

Notable Quotable

"When you are a mother, you are never really alone in your thoughts. A mother always has to think twice—once for herself and once for her child."

~ Sophia Loren, actress



May Horoscopes and Birthdays

In astrology, those born May 1–20 are Bulls of Taurus. Like bulls in a pasture, Taureans enjoy relaxing in serene environments. They also work hard and expect to be rewarded for their efforts. Those born from May 21–31 are Twins of Gemini. Perhaps because twins are born with a companion, Geminis love to communicate with others. They are flexible and clever extroverts who can make persuasive arguments.

Dwayne Johnson – May 2, 1972
Frankie Valli – May 3, 1934
Audrey Hepburn – May 4, 1929
Don Rickles – May 8, 1926
Irving Berlin – May 11, 1888
Stevie Wonder – May 13, 1950
Janet Jackson – May 16, 1966
Malcolm X – May 19, 1925
Mr. T – May 21, 1952
Bob Dylan – May 24, 1941
Sally Ride – May 26, 1951
Betty Shabazz – May 28, 1934
Brooke Shields – May 31, 1965

Happy May Birthdays! Employee Spotlight!

05/08 - Jill Shearer

05/09 – Les White

05/09 – Myra Vondran

05/11 – Jean Cox

05/17 – Annie Gard

Recognizing employees who go above and beyond!



Thank you **Anne Shumaker**, our Business Office Manager! She is always eager to lend a hand and everyone can see how much she cares for our residents! Great work!

Motherhood: Priceless

How will you show Mom that you care on this Mother's Day, May 8? In its early days, Mother's Day was celebrated by attending church and sending Mom a handwritten letter. Today, Mother's Day is a \$28 billion industry. As well it should be! After all, if we were to pay Mom for the various tasks she performs, that salary would be over \$116,000 a year. The least we can do is shower her with gifts! Mothers aren't the only ones who look forward to the

holiday. It is the busiest day of the year for restaurants, with 80 million people dining out. Jewelry stores make out big, too. Shoppers spend \$5 billion on new bling for Mom. When Mother's Day began in 1914, the floral industry declared that carnations were the best way to honor mothers: red carnations for moms still living, and white for those who had passed. Today, the tradition of gifting flowers lives on. Mother's Day is the number one day for floral sales, which total \$2.66 billion.

Arbor Hills Grapevine

May 2022

Resources

Mary Gaudet
Executive Director

Lori Merrill
Resident Relations Director

Luis Casiano
Food Service Director

Ramon Miranda
Maintenance Director

Kaitlyn Askey
Activities Director

Anne Shumaker
Business Office Manager

Physician Transport with Julio
Monday (south side), Wednesday and Friday

Beauty/Barber with Tonya
Tuesdays & Thursdays 9-4

Arbor Hills Independent Living Residence
4145 Lakeland Hills Blvd
Lakeland, FL 33805

Johnny Cash – *My Mother's Hymn Book*

Even music legends have mothers! Here is an example of how great a mother's influence can be, courtesy of the man in black, Johnny Cash.

"My mother had an old book called Heavenly Highway Hymns. She used to sit and play those songs in it – old church songs, country gospel songs, dozens of them – all the way through, over and over in her lifetime. My mother loved that book. It's mine now, and it's kind of dog eared and ragged, a little bit like I am, and I love that book too. So when I started picking out songs for an album of my favorite church and gospel songs, I went to my mothers hymn book, and I found the ones I wanted to record.

The songs in that old book mean more to me than I can tell you, so I'll just sing em, me and my guitar, simple, no adornment, knowing that God loves music and that music bring hope for a better tomorrow. You asked me to pick my favorite album I've ever made and this is it. My Mother's Hymn Book. On that album I nailed it. That was me. Me and the guitar, and that's all there was in it and all there was it. I'm so glad that I got it done."

