

The Case for Calcium

No bones about it, calcium is an essential mineral that provides support for many of the body's functions.

About 99% of the calcium in the human body is in the bones and teeth. The nutrient is required to help bones grow when we're children, and it keeps bones strong as we age. Older adults, especially women, have a higher risk of osteoporosis, which is a loss of bone density, so they need to get enough calcium to help protect their bones from weakness and breaking.

Calcium also plays a major role in heart health. Muscles need calcium in order to contract, and the heart, the most important muscle, can't beat without it! Additionally, calcium helps blood vessels circulate blood throughout the body, allows blood to clot properly, and helps maintain blood pressure. Calcium also affects how nerves function and the release of certain hormones.

Because the body doesn't make calcium, we need to get it from the food we eat to keep a steady supply. Foods with high levels of calcium include dairy products such as milk, cheese and yogurt; dark, leafy greens; salmon, sardines and shellfish; tofu; white beans; almonds; and sesame seeds.

To absorb calcium, the body needs vitamin D, which comes from sunlight and some foods, including salmon, eggs and mushrooms.

Mexico's Bright Blankets

Beautifully woven blankets called serapes are one of the most colorful emblems of Mexican culture.

The serape can be traced back to the 16th century, when the Aztec people of what is now Mexico wore blanketlike garments in vivid hues, woven from cotton and cactus fibers and dyed with crushed fruits and insects. The bright colors were believed to bring good fortune.

In the following centuries, Europeans introduced domesticated sheep to the country, and the animals supplied lots of wool to weave large blankets in intricate geometrical designs. A handcrafted serape from the 1800s could take as long as two years to finish and was cherished as a work of art, as well as a practical item. Used as a blanket or worn as a poncho, a serape provided warmth on chilly desert nights, but could also serve as a saddle blanket, pillow, sleeping mat, curtain or tablecloth.

Mexico's northeastern city of Saltillo has been a major production hub since the early days of the serape, which is why it is also known as a saltillo blanket.

The popularity of serapes has spread to the United States, where they are often used as festive décor and clothing.

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MAY 2021

Thank You, Nurses!

As the largest group of health care workers, nurses provide care in jobs throughout our communities, with many of these women and men serving on the front lines.

- Worldwide, there are 20 million nurses. Over 4 million nurses are on the job in the U.S.
- The majority of registered nurses work in hospitals. The rest serve in long-term care facilities, at clinics and schools, and in other settings.
- Every year, there's a whole week dedicated to them. Celebrated May 6—12, National Nurses Week ends on the birthday of Florence Nightingale, the founder of modern nursing.
- A lamp symbolizes the nursing career. Nightingale was known as the "lady with the lamp," since she carried one with her at night while checking on her patients.
- The world's first nursing school is said to have started in 250 B.C. in India. Only men could attend.
- Today, women make up 90% of the field.
- The first American to earn a diploma for nursing was Linda Richards, who graduated in 1873 from a program in Boston.
- There are over 100 different nursing specialties.
- Nurses walk a lot! On average, a hospital nurse walks 4 to 5 miles during a 12-hour shift.
- For the past two decades, nursing has been voted the most-trusted profession.

Flower of Remembrance

It's a flower that has come to represent all those who have given their lives in times of war. Around Memorial Day, Buddy Poppies start popping up.

The bright red artificial flowers, each with a tag that says "Wear It Proudly," are given out by members of the Veterans of Foreign Wars. The group began the tradition in 1922. The flowers got the name Buddy Poppies because they honored the many military buddies who never came home.

Today, men and women in Veterans Affairs hospitals and homes assemble the poppies, an activity that provides them with financial help and a form of physical therapy. VFW posts distribute the poppies to the public, and the donations collected for them are used to fund programs for veterans and military families.

Using the poppy as a memorial flower was inspired by the famous battlefield poem "In Flanders Fields," written during World War I by Canadian army doctor John McCrae. Poppies were later adopted as symbols by veterans groups in the U.S., Canada, the U.K., Australia, New Zealand and parts of Europe.



MAY 2021

Locations

- Activities Room, AR
- Activities Room Hallway, AH
- Courtyard, CY
- Dining Room, DR
- Game Room, GR
- Independent Living Activities Room, IA
- Independent Living Dining Room, IL
- Outing, O
- Patio, P
- Windsor Room, WR



Country Store

Tuesday & Thursday
11 a.m.-Noon

“We’re all different.
That’s what makes
us special.”

