

## WHAT'S COMING UP

**May 1**  
May Day

**May 4**  
Star Wars Day

**May 5**  
Cinco de Mayo

**May 9**  
Mother's Day

**May 13**  
National Apple Pie Day

**May 24**  
National Brother's Day

**May 28**  
National Hamburger Day

**May 31**  
Memorial Day



## MAY 2021 NEWSLETTER



### ***Hello Residents,***

It's hard to believe it's already May, and almost half the year is gone! I want to say thank you to everyone who has been so helpful through this pandemic. We will continue to host visits per our guidelines, so please make sure you bring a copy of your vaccination cards. I want to give the biggest thank you to our nurses who have been fantastic throughout this entire year. We love you, and you are the heartbeat that keeps us going. We're so lucky to have a group of people who have worked as hard as you have this past year to love and care for our residents. We have also been blessed with families who have been proactive about getting vaccinated so that we can make visits safer for all. This year has been tough, but with our families and staff here as well as our fantastic residents, we have made the best out of the year. We will continue to bring some form of normalcy back to our lives each and every day.

### ***Psalm 95***

*Oh come, let's sing to the Lord. Let's shout aloud to the rock of our salvation! Let's come before his presence with Thanksgiving.*

***Sonja Edwards,***  
*Executive Director*



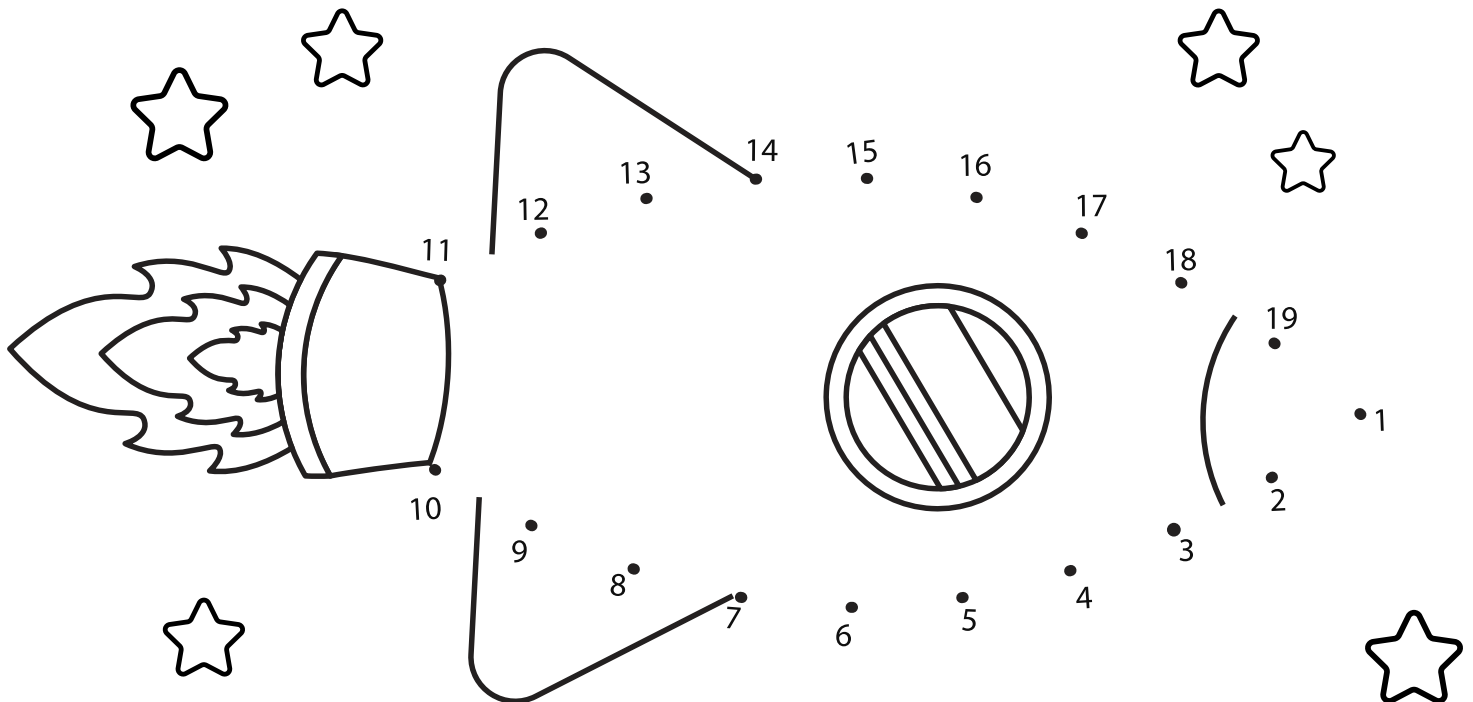
# NATIONAL SPACE DAY

The first Friday in May is National Space Day! This day is dedicated to celebrating the extraordinary achievements, benefits, and opportunities that come from space exploration and research. In honor of National Space Day, here are 10 things you probably didn't know about space exploration.

