

The

Monthly Gazette

January
2008

Lanessa Extended Care Facility 751 School Street Webster Ma 01570 508-949-1334

Celebrating January

*United Nations International Year
of Planet Earth*

Hot Tea Month

Book Blitz Month

International Creativity Month

Quality of Life Month

Get Organized Month

*New Year's Day
January 1*

*Trivia Day
January 4*

*Martin Luther King Jr. Day
Observed January 21*

*Activity Professionals Week
January 20 - 26*

*Belly Laugh Day
January 24*

*Inane Answering
Message Day
January 30*

*Inspire Your Heart with Art Day
January 31*



For Creativity, Think Laterally

"What a strange machine man is!

You fill him with bread, wine, fish, and radishes, and
out comes sighs, laughter, and dreams."

~ Nikos Kazantzakis (1885-1957), Greek novelist

January is International Creativity Month. Whether or not you view yourself as creative, one form of creativity almost everyone can practice is lateral thinking. That's a term coined by Edward de Bono, a Maltese psychologist, physician, and writer. It first appeared in the title of his book *The Use of Lateral Thinking*, published in 1967. Edward de Bono was interested in the sort of creative and perceptual thinking that computers can't do. He looked at problems from the side (laterally) rather than straight on.

For example, a computer can easily solve a problem like this: It took two hours for two men to dig a hole five feet deep. How deep would it have been if ten men had dug the hole for two hours? The computer would answer 25 feet deep. But the lateral thinking human would see other challenges, such as:

- What kind of equipment do the men have? If you are digging a hole 25 feet deep, the soil will not be able to be lifted to ground level without the aid of buckets on hoists or ladders and other equipment.
- The deeper they dig, the slower the operation will move. Plus, the type of soil may influence the speed – loam, sand, and clay are very different products to shovel. And what if the ground is wet or they hit bedrock?
- In any group of 10 men, someone will insist on being a supervisor and the rest will work with varying enthusiasm.

Lateral thinking is a little like brainstorming and a lot like thinking outside the box. Put on your thinking hat and begin!

Who Said So? Quiz

Four well-known children’s authors have January birthdays.



- Joan Walsh Anglund, Jan. 3, 1926 (*A Friend is Someone Who Likes You* and dozens of others)
- J.R.R. Tolkien, Jan. 3, 1892 (*The Hobbit* and *Lord of the Rings*)
- A.A. Milne, Jan. 18, 1882 (*Winnie the Pooh*)
- Lewis Carroll, Jan. 27, 1832 (*Alice’s Adventures in Wonderland*)

They also wrote quotable advice for adults. Can you figure out who said what? A. Anglund B. Tolkien C. Milne D. Carroll

1. “One of the advantages of being disorderly is that one is constantly making exciting discoveries.”
2. “It’s a poor sort of memory that only works backward.”
3. “A bird does not sing because he has an answer. He sings because he has a song.”
4. “Not all those that wander are lost.”
5. “Success is like a garden with too much sun. Be careful it does not dry your roots.”
6. “If you don’t know where you are going, any road will take you there.”
7. “You will be better advised to watch what we do instead of what we say.”
8. “It’s a dangerous business going out your front door.”

Answers: 1. C; 2. D; 3. A; 4. B; 5. A; 6. D; 7. C; 8. B

Tea Leaf Trivia

If you are ever planning to have your tea leaves read, try to aim for these symbols



- Acorn = health
- Anchor, Birds, Elephant, Palm Tree, Star, Triangles = luck, success

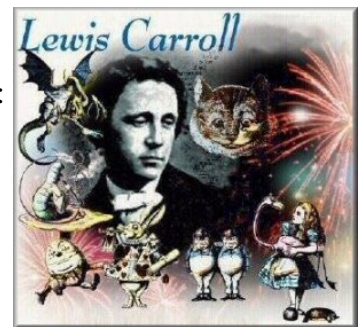
Tea Trivia for Hot Tea Month

- Experienced tea pickers collect up to 70 pounds of tea a day by hand.
- One tea bush will produce tea for at least 50 years.
- It takes years for tea to grow on land where lightning has struck or humans have lived.
- Until the 6th century, tea was consumed primarily as a remedy for headaches, kidney trouble, poor digestion, ulcers, and to guard against “the noxious gasses of the body and lethargy.”
- A single pound of tea will yield about 180 cups of brewed tea.
- Earl Grey (1764-1845) was an actual person who, though he was prime minister of England under William IV, is better remembered for the tea named after him. Tea legends say the blend was given to him by a Chinese Mandarin seeking to influence trade relations.

Try a Doublet or Two

Lewis Carroll was the pen name of the creator of *Alice’s Adventures in Wonderland*. In his everyday life, he was Charles Lutwidge Dodgson, logician, mathematician, and lover of word games and mathematical puzzles. “Doublets” was his name for the exercise of changing one word to another by changing one letter at a time like:

H E A D
H E A L
T E A L
T E L L
T A L L
T A I L



Can you change MILK to PAIL with just three in-between words? How about changing WELL to DONE? DOOR to LOCK? How about creating your own doublets?

