

May 2015

# Cloverleaf Connection

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## Celebrating May

### **International Firefighters Day**

*May 4*

### **Mother's Day Brunch**

*May 9 at 11:00am*

### **Mother's Day**

*May 10*

### **National Nursing Home Week**

*May 10-16*

What Happens in Vegas.....  
.....Stays in Vegas!

### **Elvis**

*May 12*

At 2:00pm

### **Mysteries of Jason**

*Magician*

*May 13*

At 2:00pm

### **Don Morris**

*May 13*

at 6:30pm

### **Hog Roast**

*May 14*

at 5:30 and

The Valley Boys Band

At 6:00pm

## Gifts from the Garden

A garden can give many gifts: beautiful flowers, fragrant smells, tasty and nourishing vegetables, the songs of birds, the buzzing of bees, moments of quiet and peace, dirty hands, and feelings of a job well done. This May, dubbed "Gifts from the Garden Month," it's time to sing the praises of the often-unsung heroes of the garden: herbs.

Just about every dish we can think of tastes better with a pinch of fresh garden herbs. Thyme, rosemary, basil, oregano, parsley, sage, marjoram, lavender, mint, dill, and chives are staples in many spice cabinets. Not only do these herbs taste good but many also offer tremendous health benefits. The next time you add oregano to your marinara sauce, think about how it has the highest antioxidant content of any herb and four times that of fresh blueberries. A sprinkle of mint will brighten the flavors of a smoothie and, as studies suggest, soothe the digestive system. Sage is a must when seasoning a turkey or chicken, and its oils are known to help reduce inflammation.

Many of these herbs blossom into beautiful flowers, too. Lavender's luscious purple spikes are heavenly to behold and to smell. Thai basil, with a strong licorice scent, grows reddish-purple flowers. Leave dill alone, and you'll find bright chartreuse-yellow flowers atop tall stems. Pineapple sage, as the name implies, smells like pineapple and blooms deep red flowers. Remember, it takes a lot of energy to bloom, so the herbs themselves will lose some of their taste when allowed to flower. But the flowers' seeds will live on, bringing the option of new plants for seasons to come.

Best of all, if you have no outdoor garden space, herbs grow well in small pots. Potted herbs—watered and sunned in a kitchen or nearby window—are close at hand when they're needed most.

## Mindful in May

Sometimes, contrary to our best interests, the mind has a mind of its own. It is constantly wandering off, distracted, fixated on things that do not calm us or soothe us. Like so many things—playing an instrument, passing a football, doing your taxes—a calm and clear mind, too, improves with practice. Just how does one train the mind to remain calm and focused? One way is meditation. As luck would have it, May is also “Meditation Month.”



What is the goal of meditation? For some, meditation is an important part of spirituality. A calm and open mind creates a space for divine influence, prayer, and worship. For others, meditation reduces stress, builds confidence, and even supports success of personal goals at work or in the home. Still others use meditation for pain relief.

There are a variety of meditation techniques. One method is to repeat a mantra or sound. Some chant the Sanskrit syllable *om*, while others choose to repeat any phrase they wish. The goal is to be comfortable, focus on the sound, and shut off the intellectual side of our brains. Other varieties, such as Zen Buddhist meditation, focus on the breath. Practitioners may practice in a seated position or lie flat on their backs, breathing deeply and focusing on individual body parts. Yoga, as opposed to exercise, blends breathing with stretching, gentle movement, and sometimes visualization. With “guided visualization,” participants concentrate on an imaginary environment such as a grassy field or beneath a waterfall.

These are just a few of the many forms of meditation. For anyone interested, it’s important to both check with your physician and, once approved for this activity, try a variety to find the one that works best for you. Luckily, there are 31 days in May to explore all the options.

## Expression of Aloha

In Hawaii, May Day is Lei Day. Since 1927, Hawaiians have celebrated this holiday and publically honored the lei, that quintessential Hawaiian necklace fashioned of flowers and vines. Lei garlands are given as an expression of welcome and friendship when a loved one arrives, departs, or celebrates something special. The act of fashioning a lei is a sacred one. Legend has it that, as the creator weaves a lei, a piece of his or her spirit enters into the garland—and passes along to the recipient.

There are two distinctive types of leis and eight common methods for weaving them. Such tropical Hawaiian flowers as plumerias, *pikake*, and orchids are often used. They’re intertwined with leaves of *maile*, *ti*, and ferns. Shells, too, can be incorporated into the garlands. The leis of the island of Ni’ihau, for example, are specifically fashioned with small seashells known as *pupu*.

Many fantastic leis are on display during Lei Day at Kapi’olani Park near Waikiki Beach in Honolulu. A Lei Queen is crowned each year, with princesses representing each Hawaiian island—each wearing a special lei showcasing the island’s signature flower and color.

## Sock It to Me

Do you have a spot for old unmatched socks? Do you hold out hope of someday reuniting those single socks with their lost matches? Chances are you may never see those lost socks again, since many fall over the top of washing machine tubs and are sucked into the drain. So, on May 9—Lost Sock Memorial Day—take the time to say goodbye to those missing socks, wherever they may be. Perhaps the best way to celebrate this strange holiday is to take those unmatched socks out of the back of the drawer and wear them! Restore them to their former glory, go footloose, and tramp unmatched for a day.