- 10.** A space suit weighs roughly 280 pounds, without the astronaut, and takes about 45 minutes to put on.
- 9.** To even apply to be an astronaut, candidates must complete at least 1,000 hours of fly time in a jet aircraft first.
- 8.** The first artificial satellite sent into space by the United States was the Explorer 1, launched on January 31st, 1958.
- 7.** America's first space station was Skylab, which contained almost 12,000 cubic feet of living space, and was longer than a 12-story building.
- 6.** A manned rocket reaches the moon in less time than it took for a stagecoach to travel the length of England.
- 5.** Each astronaut is allotted 3.8 pounds of food for

- each day, and the foods are individually-packaged for ease of handling in zero gravity.
- 4.** Flying American flags to space began with the flight of the first American astronaut, Alan Shepard, in 1961. Elementary students from a Cocoa Beach, FL school purchased the flag for Shepard to carry onboard the Freedom 7 Mercury spacecraft.
- 3.** A full NASA space suit costs \$12,000,000.
- 2.** Apollo 11 crew members Neil Armstrong and Edwin "Buzz" Aldrin made the first lunar landing on July 20th, 1969.
- 1.** In 1981, the first reusable spacecraft, the Space Shuttle Columbia, launched and returned from space.

## BLAST OFF!



CONNECT THE DOTS

# GRADUATION SEASON

## Interesting Facts & Traditions

Whether you have celebrated graduations of your own or watched your kids or grandkids graduate from school or university, we all know it's a special time honoring hard work, commitment, and perseverance. But why do we celebrate with the traditions we do?

### Cap & Gown

This traditional graduation attire dates back to the 12th century. The get up was first adopted out of necessity, as the universities of that time did not have heating systems. Graduates wore the robes for warmth, and eventually the outfit was made the official attire of academia.

### Cap Tossing

The fun and celebratory tradition of tossing the graduation cap was started by the Naval Academy in 1912. Before that graduation, the academy's students were required to serve two years in the fleet as midshipmen before being commissioned as Navy officers. This

crew of 1912 was commissioned at graduation, and therefore no longer needed their hats, which they tossed into the air without the need of getting them back. Now this act is practiced as a gesture to commemorate the ending of a chapter.

### Turning the Tassel

Another graduation gesture is moving the tassel from one side of the cap to the other upon receiving a diploma. Though this cap adornment only goes back 40 or 50 years, moving the tassel from right to the left side of the cap symbolizes the student's movement from candidate to graduate.

**Cheers to all the classes of 2021!**



## FUN FACTS

- » Blue jeans were officially invented in May of 1873 after Levi Strauss and Jacob Davis obtained a patent for the pants on May 20th.
- » On May 9, 1992, The Golden Girls aired their series finale.
- » The birthstone for May is the emerald, which represents love and success.
- » The Empire State Building opened on May 1, 1931.
- » On May 14, 1804, Lewis and Clark began their journey up the Missouri River.
- » May 22nd is National Maritime Day. Created in commemoration of the first transoceanic voyage via steamboat (completed by the U.S.S. Savannah in 1819), this holiday recognizes the efforts of the U.S. merchant marine during both war and peace.





## FROM THE BLOG

### Mother's Day

#### Celebrating Motherhood in all its Forms

Mother's Day is so special, and carries with it its own meaning for each of us. Perhaps you celebrate this holiday as someone who had an incredible mother of your own. Perhaps you yourself are a mother, a stepmother, a godmother, mentor, teacher, or caregiver. As we honor the mothers in our lives on this Sunday in May, let's find some inspiration in the beautiful words of writers, poets, actresses, and other figures who perfectly express the beauty and raw strength that is motherhood.





**Maya Angelou**

“To describe my mother would be to write about a hurricane in its perfect power. Or the climbing, falling colors of a rainbow.”

**Kate Winslet**

“Having children just puts the whole world into perspective. Everything else just disappears.”

**Robert Browning**

“Motherhood: all love begins and ends there.”

**Oliver Wendell Holmes**

“Youth fades; love droops; the leaves of friendship fall; a mother’s secret hope outlives them all.”

**Oprah**

“I believe the choice to become a mother is the choice to become one of the greatest spiritual leaders there is.”

**Mitch Albom**

“When you look into your mother’s eyes, you know that is the purest love you can find on this earth.”

**Victor Hugo**

“A mother’s arms are made of tenderness and children sleep soundly in them.”

**Abraham Lincoln**

“I remember my mother’s prayers and they have always followed me. They have clung to me all my life.”

**Henry Ward Beecher**

“The mother’s heart is the child’s schoolroom.”

**Michelle Obama**

“At the end of the day, the most important job is still mom-in-chief.”

**Sheryl Crow**

“Little souls find their way to you whether they’re from your womb or someone else’s.”

**Sophia Loren**

“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.”

No matter how or who you celebrate on Mother’s Day, we hope it is a time of tribute for you and/or the strong, loving women in your life who have shaped you, comforted you, taught you, and showed up for you in many ways throughout the years. On this special Sunday, we honor all mothers and mother-life figures, motherhood in general, and the profound impact of mothers on society. They truly deserve all the thanks!





