

Around the World in 72 Days

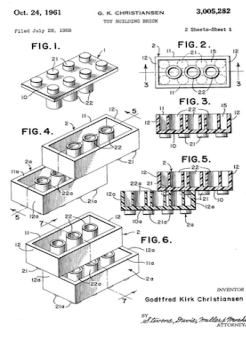
In 1873, Jules Verne fascinated the world with his tale of a whirlwind trip around the world in 80 days. In 1888, intrepid investigative journalist Nellie Bly proposed to turn fiction into fact when she suggested to her editor at the *New York World* newspaper that she would attempt her own circumnavigation of the globe. On January 25, 1890, she arrived in New Jersey not only victorious but having completed her journey eight days faster than the heroes of Verne's story.

Bly was born Elizabeth Cochran. She adopted the pen name Nellie Bly when she became a columnist for the *Pittsburgh Dispatch*. But she soon became dissatisfied with her work as editors asked her to repeatedly write only fluff pieces for women readers. Bly headed to New York City looking for more serious work. She pretended to be mentally ill for 10 days to infiltrate a local mental hospital and detail the treatment of its patients. Her firsthand account was so fascinating that the *New York World* published her work as a six-part series. It made Bly famous and inspired a new sort of first-person news investigation known as *investigative journalism*.



By the time Bly suggested her around-the-world trip, she had her editors' full support, so there was no question that she would undertake the adventure. Bly's proposition was so intriguing that a rival newspaper, the *New York Cosmopolitan*, sponsored a competing voyage for a female journalist of their own, Elizabeth Bisland. Bly did not get word of Bisland's competing trip until she reached Hong Kong, and she promptly dismissed the challenge as a publicity stunt. Readers, however, were fascinated. Bly sent dispatches detailing her travels, which were printed in the paper. Readers participated in a paper-sponsored contest to guess the date of her arrival. Bly's arrival home 72 days, six hours, and 11 minutes later established a new world record and bested her rival Bisland by over four days. Her adventure even inspired a board game for children.

Building Blocks



On January 28, 1958, Danish toymaker Godfred Kirk Christiansen submitted a design to the patent office for a plastic building block known as a "Lego brick." The toy bricks had been produced since 1949, but their flimsiness and poor sticking power did not make them popular with children. In

January 1958, Godfred gathered his best engineers and sketched some designs to improve their construction, including three inner tubes that would improve the bricks' sticking power. These three inner tubes "clutch tubes" became the design feature that helped Lego bricks become one of the world's most iconic and beloved toys. Lego has produced toys that are affordable, durable, and fun for both boys and girls. The freedom and creativity with which people can build have made Lego bricks attractive to not only kids but also adults.

Marketing Minutes by Hilary

Happy New Year!!! Looking forward to the new year and seeing all of you more. This is going to be a great year. We still have the resident referral going on. If you refer your friend and they move in, you'll receive a \$1,000 discount off of your rent after 60 days. Thank you again for showing kindness to clients as I'm touring. It means a lot to them to see that you enjoy living here.



Winding Commons

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Deanna's Download

Happy New Year from the entire Winding Commons team! 2021 was a challenging year, but we have learned to overcome so much and continued having fun while staying safe.

I would like to take this opportunity to thank all of the Winding Commons volunteers that have helped throughout the year.

Jill, Donna, Kay, and Grace - thank you for keeping our library up to date and well organized.

Kay – thank you for leading the Trivia group and keeping our brains sharp.

Fred – thank you for bringing Bingo and Pokeno back, so we can laugh and have fun.

Cliff – thank you for leading the Blackjack games.

Willard – thank you for the fun Saturday Sequence games. Did you know that he built the boards for that game?

Gina and Karin – thank you for welcoming our new residents.

Charlotte – thank you for the monthly neighborhood chat and the exquisite flower arrangements that lift our spirits.

Joan – Thank you for all of the beautiful flower containers on the outside patios and the wooden flower box. We are so lucky to have your plant expertise at our community.

Darrell – Last, but certainly not least. Thank you for being the "ultimate" team player. Darrell helps in so many ways, I would have to have an extra newsletter to make the list. He is always helpful to the staff and has been helpful to many residents.

Thank you all very much! We are so grateful to have you all at our community!

Novelty Acts



January might be International Brain Teaser Month, but no matter the time of year and no matter our age, our brains love to be teased! Brains are built to enjoy the novelty of a wide variety of challenges. Attempts

to overcome those challenges keep our brains limber and help slow age-related cognitive decline. Whether it is a puzzle like a sudoku or a crossword, a mental challenge like a riddle or logic puzzle, or a device like a Rubik's Cube, it is beneficial whenever we force our brains to overcome a task or learn something new.