Answers: milk, mill, pill, pall, pail; well, dell, doll, dole, done; door, boor, book, look, lock

Appreciating the Pop



Bubble Wrap Appreciation Day is January 29, a time to pop a few bubbles and honor its co-inventors Alfred W. Fielding and Marc Chavannes. Like

so many other inventions, this one happened by accident. The partners were working away in a garage in Hawthorne, New Jersey, in 1957, trying to create a textured plastic wallpaper. The plastic packing material that resulted instead became the basis for their hugely successful Sealed Air Corporation, which now has annual revenues in the billions.

What they probably never imagined was the millions of fans so addicted to popping the bubbles that websites would be created to enable them to hear that satisfying “pop, pop, pop” endlessly (www.virtual-bubblewrap.com).

The Japanese toy manufacturer Bandai has created an 8-bubble, hand-held, battery-operated version called “Mugen Puchi Puchi” that simulates the experience while continually renewing the air in the bubbles. It is proving as popular with adults as children. Unlike the packing material, the toy comes with a surprise: once in every 100 squeezes one of two other sounds is emitted – that of “a woman moaning in ecstasy” or of a person passing gas. According to the Mainichi Daily News, this feature can be turned off by commuters who don’t want to produce unseemly noises on the train.

Mark My Word

Peter Mark Roget was born January 18, 1779. Although he was a noted physician and founder of England’s first Society for the Diffusion of Knowledge, he was best known for authoring Roget’s Thesaurus, published in 1852. Comedian Steven Wright asks, “What’s another word for thesaurus?” In reality, it comes from the Greek word for “treasury.”

Creativity in Paint

“We live in a rainbow of chaos.”

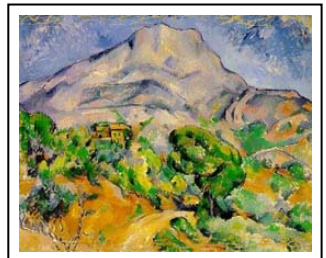
~ Paul Cezanne

Paul Cezanne was born January 19, 1839, in Aix-en-Provence, and when he died 67 years later, he was called the “Father of Modern Painting.” However, during his lifetime, like many artists, his art was often misunderstood, discredited, and seldom exhibited. But, unlike many artists, he wasn’t poor. He was supported first by his father – who was nonetheless disappointed that his son gave up the study of law – and then by a large inheritance.

While initially involved with the Impressionists and strongly influenced by Camille Pissaro, with whom he painted at Auvers, he eventually left Paris and isolated himself in the shadow of Mont Sainte-Victoire, a subject he painted frequently. During the last decade of his life, Cezanne’s paintings became more simplified – the objects in his landscapes reduced to geometric shapes (cylinders, cones and spheres) that would soon influence cubist and abstract artists. Like Renoir, whose dying words were, “I am still progressing,” Cezanne was not easily satisfied by his efforts. He sometimes worked on the same picture for years, and seldom signed his works, because he didn’t consider them finished.

Inspire Your Heart with Art

January 31 is Inspire Your Heart with Art Day – a good time to overcome phobias and self-doubts about your artistic talent. One responder to the website CreativityPortal



says that she has found great satisfaction in painting over old paintings she has found at garage sales – substituting bright colors for the dull trees and building walls. But you might want to get an appraisal first from the *Antique Roadshow*!

Get a Belly Laugh from Your Answering Machine



January 24 is Belly Laugh Day and January 30 is Inane Answering Message Day. Here are a few phone messages others have tried that might make your tummy jiggle:

- Hi! John's answering machine is broken. This is his refrigerator. Please speak very slowly, and I'll stick your message to myself with one of these magnets.
- Hello. Sally's answering machine is broken. This is her microwave. If you want anything cooked while you leave your message, just hold it up to the phone.
- After the tone, leave your name, number, and tell where you left the money. I'll get back to you as soon as it's safe for you to come out of hiding.

January Birthdays

People born in January tend to be generous, enthusiastic, conscientious, efficient, and broadminded. They are eternally optimistic, always looking to the future, and forever drawn to greener pastures. Some famous folks with January birthdays include:

Paul Revere	Jan. 1, 1735
Alvin Ailey	Jan. 5, 1931
Fernando Lamas	Jan. 9, 1915
Eartha Kitt	Jan. 17, 1927
Jean Stapleton	Jan. 19, 1923
Dolly Parton	Jan. 19, 1946
Buzz Aldrin	Jan. 20, 1930
Ernest Borgnine	Jan. 24, 1917
Wolfgang Amadeus Mozart .	Jan. 27, 1756
Jean Simmons	Jan. 31, 1929

HAPPY JANUARY BIRTHDAY!



Special Events at Lanessa

- January 17 – Bingo with American Legion
- January 19 – Entertainment with John Grunstrom
- January 24 – Hot Chocolate Social
- January 25 – Birthday Social and Entertainment with Toni Fitzpatrick
- January 29 – Find your Jewels
- January 31 – Afternoon Gathering