—Carrie Underwood

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<div>MAY DAY1</div> <div>10:00 Individual Word Finding and Crossword Puzzle</div> <div>11:00 Individual Adult Coloring</div> <div>2:30 At Movies w/Cookies, AR</div> <div>3:00 Sports Hour (Baseball), AR</div> <div>5:30 Kentucky Derby, AR</div>
<div>Courtyard Chat, CY2</div> <div>10:00 TV Sunday Service, AR</div> <div>10:30 Gospel Sounds in Residents’ Rooms</div> <div>2:00 Sunday Matinee (The Easter Parade), AR</div> <div>5:00 Individual Art</div>	<div>10:00 Door to Door Check w/Weekly Update3</div> <div>10:30 Fitness and Fun, AH</div> <div>11:00 30 minute News Outlook, AR</div> <div>1:30 Bingo w/Prizes, AH</div> <div>3:00 Outside w/Lemonade & Music, CY</div> <div>4:30 World News (CNN), AR</div>	<div>10:00 Coffee & Tea w/Pastries4</div> <div>10:30 May Trivia and Word Games, AR</div> <div>1:30 Nail Care, AR</div> <div>2:00 Pre-Cinco De Mayo & Music w/Roberto</div> <div>3:30 Library Books</div> <div>3:30 Bird Day Nature video, AR</div>	<div>10:00 Spiritual Reading, AR5</div> <div>10:30 Exercise and Weights, AR</div> <div>11:00 Table Game Scrabble Club, AR</div> <div>1:30 Bingo w/Prizes, AH</div> <div>3:00 Fun w/Cinco De Mayo, AR</div> <div>3:15 Nature & Art, AR</div>	<div>10:00 Physical Games (Ball Toss), AR6</div> <div>10:30 Trivia Guess Who?, AR</div> <div>11:00 Price Is Right w/Hot Apple Cider, AR</div> <div>2:00 Craft Painting for our Nurses, AR</div> <div>3:30 Chips and Dip</div>	<div>10:00 National Day of Prayer (Spiritual Reading), AR7</div> <div>10:00 Mother’s Day Photo, AR</div> <div>11:00 Individual Art Work and Word Search, AR</div> <div>1:30 Bingo w/Prizes, AH</div> <div>3:00 TGIF Social, AR</div>	<div>10:00 Individual Word Finding and Crossword Puzzle8</div> <div>11:00 Individual Adult Coloring</div> <div>2:30 At Movies w/ Cookies, AR</div> <div>3:00 Sports Hour (Baseball), AR</div>
<div>MOTHER’S DAY9</div> <div>Courtyard Chat, CY</div> <div>10:00 TV Sunday Service, AR</div> <div>10:00 Pre Mother’s Day Morning Tea, AR</div> <div>10:30 Gospel Sounds in Residents’ Rooms</div> <div>5:00 Individual Art</div>	<div>10:00 Door to Door Check w/Weekly Update10</div> <div>10:30 Fitness and Fun, AH</div> <div>11:00 30 minute News Outlook, AR</div> <div>1:30 Bingo w/Prizes, AH</div> <div>3:00 Outside w/Lemonade & Music, CY</div> <div>4:30 World News (CNN), AR</div>	<div>10:00 Coffee & Tea w/Pastries11</div> <div>10:30 May Trivia and Word Games, AR</div> <div>1:30 Nail Care, AR</div> <div>2:00 Mad Hatter’s Day Special Event, AR</div> <div>3:30 Library Books</div>	<div>10:00 Spiritual Reading, AR12</div> <div>10:30 Exercise and Weights, AR</div> <div>1:30 Bingo w/Prizes, AH</div> <div>3:00 Cookies and Cream, AR</div> <div>3:30 Outside w/ Nature, CY</div>	<div>10:00 Physical Games (Ball Toss), AR13</div> <div>10:30 Trivia Guess Who?, AR</div> <div>11:00 Price Is Right w/Hot Apple Cider, AR</div> <div>3:30 Chips and Dip</div>	<div>10:00 Door-to-Door Trivia & word Games14</div> <div>10:30 Fitness and Fun, AR</div> <div>1:30 Bingo w/Prizes, AH</div> <div>2:00 Pre-Armed Forces Recognition, AR</div> <div>3:30 Card Games, AR</div>	<div>10:00 Individual Word Finding and Crossword Puzzle15</div> <div>11:00 Individual Adult Coloring</div> <div>2:30 At Movies w/ Cookies, AR</div> <div>3:00 Sports Hour (Baseball), AR</div>
