

THE Cambridge Landing *Lifestyle*



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MEMORY CARE COMMUNITY

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MAY 2024



The History of Mother's Day

Anna Jarvis, a young Appalachian homemaker, decided both Union and Confederate troops in the Civil War deserved better sanitary conditions. So she proposed the implementation of what she called Mothers' Work Days. Initially, no one else supported her cause. But years later, social activist Julia Ward Howe—who had been inspired by Jarvis' efforts—decided to try her own hand at uniting women against the war. Unfortunately, she, too, failed to receive formal recognition of her Mother's Day for Peace. The women's efforts weren't for naught, however. They ignited Jarvis' daughter—also named Anna Jarvis—to begin her own crusade. The younger Jarvis created a memorial day for women in honor of her mother after the elder Jarvis died. The first Mother's Day took place in May 1908. In 1914, the day won national acclaim when President Woodrow Wilson declared the first national Mother's Day. The event became so popular that businesses began to promote it on an unbridled level. In an ironic twist, nine years after its official introduction, Jarvis began actively opposing the broad commercialization of the holiday. To this day, Mother's Day continues to be one of the most commercially successful U.S. holidays. In fact, Mother's Day is the most popular day of the year to dine out at a restaurant in the United States.



Take Time to Remember

For many, Memorial Day is just an extra long weekend. This year, however, our community encourages you to really examine the contributions that were made by our country's fallen heroes. Numerous books detail the lives, times and personal accounts of those who fought in war and those who participated in war efforts. Two great starting points are "The Greatest Generation" by Tom Brokaw and "Flags of Our Fathers" by James Bradley and Ron Powers. These books are both enjoyable and inspirational, so check them out. To honor the ultimate sacrifice made by so many men and women in our armed forces, our office will be closed on Memorial Day.

We Remember

Memorial Day is observed on the last Monday of May. It is a day to honor men and women who have died in military service.

MAY 2024

Celebrate Cinco de Mayo

Cinco de Mayo is celebrated in many areas of the United States with colorful parties, but do you know the history behind the holiday? Frequently confused with Mexico's Independence Day (Sept. 16), it's actually a celebration of the Mexican victory over the French in the Battle of Puebla on May 5, 1862. An underdog Mexican force, led by Gen. Ignacio Zaragoza, defeated the well-trained forces of Napoleon III's French Army. The victory symbolized Mexico's resistance to foreign occupation, its patriotism and unity. Happy Cinco de Mayo to all residents who are celebrating this year!

It's Taco Time!

For Cinco de Mayo, Taco Tuesday, breakfast, lunch and dinner, this Mexican staple has become a mealtime favorite in America, where people eat more than 4.5 billion tacos each year.

"Wherever you go, no matter what the weather, always bring your own sunshine."
—Anthony J. D'Angelo

