

Sunnybrook of Carroll  
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Postage  
Information

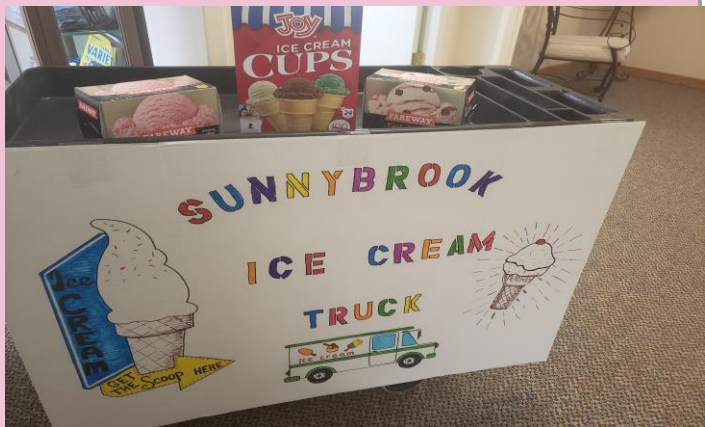
Your Mailing Address  
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### How Does Your Garden Grow?



The Friday before Mother’s Day is celebrated as Public Gardens Day to promote awareness of the value of public gardens of all kinds. Many botanic and historical gardens and arboreta will be open for free today. With cities growing ever larger and populations becoming denser, finding peaceful refuge in public gardens is more vital than ever. Natural spaces are necessary for our health and well-being. Research has proven that being around plants makes humans feel calmer and more relaxed. Urban areas with abundant green spaces also report lower mortality rates, improved mental health, and less cardiovascular and respiratory disease. Public gardens are also centers of scientific research and learning, offering professionals and visitors the opportunity to learn more about the natural world around them. On May 8, take a stroll through a public garden and bask in all its natural beauty.

### Ice Cream Wednesday



**Ice cream cones with a choice of four different flavors of ice cream were offered to residents. Residents enjoyed the ice cream delivery truck along with old fashion ice cream truck themed music. A yummy afternoon treat and lots of smiles!**

May 2020

# Sunnybrook of Carroll

Assisted Living and Memory Care

712-792-8995



### Picture Perfect

May is Photography Month, a time to not only enjoy snapping photos and capturing memories, but a time to look at the world differently, through the eyes of a photographer. And with pocket-sized cell phones equipped with powerful cameras that rival the top traditional cameras, it seems as if everyone these days is capable of high-quality photography.

Photography has always seemed a bit magical. After all, photography gives us the ability to freeze a moment in time and cherish it forever. Photographers may record important moments in history, capture the energy and emotion of a single memory, or stage scenes to send political messages or make social or cultural critiques. In the end, however, what makes a photograph special is its subject matter and composition. What is the play between light and shadow? Is color saturated or muted? Are faces joyful and energetic or melancholy and lonely? A simple photograph communicates so much—both a message to the viewer and the self-expression of the photographer. And now that cell phones put cameras in the hands of most everyone, photography has become a part of many peoples’ daily lives. In this way, photography has never been more democratic than it is today.

Just as a cell phone is a device used for communicating via voice or text, the cell phone camera is also a mode of communication, but via picture. The first camera phone was unveiled in 1995 to little fanfare. At first, it seemed strange to pair a phone with a camera. Today, cell phones without a camera are both unthinkable and unmarketable. The most powerful cell phone cameras are filled with sensors and meters that allow users to simply point and click to make mini masterpieces. Apps like Instagram, Tumblr, Snapchat, and Pinterest share photos with millions of people instantaneously. We share images of our children, vacations, artwork, and even our food. In Egypt and China, cell phone cameras captured images that broadcast revolutions to the world. In these ways, photography is more than art—it is a means to make your voice heard.

### Celebrating May

**Global Health and  
Fitness Month**

**Gardening for Wildlife Month**

**Kentucky Derby**  
*May 2*

**Nurses Week**  
*May 6–12*

**American Indian Day**  
*May 9*

**Mother’s Day: U.S.**  
*May 10*

**O. Henry Pun-Off Day**  
*May 15*

**National Polka Festival**  
*May 22–24*

**Memorial Day: U.S.**  
*May 25*



# May Baskets

## What is May Day?

In some parts of the United States, May baskets are made as part of the May Day tradition, a celebration of Spring that can include activities like a maypole dance and crowning a queen of May.

April showers bring May flowers, as the saying goes. And with those flowers comes May Day, a holiday that most people have heard of but have no idea what it's for. May Day is celebrated on May 1 every year.

May Day is a celebration of the seasons changing as well as a day to celebrate workers' rights.

## How did May Day start?

May Day has its roots in ancient pagan festivals marking the beginning of summer. (For that reason, it's primarily celebrated in the Northern Hemisphere.) Ancient Celts called it Beltaine, which is still celebrated today. Over the centuries, it evolved and took on a more secular nature in Europe, including the addition of maypole dances that the holiday is now associated with. But May Day isn't all about skipping around with ribbons in the sunshine. It has also been on the same day as International Workers' Day since the 1880s. In fact, May Day is the equivalent of America's Labor Day for certain countries.

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On May 1, 1886, hundreds of thousands of U.S. industrial workers participated in a nationwide strike to demand an eight-hour workday. (At the time, it was common to work 10- to 16-hour days, according to Industrial Workers of the World.) The protests in Chicago lasted for several days, and on May 3, a strike at McCormick Reaper Works ended in a brawl with police officers. Several strikers were wounded or killed. These protests also changed the world for workers everywhere.

## Celebrating May Day with Your Kids:

- Make a May Day flower crown
- Give a May Day flower basket
- Plant some spring flowers
- Dance around a Maypole
- Enjoy a May Day picnic



# Celebrate Cinco de Mayo



Cinco de Mayo enjoys widespread popularity across the United States, despite many Americans mistaking the holiday as Mexico's Independence Day. Cinco de Mayo revelers take note! Mexico's Independence Day is held on September 16. It commemorates the day in 1810 when a Catholic priest known as Father Hidalgo made a speech in the town of Dolores calling for independence from Spain. Hidalgo's speech has since been called the "Cry of Dolores," and the town is now known as Dolores Hidalgo. Cinco de Mayo commemorates a very different event on a date over 50 years later.

In 1861, Benito Juárez was elected the new president of Mexico, but the country he was elected to run was bankrupt after decades of civil war. Juárez was forced to put off repaying all debts to Europe for two years, a decision that angered France, Britain, and Spain. These countries responded by sending their naval fleets across the Atlantic to collect their due. Juárez negotiated a deal with Britain and Spain. France, however, saw an opportunity to invade Mexico. Napoleon III ordered the landing of French troops at Veracruz, and the French forces chased Juárez and his government out of the city.

French General Charles Latrille de Lorencez soon marched his force of 6,000 upon the town of Puebla de Los Angeles. Juárez was desperate. He rounded up a group of 2,000 locals and fortified the town under the command of General Ignacio Zaragoza. On May 5, 1862, Lorencez surrounded Puebla and began shelling the town with heavy artillery. Yet by nightfall, the French were forced to retreat, having lost 500 soldiers. Zaragoza's victory at the Battle of Puebla was not a major one, but it was symbolic. Juárez's government used the victory to rally support against the French. Five years later, the United States sided with Mexico against the French and put an end to the war. Americans celebrating Cinco de Mayo are not celebrating America's successful intervention. It is more a general celebration of Mexican culture, fueled by the marketing influence of the beverage industry.

**With Spring Comes New Life,  
New Smiles and New Hope.  
Our residents loved their  
special new life spring visitors!**