<div>16</div> <div>Courtyard Chat, CY</div> <div>10:00 TV Sunday Service, AR</div> <div>10:30 Gospel Sounds in Residents’ Rooms</div> <div>5:00 Individual Art</div>	<div>10:00 Door to Door Check w/Weekly Update17</div> <div>10:30 Fitness and Fun, AH</div> <div>11:00 30 minute News Outlook, AR</div> <div>1:30 Bingo w/Prizes, AH</div> <div>3:00 Outside w/Lemonade & Music, CY</div> <div>4:30 World News (CNN), AR</div>	<div>10:00 Coffee & Tea w/Pastries18</div> <div>10:30 May Trivia and Word Games, AR</div> <div>11:00 Physical Game: Bean Bag Toss, AH</div> <div>1:30 Nail Care, AR</div> <div>3:30 Library Books</div>	<div>10:00 Spiritual Reading, AR19</div> <div>10:30 Exercise and Weights, AR</div> <div>1:30 Bingo w/Prizes, AH</div> <div>3:00 Cookies and Cream, AR</div> <div>3:15 Nature & Art, AR</div>	<div>10:00 Physical Games (Ball Toss), AR20</div> <div>10:30 Library Hour</div> <div>10:30 Trivia Guess Who?, AR</div> <div>11:00 Price Is Right w/Hot Apple Cider, AR</div> <div>3:30 Chips and Dip</div>	<div>10:00 Door-to-Door Trivia & word Games21</div> <div>10:30 Fitness and Fun, AR</div> <div>11:00 News & Views, AR</div> <div>1:30 Bingo w/Prizes, AH</div> <div>3:00 Spring Walk Outside, CY</div>	<div>10:00 Individual Word Finding and Crossword Puzzle22</div> <div>11:00 Individual Adult Coloring</div> <div>2:30 At Movies w/ Cookies, AR</div> <div>3:00 Sports Hour (Baseball), AR</div>
<div>23</div> <div>Courtyard Chat, CY</div> <div>10:00 TV Sunday Service, AR</div> <div>10:30 Gospel Sounds in Residents’ Rooms</div> <div>5:00 Individual Art</div>	<div>10:00 Door to Door Check w/Weekly Update24</div> <div>10:30 Fitness and Fun, AH</div> <div>11:00 30 minute News Outlook, AR</div> <div>1:30 Bingo w/Prizes, AH</div> <div>3:00 Outside w/Lemonade & Music, CY</div> <div>4:30 World News (CNN), AR</div>	<div>10:00 Coffee & Tea w/Pastries25</div> <div>10:30 May Trivia and Word Games, AR</div> <div>12:30 Residents’ Council Meeting, AR</div> <div>2:00 National Wine Day Social, AR</div> <div>3:30 Library Books</div>	<div>10:00 Spiritual Reading, AR26</div> <div>10:30 Exercise and Weights, AR</div> <div>1:30 Bingo w/Prizes, AH</div> <div>2:00 May Birthdays: Party of the Month, AR</div> <div>3:30 Outside Chat, CY</div>	<div>10:00 Physical Games (Ball Toss), AR27</div> <div>10:30 Trivia Guess Who?, AR</div> <div>11:00 Price Is Right w/Hot Apple Cider, AR</div> <div>1:30 All About Nature Video, AR</div> <div>3:30 Chips and Dip</div>	<div>10:00 Morning Movie (Residents’ Choice), AR28</div> <div>11:00 Outside w/ Ring Toss, CY</div> <div>1:30 Bingo w/Prizes, AH</div> <div>3:30 Word Search Puzzle, AR</div>	<div>10:00 Individual Word Finding and Crossword Puzzle29</div> <div>11:00 Individual Adult Coloring</div> <div>2:30 At Movies w/ Cookies, AR</div> <div>3:00 Sports Hour (Baseball), AR</div>
<div>30</div> <div>Courtyard Chat, CY</div> <div>10:00 TV Sunday Service, AR</div> <div>10:30 Gospel Sounds in Residents’ Rooms</div> <div>5:00 Individual Art</div>	<div>MEMORIAL DAY31</div> <div>10:00 Memorial Day Musical Video, AR</div> <div>11:00 30 minute News Outlook, AR</div> <div>11:00 Price Is Right w/Juice, AR</div> <div>1:30 Bingo w/Prizes, AH</div> <div>3:00 Outside w/Lemonade & Music, CY</div> <div>4:30 World News (CNN), AR</div>	