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1</p> <ul style="list-style-type: none"> 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Mind and Body 10:30 Music with Teresa 1:30 Walking Club 2:00 Music Therapy 3:00 Learning Sign Language 6:00 Movie of Choice 	<p>2</p> <ul style="list-style-type: none"> 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Yoga 10:30 Craft Corner 11:00 Kentucky Derby Activity 1:30 Walking Club 2:00 Resident Council 3:00 Bingo 6:00 Resident Choice 	<p>3</p> <ul style="list-style-type: none"> 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Weights 10:30 World Press Freedom Day 11:00 Let's Write a Letter 1:30 Walking Club 2:00 Bowling 2:30 Fluff and Fold 6:00 Movie of Choice 	<p>4</p> <ul style="list-style-type: none"> 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Exercise 10:30 Back Porch Chat and Lemonade 11:00 Craft Corner 1:30 Walking Club 2:00 Music Therapy 3:00 Hangman 6:00 Resident Choice
<p>5</p> <ul style="list-style-type: none"> 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Exercise 10:30 Lemonade and Chat 11:00 Sunday Worship! 1:30 Walking Club 2:00 Cinco de Mayo Games 3:00 Sort and Match Socks 6:00 Resident Choice 	<p>6</p> <ul style="list-style-type: none"> 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Move to Music 10:30 Ladder Ball 11:00 Sensory Bins 1:30 Walking Club 2:00 Riddles and Rhymes 3:00 Fluff and Fold 6:00 Movie of Choice 	<p>7</p> <ul style="list-style-type: none"> 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Chair Exercises 10:30 Paint and Chat 1:30 Walking Club 2:00 Who Am I? 3:00 Bingo 6:00 Resident Choice 	<p>8</p> <ul style="list-style-type: none"> 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Mind and Body 10:30 Hands massage/ Nails 1:30 Walking Club 2:00 Coke Floats 3:00 Music Therapy 6:00 Movie of Choice 	<p>9</p> <ul style="list-style-type: none"> 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Yoga 10:30 Price is Right 11:00 Riddles and Rhymes 1:30 Walking Club 2:00 Name that Object 3:00 Bingo 6:00 Resident Choice 	<p>10</p> <ul style="list-style-type: none"> 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Weights 10:30 Let's Make Music 1:30 Walking Club 2:00 Cornhole 3:00 Fluff and Fold 6:00 Movie of Choice 	<p>11</p> <ul style="list-style-type: none"> 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Exercise 10:30 Bowling 1:30 Walking Club 2:00 What's in the Bag? 3:00 Sort and Match Socks 6:00 Resident Choice
<p>12</p> <ul style="list-style-type: none"> 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Exercise 11:00 Sunday Worship! 1:30 Walking Club 2:00 Reminiscing Childhood Memories 6:00 Resident Choice 	<p>13</p> <ul style="list-style-type: none"> 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Move to Music 10:30 Cooking Corner 1:30 Walking Club 2:00 Hangman 3:00 Back Porch Talks 6:00 Movie of Choice 	<p>14</p> <ul style="list-style-type: none"> 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Chair Exercises 10:30 Balloon Battle 1:30 Walking Club 2:00 Name that Plant 3:00 Bingo 6:00 Resident Choice 	<p>15</p> <ul style="list-style-type: none"> 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Cooking Corner 10:30 Hands massage/ Nails 1:30 Walking Club 2:00 Music Therapy 3:00 Learning Sign Language 6:00 Movie of Choice 	<p>16</p> <ul style="list-style-type: none"> 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Yoga 10:30 Music with Cheryl 1:30 Walking Club 2:00 Bingo 5:00 Family Night 6:00 Resident Choice 	<p>17</p> <ul style="list-style-type: none"> 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Weights 10:30 Balloon Battle 1:30 Walking Club 2:00 What's in the Bag? 3:00 Fluff and Fold 6:00 Movie of Choice 	<p>18</p> <ul style="list-style-type: none"> 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Exercise 10:30 Crafting Corner 1:30 Walking Club 2:00 Porch Chat and Lemonade 3:00 Horseshoes 6:00 Resident Choice
<p>19</p> <ul style="list-style-type: none"> 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Exercise 10:30 Cooking Corner 11:00 Sunday Worship! 1:30 Walking Club 2:00 Badminton 6:00 Resident Choice 	<p>20</p> <ul style="list-style-type: none"> 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Move to Music 10:30 Let's Talk Bees 1:30 Walking Club 2:00 Ladder Ball 3:00 Sort and Match Socks 6:00 Movie of Choice 	<p>21</p> <ul style="list-style-type: none"> 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Chair Exercises 10:30 Tea Party 1:30 Walking Club 2:00 Family Feud 3:00 Bingo 6:00 Resident Choice 	<p>22</p> <ul style="list-style-type: none"> 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Mind and Body 10:30 Hands massage/ Nails 1:30 Walking Club 2:00 Music Therapy 6:00 Movie of Choice 	<p>23</p> <ul style="list-style-type: none"> 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Yoga 10:30 Paint and Chat 1:30 Walking Club 2:00 Memory 3:00 Bingo 6:00 Resident Choice 	<p>24</p> <ul style="list-style-type: none"> 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Weights 10:30 Riddles and Rhymes 11:00 Sensory Bag 1:30 Walking Club 2:00 Scavenger Hunt 6:00 Movie of Choice 	<p>25</p> <ul style="list-style-type: none"> 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Exercise 10:30 Bowling 1:30 Walking Club 2:00 Who Am I? 3:00 Fluff and Fold 6:00 Resident Choice
<p>26</p> <ul style="list-style-type: none"> 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Exercise 11:00 Sunday Worship! 1:30 Walking Club 2:00 Back Porch Sip and Chat 6:00 Resident Choice 	<p>27</p> <ul style="list-style-type: none"> 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Move to Music 10:30 What is Memorial Day? 11:00 Reminisce our Memories 1:30 Walking Club 2:00 Horseshoes 3:00 Fluff and Fold 6:00 Movie of Choice 	<p>28</p> <ul style="list-style-type: none"> 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Chair Exercises 10:00 Visits with Evelyn 11:00 Cornhole 1:30 Walking Club 2:00 Courtyard Sip and Chat 3:00 Bingo 6:00 Resident Choice 	<p>29</p> <ul style="list-style-type: none"> 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Mind and Body 10:30 Hands massage/ Nails 1:30 Walking Club 2:00 Music Therapy 3:00 Science Experiment 6:00 Movie of Choice 	<p>30</p> <ul style="list-style-type: none"> 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Yoga 10:30 Crafting Corner 1:30 Walking Club 2:00 Name that Tune 3:00 Bingo 6:00 Resident Choice 	<p>31</p> <ul style="list-style-type: none"> 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Weights 10:30 Let's Take Pictures 11:00 What's in the Bag? 1:30 Walking Club 2:00 Ball Toss 3:00 Sort and Match Socks 6:00 Movie of Choice 	<p>May Birthdays</p> <ul style="list-style-type: none"> May 12 ~ Julie May 15 ~ Sierra May 17 ~ Anthony May 26 ~ Robert We wish you all a very Happy Birthday!



NATIONAL
NURSES
WEEK

Thank a Nurse

Take the time to give a heartfelt thank-you to our nurses for their hard work and care during National Nurses Week—and every week! We give a special thank-you to our Nurse, Leah Ward!!! Thank you for everything you do. We appreciate you!



150th Kentucky Derby

The world's most exciting two minutes in sports will bring even more excitement this year, as thousands will gather to watch the 150th Kentucky Derby on May 4. Several special events are scheduled to mark this milestone, including the fashion-focused "Derby Through the Decades" on Opening Night of the festivities, April 27. Churchill Downs will also unveil its renovated paddock, offering attendees luxury seating and an up-close look at the horses before the Race for the Roses begins.



Spring Fever

The days are getting longer, temperatures are warming and plants are blooming. Take a break and share your memories of spring.

- What were your favorite springtime activities when you were a child? What about as an adult?
- Did you get a spring break from school? If so, how did you spend the time off?
- Spring is known for its budding flowers and trees. What are your favorite seasonal plants?
- Was planting a garden an annual practice in your family? What did you grow?
- Did you spend time doing yardwork or home improvement projects? How did you feel about those activities?
- What types of warm-weather outings do you enjoy?
- Did you ever play or watch spring sports, such as baseball, tennis or track and field?
- How do you feel about rainy spring days? Talk about some things you like to do when it's wet outside.
- From bunnies to butterflies to birds, many animals become more active at this time of year. Which ones do you enjoy seeing?
- What is your idea of a perfect spring day?