

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. Koinos 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.

CONCERNS OR COMPLAINTS?

A Family Council provides an opportunity for family members to have a collective voice regarding decisions that can affect the care of their loved ones.

If the Family Council has a concern regarding the operation of the Home (care, food etc...) then the Council can present the concern to the administrator in writing.

You can also contact the Ministry of Health’s ACTION Line. The Long-Term Care ACTION Line is open seven days a week 8:30 a.m. to 7:00 p.m., and can be reached toll-free at:

1-866-434-0144

A complaint can also be sent by mail to the Ministry of Health and Long-Term Care Performance Improvement and Compliance Director at the following address:

**Director,
Ministry of Health and Long-Term Care,
Performance Improvement and Compliance Branch,
11th Floor, 1075 Bay Street, Toronto, Ontario,
M5S 2B1.**

Remembering Campbell’s Soup

Campbell’s Fun Facts

1. In 1869, the founder of Campbell’s Condensed Soups, Joseph Campbell, started selling soup from the back of a horse-drawn cart.
2. Americans eat 440 million cans of Campbell’s soup each year.
3. Ronald Reagan was a spokesperson for Campbell’s soup.
4. The red and white design on the label was inspired by the colors of the Cornell University Football team.
5. The gold seal on the label is from the 1900 Paris International Exhibition.
6. The Campbell’s Kids were drawn and designed by a children’s book illustrator, Grace Drayton.
7. By the mid-20th century, Campbell’s boasted 21 different kinds of soup.



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Residents’ Bill of Rights

3. (1) Every licensee of a long-term care home shall ensure that the following rights of residents are fully respected and promoted:

22. Every resident has the right to share a room with another resident according to their mutual wishes, if appropriate accommodation is available

23. Every resident has the right to pursue social, cultural, religious, spiritual and other interests, to develop his or her potential and to be given reasonable assistance by the licensee to pursue these interests and to develop his or her potential.

24. Every resident has the right to be informed in writing of any law, rule or policy affecting services provided to the resident and of the procedures for initiating complaints.

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.

A Birthday Mystery

Happy birthday to Sherlock Holmes, who is believed to have been born on January 6, 1854. Sir Arthur Conan Doyle, the creator of Sherlock Holmes, never explicitly stated the date of his fictional detective's birth, so how, exactly, have we arrived at this birth date?



The January 6 date was first asserted by Christopher Morley, a literary essayist and Sherlock Holmes superfan. Morley decided on the date after noticing Holmes' penchant for quoting Shakespeare's play *Twelfth Night*. He deduced that Holmes' birthday must fall on the twelfth night after Christmas, which is January 6. On that date in 1934, Morley arranged a meeting of the Baker Street Irregulars, a group of Sherlock Holmes fans and scholars who gathered together to enjoy all things Sherlockian over the course of a few days, including lectures, dinners, cocktail parties, and performances. Morley's group has included such esteemed members as Isaac Asimov, Franklin D. Roosevelt, and Harry S. Truman. The original Baker Street Irregulars appeared in various Sherlock Holmes stories. They were a band of street kids who aided Holmes in gathering tidbits of information.

Sherlock Holmes scholar William S. Baring-Gould corroborates the January 6 date in a roundabout fashion. He points out that in Doyle's final Sherlock Holmes mystery, *The Valley of Fear*, Holmes awakes very cranky on January 7. Why is he cranky? He must have a hangover. Why a hangover? He was up late celebrating. What was Holmes celebrating? Baring-Gould postulates that it was his birthday. However, many attest that this is all rather shoddy detective work.

Not everyone agrees that Sherlock Holmes' birthday is January 6. Many instead celebrate Holmes' birthday on December 2, the real-life birthday of Dr. Joseph Bell, the surgeon and professor after whom Sir Arthur Conan Doyle modeled his detective. Yet all agree on the year 1854, for in a 1914 tale, Holmes was described as 60 years old. Elementary, my dear.

COMMENT ON OUR SERVICES

We are committed to providing the best possible care and service to all of our residents. We welcome any comments and/or suggestions you may have to better improve our services.

COMMENT CARDS

You can find a comment card located on the wall outside of the Activity room and can drop the completed card into the COMMENT BOX.

