

Legacy Place

COTTAGES

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Sunscreen in Winter

It may be winter, but sunscreen is important year-round. The sun's rays reflect off snow and ice, so protect yourself, even if you're outside for just a short time.

Hearing Aids Can Help Your Brain

Hearing aids have been proven to improve the quality of life for seniors with hearing loss. Now, new research indicates they may also contribute to cognitive function. Results from a recent Columbia University Medical Center study show that participants with hearing aids scored significantly higher on tests than those without hearing aids. Researchers believe that hearing loss is linked to sensory-specific cognitive decline, but the simple use of hearing aids can slow that decline or even prevent it by keeping seniors with hearing loss socially engaged and connected.

Try a Tray Table

TV tray tables aren't just for dining. When you need a little extra surface area but don't want the bulk of a piece of furniture, a portable table is easy to set up and use for a quick project, then store away even in the smallest of spaces.

Brainteaser

Question: Can you decipher the titles of two popular holiday songs using these descriptions: "Festoon the Corridors" and "A Non-Summer Fairytale Area"?

Answer: "Deck the Halls" and "Winter Wonderland."

December 2016



Stately Bird

A bright and cheery sight in winter backyards, the northern cardinal is the most popular state bird, representing seven U.S. states: Illinois, Indiana, Kentucky, North Carolina, Ohio, Virginia and West Virginia.

Remember When: Wooden Sleds

For generations of children, the combination of a winter snowfall and a nearby hill made for a day of sledding fun. One of the most popular means of riding the snowy slopes was aboard a Flexible Flyer. The iconic wooden sled with its eagle logo, red metal runners and hardwood seat slats was famous for a revolutionary feature—a flexible front-end steering bar that allowed the rider to control their course. Created in 1899 by a New Jersey manufacturer, millions of the sleds were sold up until the 1980s.

A Warm Investment

If your hands and feet tend to get cold, try wearing a fleece vest. It will insulate your body's core, specifically the heart and lungs, and in turn, warm the blood flow to your extremities.

A Wealth of 'Wonderful' Facts

This year, the classic movie "It's a Wonderful Life" turns 70 years old. Earn your wings with friends and family by sharing these fun facts about the holiday favorite:

- The film was based on the 1943 short story "The Greatest Gift" by Philip Van Doren Stern.
- Featuring Jimmy Stewart's return to acting after serving in World War II, the movie was the first starring role for Donna Reed.
- The elaborate set for Bedford Falls covered 4 acres of a movie lot in Encino, Calif. It included 75 buildings and a main street that was three city blocks long.
- For the film's winter scenes, the special effects crew came up with a groundbreaking way to make snow: They combined the fire-extinguishing chemical Foamite with sugar, water and soap flakes, then pumped the mixture through a wind machine.
- The famous finale originally had the cast singing "Ode to Joy" rather than "Auld Lang Syne."
- In 2006, the American Film Institute named "It's a Wonderful Life" the most inspiring film of all time.



Small Snowy Scenes

With a glass-enclosed miniature scene surrounded by falling snow, there may be no sweeter seasonal décor than a snow globe.

Appearing at the 1878 world's fair in Paris, the first snow globes were water-filled paperweights that featured a male figurine holding an umbrella. When the paperweight was turned upside down, a white powder inside fell like snow.

In 1900, Austrian Erwin Perzy received the first patent for a snow globe. Inspired by shoemakers who would place a water-filled globe in front of a candle to enhance the light in their shops, Perzy tried the same thing in an experiment with the newly invented electric lightbulb. Hoping to further reflect the bulb's light, Perzy filled the globe with semolina flakes. As the flakes fell, Perzy noticed the resemblance to snow. He decided to add a miniature church to his globe, and in five years, he started his own snow globe company.

With further innovations throughout the century, snow globes found great success as souvenirs and collectibles.

Healthy Choices at the Holiday Table

This is the time of year to eat, drink and be merry. It's possible to indulge in the flavors of the season and dish up a healthy holiday plate with a few simple food swaps:

While ham and prime rib are popular holiday entrees, turkey is a healthier protein pick. Opt for a slice of lean turkey breast rather than a piece of dark meat, and you'll save about 70 calories per portion.

Instead of a roll with butter, reach for the fresh vegetables, which are lower in calories; plus, their fiber will help fill you up. Just be wary of high-fat dips that often accompany a veggie tray. Yogurt-based dips or hummus are better choices.

When selecting a side dish, sweet potatoes—packed with vitamins A and C and potassium—are a smart swap for traditional mashed potatoes or deep-fried latkes.

For dessert, fresh fruit salad is the healthiest treat to satisfy a sweet tooth. If you saved room for pie, experts say pumpkin is one of the better options since the filling is high in nutrients. And because it only has a bottom crust, it's lower in fat and calories.



