

Harmony Hall



Celebrating January

Braille Literacy Month

Soup Month

Fruitcake Toss Day

January 3

Cuddle Up Day

January 6

Make Your Dream Come

True Day

January 13

Popcorn Day

January 19

Martin Luther King Jr. Day

January 21

Australia Day

January 26

Puzzle Day

January 29

New Year, Lasting Traditions

Another new year begins, and all around the world people will be popping champagne, singing “Auld Lang Syne,” and kissing loved ones at the stroke of midnight. But just why, exactly, do we repeat these New Year’s traditions year after year?

Bubbly champagne is the drink of choice on New Year’s. Its invention is often credited to Dom Perignon, the Benedictine monk who oversaw the wine cellars of his abbey in the year 1697. While others saw bubbles as a problematic sign that wine had spoiled, Perignon perfected the production of this new fermented drink known as champagne. From its beginnings in the abbey cellar, champagne was regularly used in religious celebrations such as consecrations and coronations. It then made the natural transition to secular celebrations, most notably at the soirees of the French aristocracy. As champagne became cheaper and more accessible, it became the classiest beverage to offer during the holidays.

Scotland’s national poet Robert Burns penned the words to “Auld Lang Syne” in 1788 and sent them to the Scots Musical Museum, requesting that his lyrics be set to an old Scottish folk tune. The phrase *auld lang syne* roughly translates to “for old times’ sake,” and, fittingly, the nostalgic song is about preserving friendships. The tune was often sung at funerals, farewells, and other group celebrations. It finally made it to America in 1929, when the Guy Lombardo Orchestra played it at a New Year’s celebration in New York’s Roosevelt Hotel.

No New Year’s party is complete without a kiss at the stroke of midnight. In ancient times, the winter darkness was the domain of evil spirits. At New Year’s masquerade balls, scary masks were torn off at midnight, and a kiss was shared as an act of purification to chase away malign spirits. For centuries, New Year’s has been a time of celebration, nostalgia, and hope.



Music Appreciation

January 2; Music Appreciation with David: " Erich Wolfgang Korngold The Last Wunderkind; Suite from 'Much Ado About Nothing'"

January 9; Music Appreciation with Mike: Antonin Dvorak Concerto for Cello and Orchestra.

January 16; Music Appreciation with David: "George Gershwin, Pianist; Rarely heard Piano Rolls (Recorded between 1900 and 1925

January 23; Music Appreciation with Mike: Felix "Mendelssohn; Symphony No.4 "Italian."

January 30; Music Appreciation with Mike: John Phillip Sousa.

Opera

January 4; Camille Saint Saens' "Samson et Dalila."

January 11; Giacomo Puccini's Madama Butterfly..

January 18; Giuseppe Verdi's "Rigoletto

Bye-Bye to Dry

The cold, dry winter air can wreak havoc on sensitive skin and cause chronic dryness. Luckily, January 8 is Winter Skin Relief Day, a day to take some small steps to ease the discomfort of dry skin. Skin lotions and moisturizers are helpful, but dermatologists also recommend taking shorter showers. This may be the number one cause of dry skin. A long, hot shower strips the skin of its natural oils, degrading our best barrier against cold, dry air. Dermatologist Joshua Zeichner recommends showers less than 10 minutes and no hotter than 84 degrees. Many common cleansers and soaps are alkaline, and washing often disrupts the natural acidic pH of our skin. Look for soaps that are pH balanced. These will have a less deleterious effect on the skin. Moisturizer is key. Applying a thick and oily cream while the skin is still damp will improve absorption, but don't apply too much. Dr. Zeichner explains that constant moisturizing may tell the skin that it doesn't need to maintain its own hydration. These small changes to your routine may ease some uncomfortable symptoms of dry skin.

January Upcoming Events

January 4th

Q & A with Debbie, Cherie and Danny – 10:30am
2nd Floor

January 12th

St. Johns Sing-A-Long - 2:30pm Lobby

January 17th

Just Bead It – 10:30am 2nd Floor

January 19th

River Hill High School – 11:00am Lobby

January 21st

Bingo- with Zeta Phi Beta – 1:00pm 2nd Floor
Various Games with Zeta Phi Beta – 2:30pm 2nd
Floor

January 23rd

Dr. Lazris Discussion – 10:00am 2nd Floor

January 31st

Day at the Races – 2:30pm 2nd Floor

Religious Services & Events:

Tuesdays & Thursdays: Rosary Communion Service - Located in the Parlor at 3:00pm

Sundays: Catholic Communion Service- Parlor at 9:00am

4th Wednesdays: Catholic Mass Services at 2:30- Located in the Parlor

Sundays: Grace Christian Church - Located on 3rd Floor at 11:00am

2nd Sundays: St. John's Baptist Church at 2:30pm - Located on 3rd Floor

2nd and 4th Fridays: Jewish Services with Rabbi Baron at 11:00am - Located in the Parlor

On our updated website you can find the month's activity calendar, newsletter, and movie listings!

www.liveharmonyhall.com

New Schedule for Trips

- **Giant Trips every Tuesday at 2pm (1 hour) and every Friday at 11am (30 minutes)**
- **Walmart/Target every Monday at 10:30am (1 hour) – at least 3 people must attend**
- **Recreational trips are subject to time changes and cancellations when deemed necessary by Transportation**
- **If you need to schedule a transportation appointment, ask the Front Desk for more information**

Health Concerns

For Questions regarding Audiology, Dental, Eye Care and Podiatry services – please call HEALTHDRIVE AT (888) 964-6681, Option 3. If you want to sign up for any of these services contact Claro or Gimly at ext. 4026/4032.

