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MAY 2020

MEADOWLARK ESTATES STAFF

Managers..... CAROL & RICHARD POWIS
Assistant Managers KIM & BILL GROSS
Executive Chef.....TIM DOERING
Community SalesJILL CARTER
Sous ChefKEVIN PROCTOR
Activity Coordinator JIMMELL JAY
MaintenanceDUSTIN WARD
TransportationPHIL BREWSTER
 & TOM HORNIK

TRANSPORTATION

Tuesday, 9 a.m.-4 p.m.:
Appointments/Errands

Wednesday, 10 a.m.: Outing & Lunch

Thursday, 9 a.m.-4 p.m.:
Appointments/Errands

Friday, 10 a.m. and 2 p.m.: Shopping



The History of Mother's Day

The celebration of Mother's Day dates back all the way to ancient times, but the idea of the celebration was first kicked around in 1872. Julia Ward Howe, author of the words to the "Battle Hymn of the Republic," proposed Mother's Day as a day dedicated to peace.

But it was Ann Jarvis of West Virginia, however, who really pushed for a national day to honor mothers. On the second anniversary of her mother's death, Jarvis asked her mother's church in Grafton, West Virginia, to celebrate a day to honor mothers. Her mother had died on the second Sunday in May. The church obliged and the following year, the city of Philadelphia joined in the celebration. Thanks to a campaign by Jarvis and her supporters, by 1911 almost every state celebrated Mother's Day. In 1914, President Woodrow Wilson made it a national holiday.

Fun Fact:

Other countries also celebrate Mother's Day, but some on different days. In England, Mothering Sunday is celebrated on the fourth Sunday of Lent.

On Mother's Day, May 10th, I would like all of the mothers and single fathers who were both mommy and daddy, to take a moment and reflect on all of the wonderful and joyful memories you have with your loved ones. This day is for you, and though we can't celebrate it in the way many of you are accustomed to, those memories are yours forever.



The Month Of May and Its Origins

May is the fifth month of the year and has 31 days. The month of May was named for the Greek goddess Maia. She was the goddess of fertility. The Romans had a similar goddess named Bona Dea. They held the festival for Bona Dea during the month of May. The Romans called the month “Maius.” The name changed over the years. It was first called “May” in the 1400s, near the end of the Middle Ages.

Did you know there are many holidays celebrated in the month of May? May 1st is known as May Day. People often make baskets for friends and loved ones on this day. The Mexican holiday of Cinco de Mayo takes place on May 5th. National Teacher’s Day is also on May 5th. Mother’s day is May 10th. Victoria Day is celebrated on May 18th. This holiday celebrated in Canada was declared in 1845. It was officially named after the death of Queen Victoria in 1901. On May 25th, we celebrate our service members on Memorial Day. To all our veteran residents, we will hopefully, by this time, interact more than our current situation allows, so we can honor and celebrate your service to our great country.

Fun Facts about the month of May:

- It is the third and last month of the season of spring.
- The birthstone of May, the emerald, symbolizes success and love.
- May in the Northern Hemisphere is similar to November in the Southern Hemisphere.
- May was once considered a bad luck month to get married. There is a poem that says “Marry in May and you’ll rue the day.”
- In Old English, May is called the “month of three milkings,” referring to a time when the cows could be milked three times a day.
- The Indianapolis 500 car race is held each year during this month. The Kentucky Derby, the world’s most famous horse race, is also held on the second Saturday of this month.
- The month of May is devoted to the Virgin Mary in the Catholic Church.
- The United Kingdom celebrates May as the National Smile Month.
- The last week of May is Library and Information Week.
- May was known as “Thrimilci” by the Saxons and at one point was even called “Wonne-Mond” by the Germanic and other tribes.

Gardens Around the Globe

With blooming flowers and budding trees, a garden in springtime is an inviting place to enjoy nature’s splendor. Take a virtual stroll through some of the world’s grandest gardens.

Keukenhof — Called the “garden of Europe,” this park in the town of Lisse, in the western Netherlands, is famous for its brilliant display of Dutch tulips, along with daffodils, crocuses, hyacinths and bluebells. More than 7 million bulbs are planted each year for the burst of color that unfolds from March through May.

Gardens of Versailles — Commissioned by King Louis XIV in 1661, this formal French garden outside of Paris covers 2,000 acres on the grounds at the Palace of Versailles. Visitors can walk along topiary-lined pathways or ride a boat on the Grand Canal to view thousands of trees and flowering plants and hundreds of statues and fountains.