Common Cold Myths

While there is no cure for the common cold, much folklore surrounds the illness, from how it's spread to home remedies. Here are some popular myths and the truth behind them.

The cold causes a cold. People do tend to catch more colds in winter, but frigid air is not to blame. We spend more time indoors and in closer contact with others during this time, causing germs to easily spread.

Coughs and sneezes are the only way colds are spread. Airborne germs can make others nearby sick, but studies show that hand-to-hand contact is the biggest culprit in spreading viruses.

Hand sanitizer works as well as soap. Gels are fine in a pinch, but scrubbing with soap and water is the best way to rid your hands of germs. If sanitizer is all that's available, it needs to contain at least 60 percent alcohol to be effective.

Feed a cold, starve a fever. The truth is simple: Eat if you are hungry, but don't force yourself. Staying hydrated is important when you are ill, so be sure to drink plenty of fluids.



Morale-Boosting Mail

What's the best way to quickly correspond with loved ones who are far away? Today, we have email. But during World War II, there was V-Mail.

Short for Victory Mail and known officially as Photomail, V-Mail was the American version of Great Britain's Airgraph service, which used microfilm to deliver letters to soldiers overseas. Developed by the Eastman Kodak Company, the process took letters that were written on special stationery and fed them through a machine that photographed them, shrinking them down to fit onto microfilm. The film rolls were then shipped to their

destination, where the letters were printed a quarter of their original size and delivered to the addressee. People nicknamed the small letters Funny Mail and Tiny Mail.

V-Mail greatly reduced the bulk of military mail, saving vital cargo space for military needs such as food, ammunition and medical supplies.

Another advantage of V-Mail was speed. This was important in maintaining morale for both service members overseas and their loved ones at home.

When V-Mail was in operation between 1942 and 1945, more than 1 billion letters were processed.

Wit & Wisdom

"Joy descends gently upon us like the evening dew, and does not patter down like a hailstorm."
—Jean Paul

"A thing of beauty is a joy forever: Its loveliness increases; it will never pass into nothingness."
—John Keats

"It is the supreme art of the teacher to awaken joy in creative expression and knowledge."
—Albert Einstein

"Focus on the journey, not the destination. Joy is found not in finishing an activity but in doing it."
—Greg Anderson

"If you carry joy in your heart, you can heal any moment."
—Neale Donald Walsch

"The pain of parting is nothing to the joy of meeting again."
—Charles Dickens

"With an eye made quiet by the power of harmony, and the deep power of joy, we see into the life of things."
—William Wordsworth

"True happiness comes from the joy of deeds well done, the zest of creating things new."
—Antoine de Saint-Exupery



Person of the Year

Annually since 1927, the editors of Time magazine have chosen a Person of the Year—a person, group or idea that has impacted the world during the previous 12 months. See a few of the selections over the decades.

Year	Person of the Year	
1927	Charles Lindbergh	Pilot of first solo nonstop transatlantic flight
1932	Franklin D. Roosevelt	U.S. president
1947	George C. Marshall	U.S. secretary of state, Marshall Plan architect
1952	Queen Elizabeth II	Monarch of the United Kingdom
1963	Martin Luther King Jr.	Civil rights leader
1982	The Computer	Machine that advanced the Information Age
1991	Ted Turner	Founder of CNN
2003	The American Soldier	U.S. armed forces serving worldwide
2010	Mark Zuckerberg	Founder of Facebook

"This Month In History"

DECEMBER

1892: With music composed by Peter Tchaikovsky, "The Nutcracker" ballet premieres in St. Petersburg, Russia.

1913: The nation's first drive-in gas station opens in Pittsburgh.

1923: U.S. President Calvin Coolidge's speech to a joint session of Congress is the first presidential address broadcast on radio.

1932: Radio City Music Hall opens in New York City.

1941: British Prime Minister Winston Churchill visits Washington, D.C., to discuss war strategy with U.S. President Franklin D. Roosevelt.

1956: Weighing 4 pounds, a baby gorilla is born at Ohio's Columbus Zoo. Named Colo, she was the first gorilla born in captivity.

1964: Civil rights leader Martin Luther King Jr. accepts the Nobel Peace Prize at ceremonies in Oslo.

1972: Astronauts of Apollo 17 complete NASA's last mission to the moon.

1989: The animated TV series "The Simpsons" premieres. It is now the longest-running American sitcom.

1997: "Titanic" opens in movie theaters nationwide. The epic romance about the doomed ocean liner went on to win 11 Academy Awards and remains the second-highest-grossing film of all time.

2000: Colin Powell becomes the first African-American secretary of state.

2004: Taiwan's skyscraper Taipei 101 is inaugurated and stands as the world's tallest building at 1,666 feet. It held the record until 2010.

2007: The New England Patriots become the first NFL team in 35 years to finish the season undefeated.