The **COMMENT CARD** asks for your input on the following:

- Overall Resident Care
- Daily Meals / snacks
- Planned Social Activities
- Planned Recreational Activities
- Physiotherapy/Occupational Therapies
- Resident rooms
- Dining rooms
- Bathrooms
- Overall Staff courtesy

Space Provided for comments and/or concerns

Burst Your Bubble



We wrap up the last Monday in January with Bubble Wrap Day, a day to pop to your heart's content. Why do we get such satisfaction from popping bubble wrap?

The answer may lie in the healing power of touch. Psychology professor Kathleen Dillon turned to the ancient Greeks for an answer, and she came up with a "fingering piece" or "worry stone," often a smooth stone carried in a pocket. Rubbing the stone with one's fingers brought about a soothing sense of calm.

The same sense of relaxation has been attributed to Catholic rosary beads and the practice of doing needlework. Keeping our fingers busy, it seems, has an intensely calming effect. So, too, does popping bubble wrap. When we are stressed, our muscles tense. Tiny actions such as rubbing stones, tapping fingers, wiggling feet, or popping bubble wrap release nervous energy, and with each burst bubble, more tension is released and the happier we get.



Ten Absolutes of Alzheimer's Caregiving

By Ava M. Stinnett

Whether it happens gradually or overnight, there's a distinct possibility that one day you will become a caregiver for a loved one. It may be for a parent, a spouse, or even one of your children. According to the National Alliance for Caregiving, there are more than 65 million unpaid caregivers of adults aged 65 or older in the United States. Often, there's very little preparation for the daily challenges that caregivers face, particularly if your loved one has Alzheimer's disease or another form of dementia.

There are numerous city and provincial education programs and services to address the needs of those who provide long-term care for loved ones at home. You'll also find many excellent books that address the topic of caregiving. Talking with medical professionals about changes in diet, exercise, medication, and ways to stay mentally active can also be of benefit. There are practical questions, such as how to manage doctor's appointments, insurance paperwork, and how to take time off of work. But there are also poignant, soul-searching questions.

In this age of information overload, of having *too much* information leading to what psychologist David Lewis refers to as "information fatigue syndrome," here's a list of 10 absolutes in dementia care. These helpful suggestions written by Jo Huey, an Alzheimer's caregiver for over 30 years, are culled from both clinical and practical research and provide a straightforward way of managing care.

If you provide care to someone who has dementia, you may already know of the emotional, mental, and physical challenges that lie ahead. Remembering these absolutes can be more difficult in practice than in theory. However, remaining understanding, patient, and attuned to your loved one's condition are key to providing the best care possible. As Maya Angelou said, "They may forget your name, but they will never forget how you made them feel."

HOW TO REACH YOUR MANAGEMENT TEAM (613-932-1409)

South Wing Nursing Station: Press #2 (after greeting)
West Wing Nursing Station: Press #3 (after greeting)

ADMINISTRATOR:

Vincent.lazore@akwesasne.ca
Press#6 (after #4 Admin Directory)

Admin Assistant/Ward Clerk:

Denise.mitchell@akwesasne.ca
Press #1 (after greeting)

DIRECTOR OF CARE:

sonja.sylvester@akwesasne.ca
Press #4 (after #4 Admin Directory)

FINANCE CLERK:

Lorna.francis@akwesasne.ca
Press #1 (after #4 Admin Directory)

a/Dietary, Housekeeping, Laundry Supervisor:

Aleesha.King@akwesasne.ca
Press #2 (after #4 Admin Directory)

Activity Director-Residents' Council Assistant-Bus Driver-Volunteer/Education Coordinator:

Teresa.david@akwesasne.ca
Press #3 (after #4 Admin Directory)

Ten Absolutes of Alzheimer's Caregiving

1. Never **argue**, *instead agree*.
2. Never **reason**, *instead divert*.
3. Never **shame**, *instead distract*.
4. Never say "you can't,"
instead say, "do what you can."
5. Never **command** or **demand**,
instead ask or model.
6. Never **condescend**,
instead encourage and praise.
7. Never say "remember,"
instead reminisce.
8. Never say "I told you,"
instead repeat.
9. Never **lecture**,
instead reassure.
10. Never **force**,
instead reinforce.