Nong Nooch Tropical Botanical Garden — The coastal city of Pattaya, Thailand, is home to 600 acres that showcase and conserve hundreds of native plants. Thai culture is also highlighted in dance performances and martial arts demonstrations.

Villa d’Este — The enchanted terraced gardens of this Renaissance-style estate in Tivoli, Italy, date back to the 16th century and are known for their elaborate water features, including waterfalls, fish ponds, and over 50 fountains, one of which plays organ music.

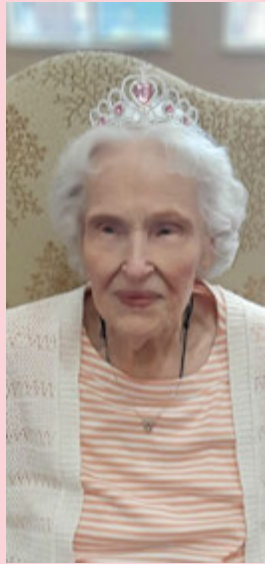
May Birthdays

Beverly Griffin, 7th	Dorothy Lay, 23rd
Patsy Kirkman, 8th	Rose Turner, 27th
Bertha Payne, 10th	Kim Gross, 27th (Employee)
Mary Lou Roberts, 10th	Leah Melroy, 30th
Eloise Winkelman, 17th	
Ruth Anne Polk, 19th	



Life After 100

Mary L. spends most of her time in her room watching black-and-white movies. She is well known by the staff and most residents for her flawless skin. So guys, watch out for this one. She is a fox!



Putting Around

Windmills, pirate ships, dinosaurs and waterfalls are often par for the course when you're playing a round of miniature golf.

Early courses for the game didn't have the whimsical designs seen today. They were simply scaled-down golf courses for players to focus on their putting stroke. The first of these was created in 1867 at golf's birthplace, Scotland, for the St. Andrews Ladies' Putting Club. In the U.S., compact, putting-only courses with artificial greens became popular in the early 1900s, including more than 150 built on New York City rooftops.

The trend got a new twist in the late 1920s, when businessman Garnet Carter built a mini golf course outside his hotel on Lookout Mountain, near Chattanooga, Tennessee. With its fairyland theme, quirky features such as gnome statues, and obstacles that included hollow logs, it was a hit with guests. Mini golf mania swept the nation, and by 1930, there were 25,000 courses in the U.S.

After a decline due to the Depression, mini golf teed off again in the 1950s. Today, it's an amusement for players of all ages, and the variety of silly course setups and hazards adds an element of surprise.

For those who like more serious competition, there are U.S. and international mini golf organizations that hold annual championship tournaments.

Big Money

Here is a shout-out to Florine O'Rourke, who referred a friend and got a \$1,000 check!

In case you didn't know, if you invite a friend for a delicious chef-prepared meal and they decide to move in, everybody wins. Your friend gains an amazing lifestyle provided by Meadowlark Estates, and you get \$1,000. Sounds like a deal to me, so be sure to refer a friend if you're a current resident here.



Movie Moms

Each of the ladies listed are film characters. Can you match the mom to her movie?

- | | |
|---------------------|-------------------------------|
| 1. Winifred Banks | A. "Mamma Mia!" |
| 2. Lena Younger | B. "The Grapes of Wrath" |
| 3. Mary Bailey | C. "A Tree Grows in Brooklyn" |
| 4. Donna Sheridan | D. "Mary Poppins" |
| 5. Leigh Anne Tuohy | E. "Imitation of Life" |
| 6. Ma Joad | F. "The Blind Side" |
| 7. Lora Meredith | G. "A Raisin in the Sun" |
| 8. Katie Nolan | H. "It's a Wonderful Life" |

Feathered Friends

This is a zigzag word search. Words go left, right, up, down, and can bend at a right angle, but not diagonally. Every letter is used only once.

R	O	D	D	R	O	D	U	N	K
C	O	N	W	O	N	N	I	L	A
S	P	A	R	R	G	I	S	O	K
O	D	M	A	W	O	B	I	P	A
V	K	B	G	O	R	C	R	I	M
E	N	O	P	I	E	K	H	W	O
K	I	B	S	T	O	R	E	I	T
I	L	O	F	I	N	C	A	K	M
E	L	I	L	E	R	H	W	A	O
Q	U	A	P	E	T	M	A	C	T

BOBOLINK
CONDOR
~~CROW~~
DOVEKIE
DRONGO
DUNLIN
FINCH
IBIS
KAKAPO

KIWI
MACAW
MAGPIE
MOTMOT
PETREL
QUAIL
RHEA
SPARROW
STORK

Brain Bender: What a Doll

Amy owns a four-piece set of Russian nesting dolls. Each of the four dolls has her own name—Anastasia, Irina, Katya or Natasha. Each is painted a different color—blue, purple, red or yellow. Using the following clues, can you place the dolls in order from smallest to largest, and determine the color of each one?