## The Mother of All Holidays

Celebrated with great enthusiasm in the United States, Mother's Day falls on Sunday, May 10. And why shouldn't it be celebrated so enthusiastically? Where would we be without our mothers? The fact is we would not *be* at all.



Anna Jarvis is known as the mother of Mother's Day, for she so adored her mom that she campaigned for a holiday to celebrate all mothers. Jarvis herself never married nor bore children, but this didn't stop her from lobbying those in power to set aside a day to honor mothers. By 1911, most every state in America was celebrating Mother's Day, and on May 8, 1914, U.S. President Woodrow Wilson declared the second Sunday in May to be Mother's Day.

In the United Kingdom, a holiday honoring motherhood dates back much further than 1914. In the 1600s, the fourth Sunday of Lent was dedicated as Mothering Sunday. Church services were devoted to the Virgin Mary, and families were encouraged to attend services not at their local parish but to return to their larger "mother" church, or cathedral. Also, in a time when many servants worked in the homes of the rich away from their own families, these servants were allowed time to return home and visit their mothers. The tradition of Mothering Sunday largely died out in the 19th century, but when American servicemen flooded Europe during World War II—bringing their American Mother's Day holiday with them—Mothering Sunday became popular once again.

Whatever the month, March or May, and whatever the country—be it in the U.K., America, Australia, Canada, Mexico, Ireland, South Africa, Spain, India, France, or elsewhere—cultures have all understood the importance of honoring motherhood. Whether you give the mothers in your life a carnation, a greeting card, or a special Simnel cake loaded with fruit, what matters is thanking and honoring all mothers for the miraculous gift of birth.

## Gimme Five

*Cinco de Mayo*—which is Spanish for "Fifth of May"—is often a cause for celebration among Mexicans and most anyone else interested in Mexican food, drink, and music. Some less-informed revelers will claim *Cinco de Mayo* as the day of Mexico's independence. Those in the know will tell you it celebrates the Mexican army's 1862 victory over the French at the Battle of Puebla, led by General Zaragoza.

In 1862, Mexico had just gained its independence from Spain. France seized this as an opportunity to expand its empire and launched an assault at Veracruz, a 600-mile march from Mexico City. An underwhelming Mexican militia of 4,500 led by Zaragoza met the 8,000 well-armed French troops at Puebla. Though the French army was considered the greatest fighting force in the world, the Mexicans defeated the French. Six years later, France withdrew its claim on the country. But it was this May 5 David-versus-Goliath moment that instilled a new sense of patriotism and national pride in the young country of Mexico.

## Fancy Footwork

Put on your tap shoes and get ready to do the Shim Sham Shimmy on May 25, Tap Dancing Day. Centuries ago, cultures collided in the New World when two distinct dances became one: Irish and Scottish immigrants brought wooden-clogged step dances, and West African slaves brought stomping and slapping Juba. Tap dancing emerged as a hybrid, as African styles became more formal and were tapped with hard-soled shoes, and European dancing forms became more fluid, rhythmic, and dynamic. In 1925, iron was introduced to the toe and heels of tap shoes, allowing dancers (and their audience) to more easily hear their rhythm. Now dancers could tap *a cappella*, clacking out their own beats without musical accompaniment. It was a small step for man, and a rhythmic leap for mankind.





## Customer Service Superstar

### *Thelma Shouse*

Thelma is Cloverleaf's Customer Service Superstar for May! Thelma is a CNA that has worked here since November, 2014. In that time, she has proven to be a caring and helpful member of our team! Thelma is very patient and kind to residents and treats them with dignity and respect. Mara Whitman, DON, states "Thelma is conscientious about making sure things are done right and leaves no job unfinished". Thelma's co-workers say she is friendly, helpful and very courteous to work with. Congratulations Thelma and thank you for all your hard work!

## Employee of the Month

### *Melissa Stallcop*

Melissa is a CNA that has worked at Cloverleaf since September, 2013. Melissa was nominated by resident family on our Pinnacle Survey. Melissa is very helpful to residents and family. Tracy Archer, LPN, comments "Melissa is always willing to help when I ask and goes above and beyond to make sure her residents are happy!" Thank you Melissa for providing good care to Cloverleaf residents!

## May Birthdays

In astrology, those born from the 1st to the 20th in May have the star sign of the Bull of Taurus. Bulls show steady, dogged persistence. Once goals are reached, they enjoy being rewarded, especially with beauty and peace at home. Those born between the 21st and 31st are Gemini's Twins. Geminis love conversation, and they are good at it, too! Witty, intellectual, curious, charming, and imaginative, they're often the life of the party.

Joseph Heller (writer) – May 1, 1923  
Pete Seeger (singer) – May 3, 1919  
Gary Cooper (actor) – May 7, 1901  
Martha Graham (dancer) – May 11, 1894  
Perry Como (singer) – May 18, 1912  
Joan Collins (actress) – May 23, 1933  
Bob Dylan (singer) – May 24, 1941  
Sam Snead (golfer) – May 27, 1912  
Henry Kissinger (politician) – May 27, 1923  
Joe Namath (quarterback) – May 31, 1943

## Employee Birthdays

Shelly Reedy	May 5
Jamaica Androuskey	May 10
Becky Jackson	May 12
Joy Wood	May 15
Ashley and Misty Frye	May 19
Sandra Jones	May 25

*We wish them a very  
Happy Birthday!*