- Johnny Cash



May Activities Highlights

- 5/4** – Join us for Afternoon Tea in celebration of all mothers! 2pm in the Community Center.
- 5/5** – Hola! Come play our Cinco De Mayo Fiesta Shopping Game and win mucho dinero! 3pm in CC
- 5/6** – Happy 91st Birthday Les White. Les would like to share his birthday with you all in the Community Center at 3pm. Deborah Mims will be singing, and maybe a song or two from the birthday boy!
- 5/8** – Even if you don’t have plans for Mother’s Day, we’ve got you covered! Come to our concert featuring Gary Sattazahn in the Community Center at 3pm.
- 5/10** – How are we doing? Let us know at Town Hall, 10am in the Community Center.
- 5/11-** Have suggestions for our kitchen? Speak to our Kitchen Director at 1pm in the Private Dining Room.
- 5/12** – Have a suggestion for the Activities Department? Come let us know at 1pm in the Community Center.
- 5/13** – Enjoy some great music with a country twang. Welcome back Geri Blount, Guitar Gal. 3pm in CC.
- 5/16** – How many beans will you bid? Lima Bean Auction at 3pm in the Community Center.
- 5/18** – Love to learn new things? Join Pastor David Revell for “**Florida Fossils**” a presentation for you at 3pm in the Community Center.
- 5/20** – Happy Hour with Eddy Rivers! Join us for good fun and cold beverages! 3pm in CC.
- 5/23** – Spend your bucks at the best Bingo Store in town! 3pm in the Community Center.
- 5/24** – Leaving for Lakeside Village Shopping Center at 11am. Plan to buy lunch there and plenty of walking/shopping!
- 5/25** – Meet all your newest neighbors at our New Resident Reception at 2pm in the Community Center.
- 5/27** – Last Happy Hour of the month featuring one of my favorite entertainers, Jenifer Roys! 3pm in the Community Center!
- 5/30** – Support our Fallen Veterans. Join us at our Memorial Day Remembrance Service to honor those who have served and are no longer with us. 2pm in the Community Center

How-To: Skin Care Self-Exam



1. Examine your face

Especially your nose, lips, mouth and ears — front and back. Use one or both mirrors to get a clear view.



2. Inspect your scalp

Thoroughly inspect your scalp, using a blow-dryer and mirror to expose each section to view. Get a friend or family member to help, if you can.



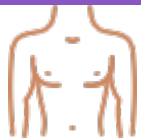
3. Check your hands

Palms and backs, between the fingers and under the fingernails. Continue up the wrists to examine both the front and back of your forearms.



4. Scan your arms

Standing in front of the full-length mirror, begin at the elbows and scan all sides of your upper arms. Don’t forget the underarms.



5. Inspect your torso

Next, focus on the neck, chest and torso. Lift the breasts to view the undersides.



6. Scan your upper back

With your back to the full-length mirror, use the hand mirror to inspect the back of your neck, shoulders, upper back and any part of the back of your upper arms you could not view in step 4.



7. Scan your lower back

Still using both mirrors, scan your lower back, buttocks and backs of both legs.



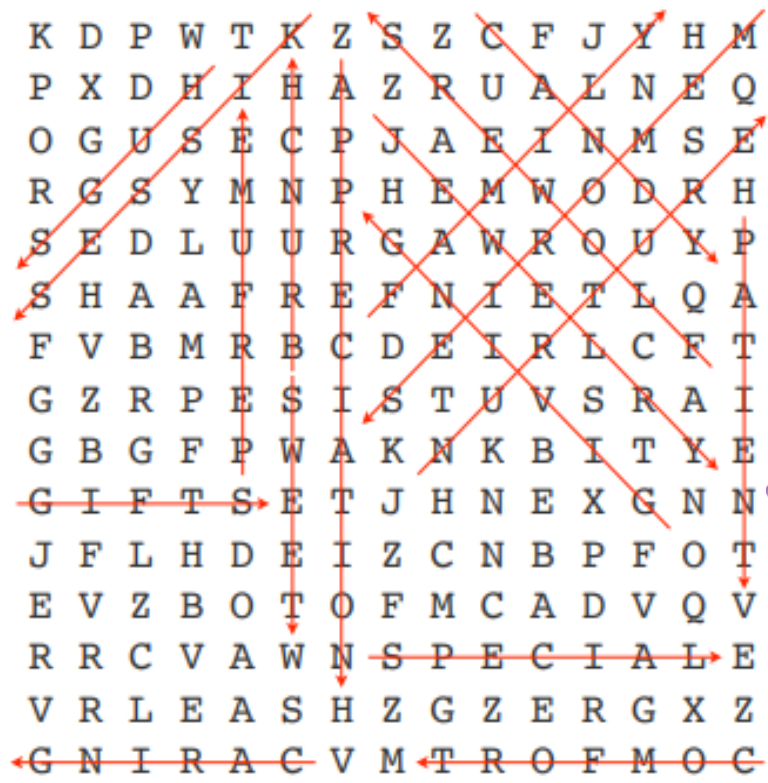
8. Inspect your legs

Sit down; prop each leg in turn on the other stool or chair. Use the hand mirror to examine the genitals. Check the front and sides of both legs, thigh to shin. Then, finish with ankles and feet, including soles, toes and nails (without polish).



