

St. Ives Memory Care
5835 Medlock Bridge Pkwy
Alpharetta, GA 30022

Postage
Information

Cola Cure-All



People have been drinking Coca-Cola since May 8, 1888, when the soft drink was first served by Dr. John S. Pemberton at Jacob's Pharmacy in Atlanta, Georgia. Yes, Coca-Cola was first marketed as a medicinal cure-all beverage for ailments such as headaches, nerve disorders, addictions, and indigestion. By 1900, sales of Coca-Cola had reached 100 million annually. Perhaps this surge in popularity had to do with Coca-Cola's brilliant marketing strategy of issuing tickets that could be redeemed at any location for a free glass—these tickets are considered the first coupons ever invented. Today Coca-Cola is as popular as ever. And it is still marketed as a medicinal cure for stomach blockages. Apparently, Coca-Cola's chemical ingredients can cure a condition called gastric phytobezoar with a 90% success rate.

Happy May Birthday



May 5th- Parker Glasgow

May 24th- Helen Watson

ST. IVES MEMORY CARE
PSL PREMIER SENIOR LIVING

MAY 2017

St. Ives Memory Care
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ST. IVES
MEMORY CARE
PSL PREMIER SENIOR LIVING

Mother's Day Tea

Please Join Us for a
Special Afternoon Honoring
the Mother's of
St. Ives Memory Care
Friday, May 12th
10:30 a.m.

Please R.S.V.P. to Melissa at:
Activities@StIvesMemoryCare.com

Polkomania



Put on your dancing shoes for Polka Weekend on May 26–28. Many places will not only be playing Czech polkas in their dance halls but they'll also be serving up traditional Czech fare like kielbasa sausage, sauerkraut, and kolache pastries with a dollop of fruit.

The popularity of the polka is said to have originated with one woman, Anna Slezakova from Labska Tynice, who invented the dance in 1834. Slezakova created a lively dance to the folk song "Uncle Nimra Bought a White Horse." Music teacher Josef Neruda, who witnessed Anna's new and unique dance, transcribed the tune to paper and taught the steps to his students. By 1835, the dance had spread to Prague. By 1839, it was popular in Vienna, and in 1840, it was introduced in Paris, where it became so popular that it created a so-called "polkomania."

The polka sound is immediately recognizable. Accordions, fiddles, clarinets, and tubas whip up a quick beat for happy dancing feet. The main characteristic of the polka is the half-step, or hop. In fact, the word *polka* likely comes from the Czech word *pulka*, meaning "half." Perhaps the easiest way to understand the rhythm of the polka is through a children's nursery rhyme: "Hippety hop, to the barber shop, to buy a stick of candy." The four counts of the phrase "hippety hop" correspond to the four parts of the dance: step, half-step, step, hold.

The polka may have originated in Bohemia (present-day Czech Republic), but it has spread far and wide to Germany, Austria, Poland, Scandinavia, Russia, the United Kingdom, and the United States. As this musical form has traveled, it has evolved into a wide variety of styles. Polkas have even grown throughout South America, where songs praise the gauchos of the pampas. Seeing as the polka is one of the few dances to have maintained its popularity since the 19th century, chances are good that it will remain popular for many years to come.

Lucky Leprechauns

Two months after Saint Patrick's Day and we're still talking about Ireland's little green-clad men, the leprechauns. These little faeries are so popular they've been awarded a holiday all their own: May 13 is Leprechaun Day.

Long before leprechauns were considered tiny old men hoarding pots of gold at the ends of rainbows, they were water spirits called *luchorpan*, meaning "small body." These spirits eventually morphed into mischievous household sprites that were known to haunt cellars and drink too much. Others believe *leprechaun* comes from the old Irish term *leath bhogan*, meaning "shoemaker." Indeed, leprechauns are considered to be humble cobblers. It is said that you know you're near a leprechaun when you hear the tiny tap-tapping of their shoe hammer. Cobbling must be a booming business, for leprechauns are most famous for their hidden pots of shiny gold coins. These tiny tricksters offer us an important morality lesson: it is folly to try to get rich quick.

By Any Other Name

May 5 is Hoagie Day, but this may mean nothing to anyone outside of Philadelphia, where this term is used for a big sandwich loaded with meat and cheese. Legend has it that the first version of this mega-sandwich appeared in Connecticut near a Navy submarine base. Italian shopkeeper Benedetto Capaldo served up loaded sandwiches he dubbed "grinders." Once the Navy yard began ordering 500 grinders each day, his creation was renamed the "submarine sandwich." In New York City, the sandwich is called a "hero," which many believe evolved out of a mispronunciation of the Greek "gyro" sandwich. Where did hoagie come from? Another mispronunciation. Shop owner Al De Palma created a massive sandwich fit for a "hog." The Philadelphia accent warped his "hoggie" into the "hoagie."



*Please join us on
Friday, May 5th at
2:00pm to celebrate
Cinco de Mayo!! We
will enjoy traditional
Mexican cuisine,
drinks, and music!*



Wild Goose Chase

May 1 is Mother Goose Day, a day honoring the mythical persona behind the ever-popular children's nursery rhymes. Most believe that Mother Goose was a catchall pseudonym for numerous authors, but there are theories as to who the "real" Mother Goose was. The French queen Bertrada of Laon, the mother of Charlemagne, who lived in the 700s, was known as "Goose-foot Bertha." A competing theory attributes the nickname to one Elizabeth Goose from Boston. In 1692, Elizabeth wed Isaac Goose, adding her six children to his 10. With 16 children, she became famously adept at storytelling and singing songs, the lot of which was compiled by her great-grandson into the Mother Goose volume. There is another supposed lost "ghost volume" of Mother Goose tales, which scholars have been searching for to no avail. This legend is so pervasive that many seek out Elizabeth Goose's grave in Boston to pay their respects. Adding to the unsolved mystery of Mother Goose, Elizabeth Goose's grave is unmarked. The visitors, on their goose chase to Elizabeth's grave, are actually visiting someone named Mary Goose.

Flights of Fancy



Simple sheets of paper will be transformed into fanciful flying machines on May 26, Paper Airplane Day. There are dozens of paper airplane designs, but on May 26, only the best paper planes will win the day. Competitions abound with flyers striving to win in two categories: distance and time in air. The record distance for a paper airplane is 226 feet, 10 inches (about three-quarters of a football field)—a feat recorded at McClellan Air Force Base in California. The plane was folded by John Collins, a famed paper airplane folder, and thrown by Joe Ayoob, a former college football quarterback. The record for time in air is 29.2 seconds, thrown by Takuo Toda and recorded in Japan. Toda calls his design the Sky King Paper Airplane, and it was designed to climb high into the rafters and slowly glide downward.