



May 2018

4460 ORCHARD LAKE ROAD • WEST BLOOMFIELD, MI 48323 • (248) 683-1010

### Birding Benefits

Good news for bird-watchers—the hobby is “flock”-full of health benefits! Bird-watching has been shown to increase alertness, reduce stress and perk up mood.



**Our Zebra Finches Can Be Seen in Our Bird Aviary Located on the 2nd Floor**

### Famous Firsts: The Kentucky Derby

On May 17, 1875, a crowd of 10,000 people entered the gates at Churchill Downs, a new racetrack in Louisville, Ky. They cheered on the 15 thoroughbreds that raced in what was the inaugural Kentucky Derby, and Aristides came out the winning colt. The annual Derby, called the “greatest two minutes in sports,” is America’s longest-running sporting event.



### Kentucky Derby

Come pick your favorite horse before the race starts and enjoy a bubbly, sweet Mint Julep. Race starts at 6:46 pm on May 5th!

### Taste & Tell



Dining services’ Brad and Lifestyle Director, Michelle, will be rolling out Milestone’s new signature program on Thursday, May 24th, at 2:00 pm. We will be doing a hands-on cooking demo in the 3rd floor dining room.

### Michigan Hearing

May is “better hearing month” and Michigan Hearing will be presenting an educational presentation on May 30th at 2:00 pm.

### Regent Street Leadership Team

Andrea Wedge ..... E D  
Nina Schrock ..... BOM  
Michelle Jaskowski ..... LED  
Kathy Wilson ..... DCR  
Brad Bertram ..... Executive Chef

### Happy Birthday

May 2nd Cy F.  
May 25th Kyesha E.



Come celebrate Cy’s Birthday on May 2nd at 11:00 am. There will be cake and music with Kelly Miller.

### Friends & Family Referral \$1500

Looking to make a little extra cash? See our Executive Director Andrea Wedge or Kathy Wilson in sales for details.







## Trivia Whiz

### Burgers Across America

An American classic, the hamburger has countless variations. See how it's served up across the U.S.

*California.* Burgers with bacon and avocado slices or guacamole are on the menu in the Golden State, where most of the nation's avocados are grown.

*Wisconsin.* The state known for its dairy products lays claim to the butter burger, invented in the 1930s and named for the pat of butter that's added to the top of a cooked beef patty.

*San Antonio.* Bean burgers—piled with refried beans, cheese sauce, diced onions and Fritos corn chips—are a specialty in this Texas city.

*North Carolina.* Hamburgers slathered in chili, coleslaw and mustard are a comfort food in this state and throughout the Southeast.

## Flower Arranging



A BIG thank you to our resident volunteer, Savilla, for helping each week get flowers ready. If you like the smell of flowers and would like to make a flower arrangement, please join us Tuesday mornings at 11:00 am in the Activity Room located on the 1st floor.



### Interactive Comedian

You don't want to miss this amazing performance! Come see Jim Cruise in action on May 22nd at 2:00 pm.



Sara and Lucille enjoyed doing a Spring Craft to hang on their apartment door with the Lifestyle and Leisure Director.





## Creative Cooking



Beverly and her daughter, Tanisha, enjoy some quality time together cooking.



## Mother's Day Brunch

Regent Street will be honoring our mothers with a Mother's Day Brunch and music with Christine Schinker on May 13th from 11:00am-1:00pm in the 2nd floor dining room. Space may be limited, so seating times will be as follows: 11:00am-11:30am, 11:30am-12:00pm and 12:30pm-1:00pm. Please RSVP with a receptionist at the front desk.



## Supporting Our Nation's Mothers

For more than 80 years, the American Mothers organization has worked "to champion women by honoring, educating and serving mothers at home, at work and in the world."

American Mothers was originally a committee formed by a group of influential citizens—including J.C. Penney, Norman Vincent Peale and Eleanor Roosevelt—who strived to honor the role that mothers hold in strengthening families and the nation. In 1935, Sara Delano Roosevelt, mother of then-president Franklin D. Roosevelt, presented the first Mother of the Year award to Lucy Keen Johnson of Georgia.

Since then, the nonprofit organization has selected a Mother of the Year from the 50 states, the District of Columbia and Puerto Rico, then named a national honoree. Nominations can be made at [AmericanMothers.org](http://AmericanMothers.org) from Mother's Day through Nov. 15.

The official sponsor of Mother's Day, American Mothers works year-round to implement service and educational programs, provide scholarships, and raise awareness of issues that impact mothers. They've also partnered with the United Nations to serve mothers and families at a global level.

Among the group's many projects are ABC Quilts, which provides handmade blankets to at-risk children in hospitals, and an annual essay contest for fifth-graders to share "What My Mother Means to Me."



## Attention, Ladies!

If you have an interest in knitting or crocheting baby blankets to donate for a charitable purpose, please see a staff member in the Activity Department.



## Wit & Wisdom

"Look deep into nature, and then you will understand everything better."  
—Albert Einstein

"Everything in nature invites us constantly to be what we are."  
—Gretel Ehrlich

"Nature presides in all her dignity, permitting us the study and the use of such of her forces as we may understand."  
—Beryl Markham

"Nature is not a place to visit. It is home."  
—Gary Snyder

"Study nature, love nature, stay close to nature. It will never fail you."  
—Frank Lloyd Wright

"Nature is infinitely creative. It is always producing the possibility of new beginnings."  
—Marianne Williamson

## May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
May		1	2 11:00am Music With Kelly Miller	3 2:00pm Weight & Blood Pressure Checks With CNS	4	5	
	6	7	8	9 1:00pm Shaarey Zedek Music Outing	10	11 	12
	13 11:00am Mother's Day Brunch	14 2:00pm Book Talk	15 	16 11:00am Music With Paul Krass	17 1:30pm Music Outing at Temple Israel	18	19
	20	21	22 2:00pm Special Event: The Spoonman	23 6:30pm Music With Paul Denrick	24 2:00pm Taste & Tell	25	26
	27	Memorial Day 28	29	30 11:00am Music With Dan Hayes	31		

## "This Month In History"

### MAY

**1900:** Thousands of people, including teams of scientists, gather in parts of the Southeastern U.S. to view a total solar eclipse.

**1916:** The Saturday Evening Post publishes its first cover that features a painting by Norman Rockwell.

**1927:** Aviator Charles Lindbergh successfully completes the first nonstop solo flight across the Atlantic Ocean.

**1932:** Comedian Jack Benny's first radio show is broadcast.

**1942:** The Women's Army Auxiliary Corps is created, enabling women to enlist for noncombat military duties.

**1952:** Originally created in Austria as a breath mint, Pez candy is sold for the first time in the U.S.

**1961:** Aboard the Freedom 7 space capsule, astronaut Alan Shepard is the first American to travel into space. His suborbital flight lasted 15 minutes.

**1971:** The NPR radio program "All Things Considered" premieres.

**1991:** Queen Elizabeth II becomes the first British monarch to address the U.S. Congress.

**2004:** At age 40, Randy Johnson of the Arizona Diamondbacks makes MLB history as the oldest pitcher to throw a perfect game.

**2014:** The music video "Gangnam Style," by South Korean pop star Psy, is the first video to reach 2 billion views on YouTube.

**2017:** "Wonder Woman" premieres in Los Angeles. The superheroine's story was the summer's highest-grossing movie.