- When the dolls are nested, Natasha is only touching one other doll, the purple one.
- Katya is the red doll.
- The blue doll is larger than Irina, but smaller than Katya.
- The second-largest doll is not yellow.

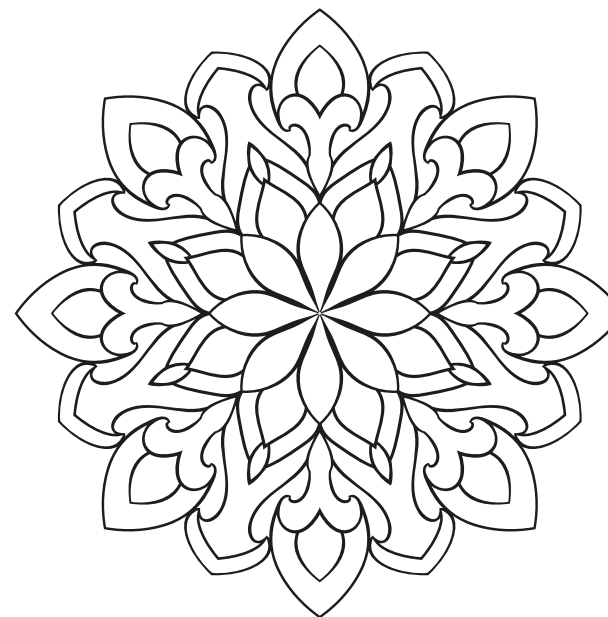


Simple Ways To Practice Mindfulness

- Savor a snack. Whether it's a crisp, fresh apple or a decadent candy bar, enjoy a snack slowly and deliberately. Close your eyes and think about the food's flavors and textures and the rhythm of your chewing.
- Enjoy nature — even from indoors. Look out your window to study birds and plants. Notice as much detail as you can. Or look at a nature photo from a book or the internet and gaze at it peacefully.
- Set aside specific times of the day to read a meaningful poem, quotation, mantra or prayer.
- Download a free guided meditation app. Search "meditation" in your device's app store to see available options.

Mandala Meditation

From a Sanskrit word meaning "circle," a mandala is a popular tool used in meditation, often representing wholeness. You may have seen a mandala without realizing what it was. Simply stated, it is a circular shape filled with repeating geometric patterns. Creating your own mandala — by drawing at least three concentric circles, then filling in the spaces between the circles with various shapes — can be therapeutic and relaxing. Coloring or painting pre-drawn mandalas has the same effect.



A Dose of Deep Breathing

Deep breathing, also known as belly breathing, can help alleviate stress, increase relaxation and lower heart rate and blood pressure. You can do it almost anywhere. Breathe in slowly through your nose for four counts until your abdomen feels fully expanded, hold your breath for one count, then exhale through your mouth for five counts. Experts recommend doing this three times an hour.

Puzzle Solutions

Movie Moms Answers

1. D; 2. G; 3. H; 4. A; 5. F; 6. B; 7. E; 8. C

Brain Bender Answers

The smallest doll, Natasha, is yellow. The second-smallest doll, Irina, is purple. The second-largest doll, Anastasia, is blue. The largest doll, Katya, is red.

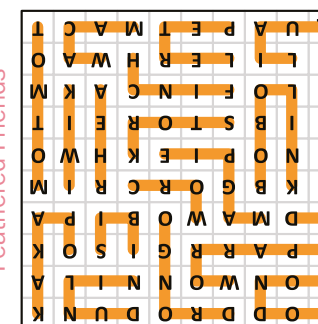
Take a Closer Look

See if you can identify 12 differences in these two illustrations.

Solution can be found at the bottom of this page.



