.P. Morgan.

Retain Your Brain



Did you know that the number of people with Alzheimer's is expected to double every twenty years. According to the National Institutes of Health, 1 in 7 Americans aged 71 and older is currently living with dementia. The somewhat silver lining in this report is that while some of the causes appear to be genetically based, the majority appear to be preventable. Physical and cognitive exercises can help the effects of aging on the body and there is some evidence that cognitive exercises can at least delay the onset of Alzheimers.

The staff on the Martin Luther Campus has chosen not to sit back and become yet another statistic but to incorporate programs, activities and even food items into our daily routines that focus on improving our brain health.

The "Retain Your Brain" program is in full swing on the Martin Luther Campus and in the Adult Day Program. Please look for the "brain icon" on our calendar to see what programs and activities that we are targeting this month in effort to provide some additional stimulation focusing on improving our brain health. Some of these activities include "traveling" to some far away places for the Chinese New Year, learning some fascinating local history and recalling some presidential facts with a rousing game of Jeopardy.

Coordinator's Corner

By Jenny Cooper

February is a busy month! We will be observing and celebrating several traditions and holidays. We begin the month with Groundhogs Day and on page 2 of our newsletter you will find a poem written by our participants.

For the Chinese New Year, we will be bringing in our lunch on Monday, February 15th from a local Chinese restaurant frequented by one of our clients who was born and spent her childhood in Taiwan. We will be making Valentines for the residents of Meadow Woods and doing some fun activities involving Mardis Gras and President's Day.

At a recent bus driver's meeting, our drivers have asked us to remind our clients and families to be ready and waiting for their morning pick-ups. Colder weather and snowy roads can make their driving more difficult in the morning and it helps keep them on schedule when people have their coats on and items ready to go when they arrive. We will do our best at the end of the day as well so that our clients return home in a timely manner and on schedule.

February Birthdays

If you were born from January 20-February 18, you are an Aquarius, the Water Carrier. If you were born from February 19-March 20, you are a Pisces, the Fish. Aquarians possess strong and attractive personalities, are imaginative, and enjoy quiet meditation. Pisces are extremely creative and have "old souls," thirsting for spiritual knowledge.

Clark Gable (actor)	Feb 1, 1901
Norman Rockwell (painter)	Feb 3, 1894
Rosa Parks (activist)	Feb 4, 1913
Happy Birthday Mike O.	Feb. 5h
Bob Marley (musician)	Feb 6, 1945
Jimmy Durante (actor)	Feb 10, 1893
Happy Birthday Bill H.	Feb. 11th
Happy Birthday Rhonda	Feb. 12th
Charles Darwin (scientist)	Feb 12, 1809
Jack Benny (comedian)	Feb 14, 1894
Susan B. Anthony (reformer)	Feb 15, 1820
Vanna White (game show hostess)	Feb 18, 1957
Nina Simone (singer)	Feb 21, 1933
Jackie Gleason (entertainer)	Feb 26, 1916
Elizabeth Taylor (actress)	Feb 27, 1932



Martin Luther Adult Day
Program
1301 E. 100th St.
Bloomington, MN 55425

Postage
Information

ing Address
mber and Name
e Zip Code

Postage Information