Mother's Day

(solution)



Happy Mother's Day

(solution)

- 1. flowers
- 2. devoted
- 3. nurture
- 4. jewelry
- 5. breakfast
- 6. caring
- 7. children
- 8. patient
- 9. cookies
- 10. respect
- 11. present
- 12. awesome
- 13. chocolates
- 14. loving
- 15. brunch
- 16. laughter
- 17. celebrate
- 18. family



The Original Mother's Day Proclamation

While countries around the world celebrate their own Mother's Day at different times throughout the year, several countries, including the United States, Italy, Australia, Belgium, Denmark, Finland, and Turkey celebrate it on the second Sunday of May.

In the United States, the origins of the official holiday go back to 1870, when Julia Ward Howe – an abolitionist best remembered as the poet who wrote “Battle Hymn of the Republic” – worked to establish a Mother's Peace Day. Howe dedicated the celebration to the eradication of war, and organized festivities in Boston for years.

In 1907, Anna Jarvis, of Philadelphia, began the campaign to have Mother's Day officially recognized, and in 1914, President Woodrow Wilson did this, proclaiming it a national holiday and a “public expression of our love and reverence for all mothers.”

Today's commercialized celebration of candy, flowers, gift certificates, and lavish meals at restaurants bears little resemblance to Howe's original idea. There is nothing wrong with that. But here, for the record's sake, is the proclamation she wrote in 1870, which explains, in her own impassioned words, the goals of the original holiday.



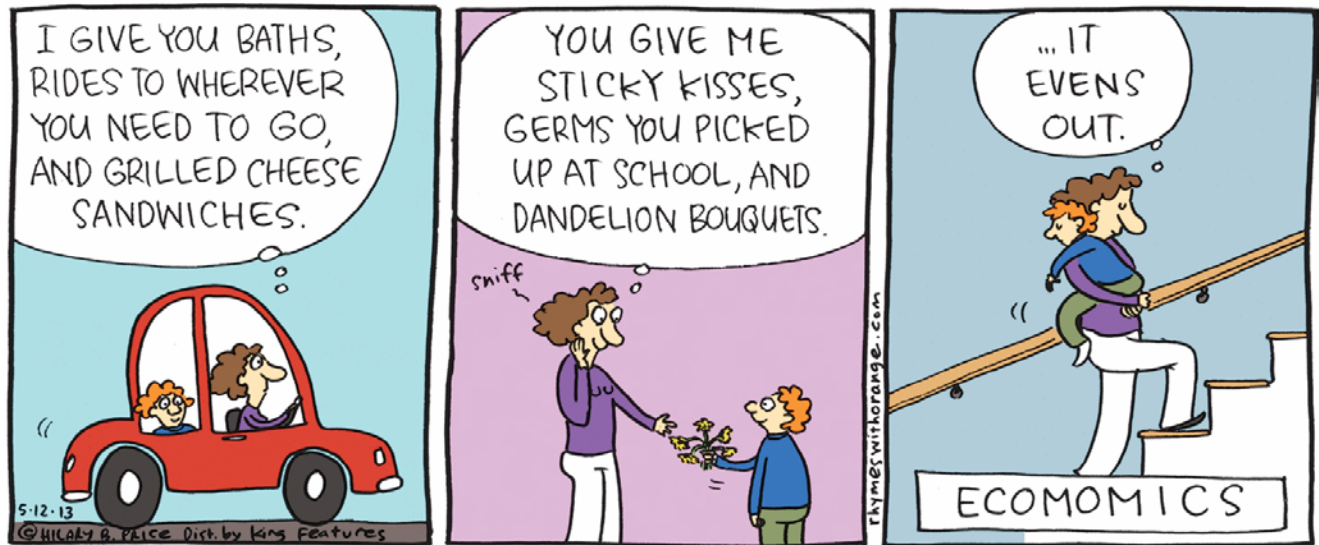
Arise, all women who have hearts, whether your baptism be that of water or of tears! Say firmly: “We will not have great questions decided by irrelevant agencies, our husbands shall not come to us, reeking with carnage, for caresses and applause.