Feathered Friends



Take a Closer Look





COVID-19 Health and Safety Tips for the Month of May

For residents who do not understand COVID-19, here is some informal information in regards to the coronavirus. COVID-19 is a strain of the Coronavirus that attacks the respiratory system. It may have originated in bats. The virus can last on cardboard 24 hours and on metal and glass up to three days. It is transmitted human to human via particles that can be found on infected surfaces or ejected from the mouth and nose. Symptoms of COVID-19 include cough, fever, headaches, nausea and vomiting. It can also lead to pneumonia. COVID-19 is currently being declared as a worldwide pandemic.

- Practice social distancing (6 feet apart).
- Don't visit public areas if you can help it.
- Wash your hands often (one minute long).
- Don't touch your face.
- Cover your cough with your hand or elbow.
- Wear a mask when visiting public areas.
- Wipe down often touched surfaces with household cleaning supplies daily.

But not all of the effects of COVID-19 are bad. Due to reduced pollution, the ozone layer, which protects us from the sun's rays, is recovering quicker. The polar ice caps are also seeing an effect from reduced pollution. They have returned to the temperature scientists say is normal. Social distancing has led to a social media boom on the internet. More people are using social media tools such as Facebook and Zoom than ever. Essential businesses such as grocery stores and pharmacies have seen a massive boost in their customers. President Trump's new bill will soon dish out two trillion dollars to struggling families and individuals. There is no age limit or limits due to Social Security, so be on the lookout for a check in the mail. The check will be \$1,200 for individuals and \$2,400 for married couples.

New To the Scene

About Me

My name is Jimmell Jay, but I like to be called Jay. I am 29 years old and live here in Lawrence, Kansas. I was raised in Texas, and escaped to Montana for a short time, and while I was away, my family relocated to Kansas. However, I did not make it to the wonderful state of Kansas until 2012. I have been happily married to my husband, Zachary Jay, for four years now. Zachary's grandmother, Teddy McGraw, is a resident here at Meadowlark. We visited her often before the pandemic, which got me acquainted with a few of you in the Community. I am very excited to be working here, and hope to get to know you all better during my time here.



Teddy McGraw and me (Jay) with my loving family here in Kansas

Anniversaries

Alberta & Fred Young, 5/1/1965

Maria & Solomon Alfie, 5/27/1957



Fun In the Sun

On Thursday, April 2nd, we enjoyed some fun in the sun. We had a local musician come out and play while we basked in the sun and practiced our social distancing. I look forward to having many more of these days in the near future, whether it be local artists to come visit us or us out having fun in the sun on one of our Wednesday adventures. I want to remind residents to continue exercising in your rooms and to stay active, as you will need it for upcoming events. Mobility is key!



Margret A., Sharon O., Jane T.



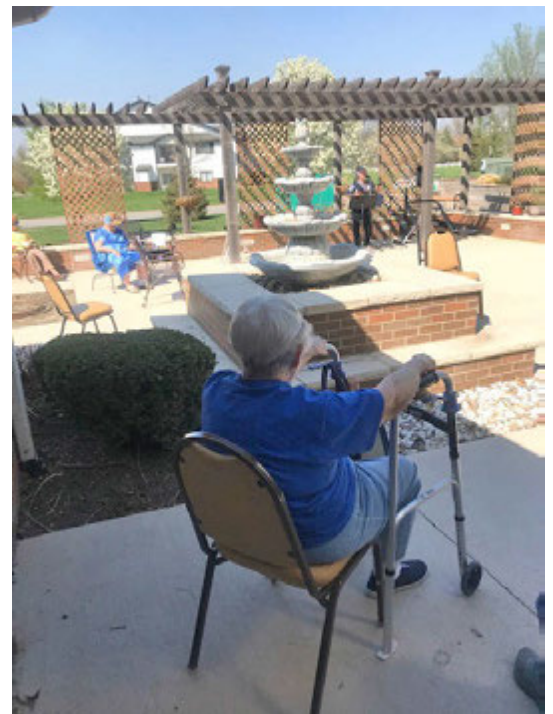
Norma Leary



Linda L.



Dorothy Miller and Mary Hiner



Dorothy Miller

The Cutter's Edge Hair Salon

Ginny: 785-865-6283

Antonio: 785-766-7279

Meadowlark Estates
Gracious Retirement Living

4430 Bauer Farm Drive
Lawrence, Kansas 66049



SPRING INTO ACTION & SHAKE OFF THOSE WINTER BLUES

Springtime brings fresh beginnings so let today be the start of something new! Join us for one of our engaging activities or stop by for a complimentary meal and take a tour of our beautiful community. We would love the opportunity to share with you all we have to offer.

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785-842-2400