Our brains find *novelty*, or the quality of learning something new, original, or unusual, powerfully attractive. Novelty is not just related to new games or overcoming unique tasks. Newness takes many forms—hearing a new song, buying a new outfit, traveling to a new place—and is almost always accompanied by a rush of dopamine to the brain. Through this chemical rush, novelty makes us happy. Yet, as soon as a song gets overplayed, an outfit becomes outdated, or a new place becomes familiar, we find ourselves restless, seeking novelty once again. Brain teasers often offer our brains tiny daily doses of novelty.

The crossword puzzles and sudoku found in the daily news certainly challenges our creative thinking, but even these can become routine and lose their novelty. Therefore, experts believe it is best to challenge your brain with different types of brain teasers. Learning a new board game is one type of challenge. Trying a new sport, practicing a new hobby, or even attempting to learn a musical instrument is another type of brain teaser. Furthermore, trying something new with a group of friends stretches your brain even more because now you must not only overcome a new challenge but also navigate social dynamics. The science is clear that there is no single type of brain teaser that will keep our brains young and sharp. Luckily, society offers an almost infinite variety of experiences that offer novel challenges to our hungry brains.

Service with a Smile

We look forward to most holidays as a day off from work, but Martin Luther King Jr. Day on Monday, January 17, is considered a “day on, not a day off.” People all over the country are asked to volunteer in their communities on this National Day of Service.

King’s legacy is one of selfless service for the betterment of society. He gave his life fighting for justice and equality for all Americans. To honor this sacrifice, spend Martin Luther King Day making an impact in your community. Volunteer to help clean up a local park or beach, act as a lunch monitor or crossing guard for a community school, or work at a soup kitchen or shelter to feed the homeless. If you are unsure what volunteering opportunities are available in your area, contact your local AmeriCorps chapter. AmeriCorps is a federal agency that mobilizes more than five million volunteers. Volunteerism not only helps your community, but it also imparts volunteers with an incredible sense of accomplishment and satisfaction.

Help Wanted in the Library

We are looking for someone to help with the library. Our dear resident, Donna, will be leaving us so if you would be interested in this position, please let the office know. It’s really kind of fun and we have an amazing collection of books.

We have so many books of many interests. We will miss you, Donna, and thank you for all your help in the library.

Let the office know if you’re interested in the position.



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Activities Corner with Zhanna

I’m wishing you a Happy New Year filled with happiness, fun moments, unforgettable memories and all the goodness a heart can know. I encourage each of you to attend an activity this year that you haven’t been to before. As the months go by, our activity calendar expands with fun new additions here and there. We’re kicking off 2022 by bringing back a well-loved activity, Bean Bag Baseball. It has been requested by many of you! Beginning the first Monday of January, Bean Bag Baseball will be played in the activity room at 2:30pm.

Participating in activities gives you a wonderful opportunity to explore new interests, make new friends and earn raffle tickets. For each staff run activity, you get a ticket either for attending or for being one of the top 3 winners. Below is a list of all the eligible activities for raffle tickets.

Bean Bag Baseball, Volleyball, Indoor Golf, Corn Hole, Word Makers, Brain Games & Snacks and Wii Bowling.

Take advantage of what this month has to offer, learn organization skills at the decluttering seminar, learn about the History of the Transcontinental Railroad or how to deal with stress and stressful situations. I look forward to seeing you at these presentations.

Have a wonderful year to come!

-Zhanna



The Best Medicine

On January 24, at 1:24 p.m., be sure to let out a great big laugh, for it is Global Belly Laugh Day. Laughter truly is the best medicine. Research shows that laughter is a proven stress-reducer. It stimulates circulation and promotes muscle relaxation. It also acts as a short, full-body workout. The quick influx of oxygen stimulates your lungs, heart, and muscles, and increases endorphins released by the brain. Laughter even prompts the release of body chemicals that relieve pain and boost our immune systems. The only question that remains is, “How do I make myself laugh at exactly 1:24 p.m.?”

Most of us know what makes us laugh. Put on a favorite funny movie or television show. Share a funny story from your past with friends. Dress up in a funny costume and entertain your buddies. And if you still don’t crack a smile, don’t worry. Even fake laughter provides health benefits! Our bodies do not know the difference between fake laughter and spontaneous laughter. Perhaps this is why laughing clubs, where groups get together and force belly laughs out loud, are so popular in India?

January Birthdays

In astrology, those born from January 1–19 are Capricorn’s Goats. Like goats that perch on mountain crags, Capricorns are masters of self-control and responsibility. Intense focus and fortitude help them reach their goals. Those born from January 20–31 is the Water Bearers of Aquarius. Just as water gives life to the land, Aquarians are the humanitarians of the zodiac sign.

Penny Hill-	Jan 4 th
Eleanor Oldfield-	Jan. 9 th
Margaret Horner-	Jan. 21 st
Dixie Boyanich-	Jan. 23 rd
Darrell Rieschick-	Jan. 30 th