“**Our sons shall not be taken** from us to unlearn all that we have been able to teach them of charity, mercy and patience. We women of one country will be too tender of those of another country to allow our sons to be trained to injure theirs.”

From the bosom of the devastated earth a voice goes up with our own. It says, “Disarm, disarm! The sword is not the balance of justice.” Blood does not wipe out dishonor nor violence indicate possession.

As men have often forsaken the plow and the anvil at the summons of war, let women now leave all that may be left of home for a great and earnest day of counsel. Let them meet first, as women, to bewail and commemorate the dead. Let them then solemnly take counsel with each other as to the means whereby the great human family can live in peace, each learning after his own time, the sacred impress, not of Caesar, but of God.

In the name of womanhood and of humanity, I earnestly ask that a general congress of women without limit of nationality may be appointed and held at some place deemed most convenient and at the earliest period consistent with its objects, to promote the alliance of the different nationalities, the amicable settlement of international questions, the great and general interests of peace.



Mother's Day

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.

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



Mother's Day Word Scramble

Unscramble the letters to reveal words associated with Mother's Day.

- 1. RFWLSOE _____
- 2. EDEVOTD _____
- 3. TURENUR _____
- 4. WYEREJL _____
- 5. AAETFKRBS _____
- 6. GRNCIA _____
- 7. CNDELIHR _____
- 8. PTENATI _____
- 9. COSEKIO _____
- 10. TCEPSRE _____
- 11. TSRNEEP _____
- 12. EWSAEOM _____
- 13. ESOLHCTAOC _____
- 14. LGNOVI _____
- 15. URNCHB _____
- 16. LHATEGRU _____
- 17. EAERTCLEB _____
- 18. AYMIFL _____

APPRECIATION	FLOWERS	MEMORIES
BRUNCH	GIFTS	NURTURE
CANDY	GIVING	PATIENT
CARING	HUGS	PERFUME
COMFORT	JEWELRY	SPECIAL
FAMILY	KISSES	SWEET

May is Skin Cancer Awareness Month

With over 5 million cases diagnosed in the United States each year, skin cancer is America's most common cancer. Fortunately, skin cancer is also one of the most preventable forms of cancer. By sharing facts about the dangers of unprotected sun exposure and encouraging people to check their skin for warning signs, we can and will save lives.

Get the facts about skin cancer, the most common cancer in the United States and worldwide.

- * 1 in 5 Americans will develop skin cancer by the age of 70.
- * More than 2 people die of skin cancer in the U.S. every hour.
- * Having 5 or more sunburns doubles your risk for melanoma.
- * When detected early, the 5-year survival rate for melanoma is 99 percent.

The following factors increase your skin cancer risk:

- * Indoor tanning
- * Sunburns
- * Skin Type
- * Unprotected Exposure to UVA & UVB Rays
- * Genetics
- * Atypical Moles
- * Organ Transplant
- * Red Hair

The following can help decrease your skin cancer risk:

- * Daily use of a broad spectrum sunscreen with an SPF 15+
- * Use of sun protective clothing, UV-blocking sunglasses and wide-brimmed hats
- * Seeking the shade whenever possible
- * Protective window film in your car and home
- * Annual skin exams with your physician
- * Monthly self-exams
- * A healthy diet

When caught and treated early, skin cancers are highly curable. And in the early stages of skin cancer development, you're the one with the best chance to see changes.

That's why we recommend that you examine your skin head-to-toe every month. It's a simple but powerful way to look at yourself with a new focus that can save your life.

If you see something NEW, CHANGING or UNUSUAL, get checked by a dermatologist right away. It could be skin cancer. This includes:

- * A growth that increases in size and appears pearly, transparent, tan, brown, black, or multicolored.
- * A mole, birthmark or brown spot that increases in size, thickness, changes color or texture, or is bigger than a pencil eraser. Learn the ABCDEs of melanoma.
- * A spot or sore that continues to itch, hurt, crust, scab or bleed.
- * An open sore that does not heal within three weeks.

A thorough self-exam requires the following simple supplies: a bright light, a full-length mirror, a hand mirror, two chairs or stools and a blow-dryer. Be sure to document your findings by writing them down, or use your phone to take pictures.

Head to page 7 for detailed instructions on how to properly perform a self-exam!