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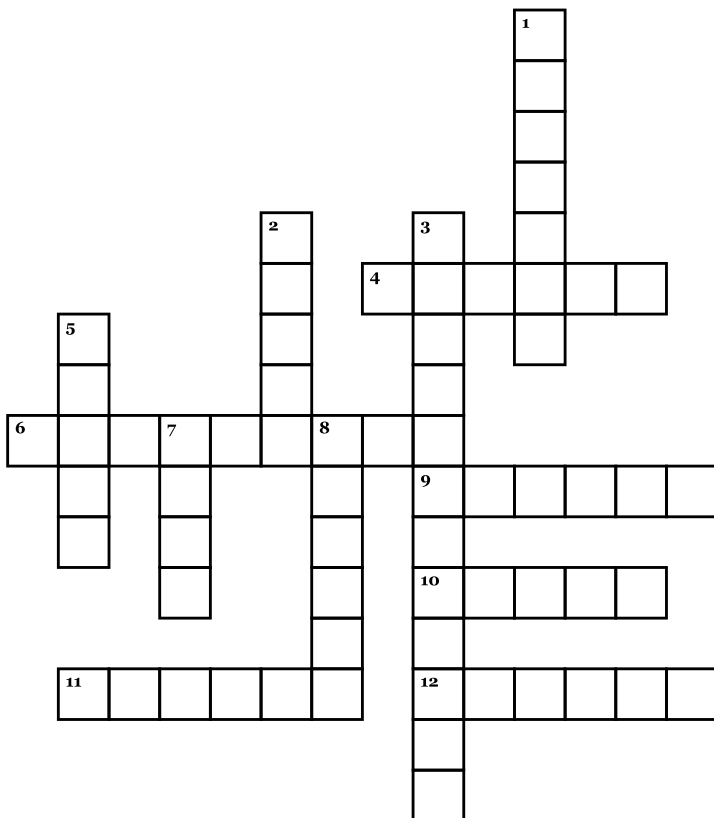


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|---------|--------|---------|----------|---------|
| MAY     | GOLDEN | JEANS   | SEINFELD | JEDI    |
| LILY    | EMPIRE | TRINITY | MARITIME | JOURNEY |
| EMERALD | BRIDGE | VACCINE | DOROTHY  | TEACHER |

CROSS-WORD



Across

4. The traditional flower of May - Lily of the \_\_\_\_\_
6. A popular food served on a bun
9. Teachers might receive these on Teacher Appreciation Day
10. Lewis & \_\_\_\_\_
11. Formerly the tallest building in the world, the \_\_\_\_\_ State Building
12. Dorothy's mother in The Golden Girls

Down

1. Gemstone that's the color of envy
2. Darth \_\_\_\_\_ - Luke's father
3. City where the Golden Gate Bridge is located
5. Pants made out of denim - usually blue
7. Well-known figure of the Wild West - Buffalo \_\_\_\_\_
8. One of Jerry's best friends in Seinfeld

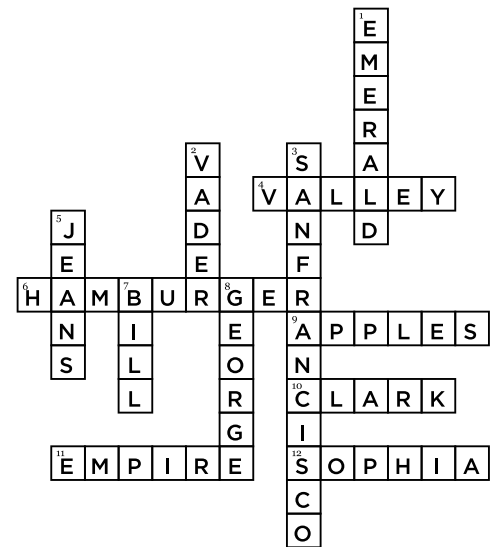
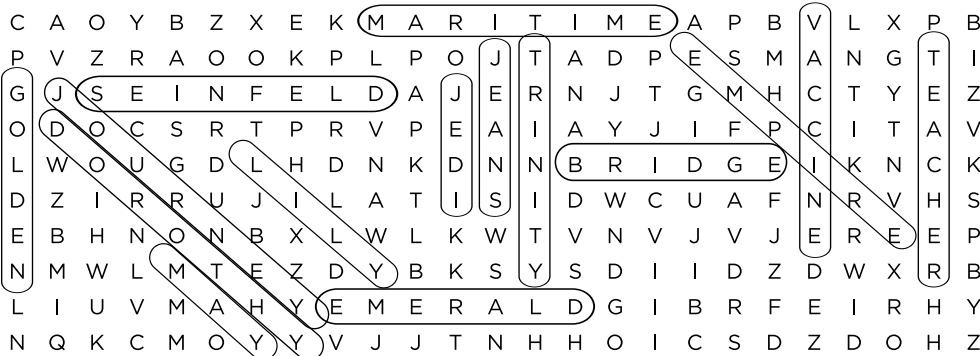
EMPLOYEE OF THE YEAR

June Barnett

June is an exemplary employee, and a wonderful asset for our residents and community alike. Our team is better because we have her on it, and we can't thank her enough for all she brings to our amazing Regency family. Thank you, June!




ANSWER KEY



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