Thank You

Please do not hesitate to call the Recreation Office at 410-531-6000 x 4022, and we will be happy to sign you up for the events you wish to attend.

Healthy Skepticism

Once you hear that January 13 is International Sceptics Day, you might want to check the date for yourself, because some people claim that this holiday falls on October 13, while others insist that it always falls on the first Friday the 13th of the year. It turns out that a little skepticism is healthy, even when it comes to science. Skepticism, after all, urges us to corroborate what we learn by seeking supporting facts, whether in the field of science, politics, relationships, or just about anything. Too much skepticism, though, can lead to cynicism and denial, even in the face of overwhelming evidence. Similarly, a lack of skepticism can lead to naivete and being taken advantage of. When psychologists talk about healthy skepticism, they are talking about that “Goldilocks” area—not too much, not too little, but just the right amount. If this sounds plausible to you, perhaps you should consider joining the Sceptics Society, a group emphasizing critical thinking as a means to resist pseudoscience, superstition, and irrational belief. Then again, you might want to do a background check on those folks first.

A Life in Words



Amazing. Stupendous. Astounding. Those are just a few ways to describe Thesaurus Day on January 18. This day commemorates the birth of Peter Mark Roget, who published the world's first thesaurus in 1852. Roget enjoyed making lists as a young boy but then moved on to a life of medicine and science. However, he never forgot his passion for words. In 1840, Roget retired from medicine and spent the rest of his life on his dictionary of synonyms, which he called *Roget's Thesaurus of English Words and Phrases Classified and Arranged so as to Assist in Literary Composition*. His thesaurus was originally organized not alphabetically, but by concepts like *Space, Matter, Intellect, and Existence*. His handy tome has never been out of print and has sold more than 40 million copies—a countless, innumerable, and multitudinous number.

Nothing Trivial



It is a little-known fact that January 4 is Trivia Day. Ahh, trivia, which for many is considered useless or trivial knowledge. But the word *trivia* has nothing to do with the useless or unimportant.

Rather, it comes from the Latin word *trivium*, which means “crossroads” or “place where three roads meet.” From *trivium* came the word *trivialis*, meaning “found everywhere” or “commonplace.” In medieval times, the *Trivium* of academia referred to a threefold curriculum of grammar, logic, and rhetoric, as opposed to the *Quadrivium* of arithmetic, music, geometry, and astronomy. In fact, the *Trivium* was considered the essential foundation of a full liberal arts education as far back as in ancient Greece, as explained by Plato in his dialogues. As you can see, there is nothing at all trivial about the *Trivium* or about the meaning of the word *trivia*.

Researchers even argue that trivia games are good for the brain. People enjoy guessing answers to questions about little-known facts. Psychology professor John Kouinos explains that your brain experiences a dopamine rush when getting the answer right. It just makes the brain feel good. Kouinos compares collecting facts to a person who collects stamps. “The more, and the rarer, the better,” he says. Psychologist Deborah Stokes also points out that retaining information, no matter how useless that information may be, is like exercise for the frontal cortex of the brain as it ages. Moreover, trivia games often don’t happen in isolation. People enjoy playing trivia games in social settings, which is an added bonus to brain health.

To get you ready for your next trivia challenge, check out these weird bits of knowledge: Oscar the Grouch was originally orange and didn’t turn green until the second season of *Sesame Street*; Hydrox creme-filled chocolate sandwich cookies were invented four years before Oreos; and Wayne Allwine, the voice of Mickey Mouse, married Russi Taylor, the voice of Minnie Mouse.

January Birthdays

In astrology, those born between January 1–19 are Capricorn’s Goats. Goats are focused on lofty goals; these hardworking and determined souls will prevail with grit and resilience. Those born between January 20–31 are Water Bearers of Aquarius. Water Bearers are deep-thinking intellectuals, unafraid of exploring outlandish ideas. Their strong sense of community makes them good friends and valuable team members.

Betsy Ross (folk hero) – January 1, 1752
Zora Neale Hurston (writer) – January 7, 1891
David Bowie (musician) – January 8, 1947
Alexander Hamilton (politician) – January 11, 1755
Faye Dunaway (actress) – January 14, 1941
A.A. Milne (writer) – January 18, 1882
Edgar Allan Poe (writer) – January 19, 1809
Benny Hill (comedian) – January 21, 1924
Virginia Woolf (writer) – January 25, 1882
Bessie Coleman (aviator) – January 26, 1892
Tom Selleck (actor) – January 29, 1945

Making Sense



In January of 1776, just months before America made its Declaration of Independence from Great Britain, American propagandist Thomas Paine published his pamphlet *Common Sense*. In *Common Sense*, Paine not only set forth a list of compelling reasons for independence but he also was able to transform the colonists’ vision of themselves. Paine argued that England was not the parent country of America and that colonists were not simply aggrieved subjects. Rather, colonists had fled to America from the whole of Europe, seeking peace from violent oppression and self-realization from monstrous tyranny. Many historians believe that Paine’s pamphlet was the glue that united average folk with American political leaders, turning a colonial squabble into a full-fledged war. Paine’s 47-page pamphlet sold 500,000 copies, and although it was published anonymously, Paine’s name would enter history books alongside heroes like Washington and Revere.