

## Thank You, Nurses!

As the largest group of health care workers, nurses provide care in jobs throughout our communities, with many of these women and men serving on the front lines.

- Worldwide, there are 20 million nurses. Over 4 million nurses are on the job in the U.S.
- The majority of registered nurses work in hospitals. The rest serve in long-term care facilities, at clinics and schools, and in other settings.
- Every year, there's a whole week dedicated to them. Celebrated May 6—12, National Nurses Week ends on the birthday of Florence Nightingale, the founder of modern nursing.
- A lamp symbolizes the nursing career. Nightingale was known as the "lady with the lamp," since she carried one with her at night while checking on her patients.
- The world's first nursing school is said to have started in 250 B.C. in India. Only men could attend.
- Today, women make up 90% of the field.
- The first American to earn a diploma for nursing was Linda Richards, who graduated in 1873 from a program in Boston.
- There are over 100 different nursing specialties.
- Nurses walk a lot! On average, a hospital nurse walks 4 to 5 miles during a 12-hour shift.
- For the past two decades, nursing has been voted the most-trusted profession.

## The Story Behind Brunch

"Let's do brunch!" A blend of breakfast and lunch, this leisurely weekend meal serves up a combination of foods as well as fun.

The first printed mention of the term brunch goes back to 1895 in England, where a writer promoted the idea of a social late-morning meal on Sundays. Contributing to the concept, the British also had a tradition of fox hunting breakfasts, which included a large variety of foods.

By the 1930s, brunch had gained steam in the U.S., specifically Chicago, the halfway point on cross-country train trips. Wealthy passengers and movie stars on publicity tours would eat later in the morning on the stopover. The trend grew, especially after World War II, with restaurants and hotels adapting their menus.

As more married women began working outside the home, going out for Sunday brunch offered them a break from cooking. Mother's Day is now among the most popular occasions for brunch.

## Employee of the Month — Andi

Congratulations to our employee of the month, Andi! Andi is a second shift medical technician, and we are so happy to have her.

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MAY 2021

## A Night at the Ballpark!

We all had such a good time enjoying our ballpark picnic, playing games and eating delicious food!



## Remember, Honor, Celebrate

Memorial Day pays tribute to those who have made the ultimate sacrifice while serving in the armed forces. There are many ways you can take part in honoring these heroes.

**Explore their stories** — Read a military memoir or watch a movie or documentary. You can listen to recordings of veterans' firsthand accounts online at [StoryCorps.org](http://StoryCorps.org).

**Tune in to a TV tradition** — On the night before Memorial Day, PBS stations broadcast the National Memorial Day Concert, an annual event that honors the fallen and their families with musical performances and personal stories.

**Post a tribute** — If you have a loved one who is a fallen hero, post a photo and story about them on social media.

**Send a letter** — Express your thanks in a note to currently deployed troops. Search online for one of many nonprofit groups that gather and distribute letters to men and women serving overseas.

**Visit a memorial** — Spend time at a local military monument or museum, or pay your respects at a veterans cemetery. You can also make virtual visits to many war memorials.

**Pause at 3 p.m.** — Stop and reflect during the National Moment of Remembrance, a one-minute pause observed at 3 p.m. local time on Memorial Day.



MAY 2021

Locations

Activity Room, Memory Care, ARMC  
Outing, O  
TV Room, Memory Care, TVMC  
Villas, Upstairs Gathering Place, VUGP  
Villas, Dining Room, VDR

“We’re all different.  
That’s what makes  
us special.”  
—Carrie Underwood

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						MAY DAY 1
10:30 Snack Time, ARMC 11:00 TV Church Service, Chan. 9, ARMC 1:30 Indoor Lawn Games, TVMC 2:30 Snack Time, ARMC	9:30 Broadway Dance Party, ARMC 10:30 Snack Time, ARMC 1:30 Lima Bean Auction, ARMC 2:30 Snack Time, ARMC	10:30 Snack Time, ARMC 10:30 Painting and Piano, ARMC 1:30 Bingo, ARMC 2:30 Snack Time, ARMC	9:30 Latin Heritage Dances, ARMC 10:30 Snack Time, ARMC 1:30 Puzzles and Card Games, TVMC 2:30 Snack Time, ARMC	10:30 Snack Time, ARMC 10:30 Painting and Piano, ARMC 1:30 Employee Thank You Card Making, ARMC 2:30 Snack Time, ARMC	10:30 Snack Time, ARMC 10:30 Painting and Piano, ARMC 1:30 Afternoon Exercise, ARMC 2:30 Snack Time, ARMC	10:30 Snack Time, ARMC 2:30 Snack Time, ARMC 6:00 Cinema Saturday, TVMC
MOTHER'S DAY 9	10	11	12	13	14	15
10:30 Snack Time, ARMC 11:00 TV Church Service, Chan. 9, ARMC 1:30 Indoor Lawn Games, TVMC 2:30 Snack Time, ARMC	9:30 Disco Dance Party, ARMC 10:30 Snack Time, ARMC 1:30 Cornhole Tournament, ARMC 2:30 Snack Time, ARMC	10:30 Snack Time, ARMC 10:30 Painting and Piano, ARMC 1:30 Bingo, ARMC 2:30 Snack Time, ARMC	9:30 Carolina Shag Party, ARMC 10:30 Snack Time, ARMC 1:30 Puzzles and Card Games, TVMC 2:30 Snack Time, ARMC	10:30 Snack Time, ARMC 10:30 Painting and Piano, ARMC 1:30 Folding Paper Flowers, ARMC 2:30 Snack Time, ARMC	10:30 Snack Time, ARMC 10:30 Painting and Piano, ARMC 1:30 Afternoon Exercise, ARMC 2:30 Snack Time, ARMC	10:30 Snack Time, ARMC 2:30 Snack Time, ARMC 6:00 Cinema Saturday, TVMC
16	17	18	19	20	21	22
10:30 Snack Time, ARMC 11:00 TV Church Service, Chan. 9, ARMC 1:30 Indoor Lawn Games, TVMC 2:30 Snack Time, ARMC	9:30 '50s Dance Party, ARMC 10:30 Snack Time, ARMC 1:30 Bowling, TVMC 2:30 Snack Time, ARMC	10:30 Snack Time, ARMC 10:30 Painting and Piano, ARMC 1:30 Bingo, ARMC 2:30 Snack Time, ARMC	9:30 Swing Dance Party, ARMC 10:30 Snack Time, ARMC 1:30 Puzzles and Card Games, TVMC 2:30 Snack Time, ARMC	10:30 Snack Time, ARMC 10:30 Painting and Piano, ARMC 1:30 Cosmic Clay Pots, ARMC 2:30 Snack Time, ARMC	10:30 Snack Time, ARMC 10:30 Painting and Piano, ARMC 1:30 Afternoon Exercise, ARMC 2:30 Snack Time, ARMC	10:30 Snack Time, ARMC 2:30 Snack Time, ARMC 6:00 Cinema Saturday, TVMC
23	24	25	26	27	28	29
10:30 Snack Time, ARMC 11:00 TV Church Service, Chan. 9, ARMC 1:30 Indoor Lawn Games, TVMC 2:30 Snack Time, ARMC	9:30 Disney Dance Party, ARMC 10:30 Snack Time, ARMC 1:30 Kerplunk!, ARMC 2:30 Snack Time, ARMC	10:30 Snack Time, ARMC 10:30 Painting and Piano, ARMC 1:30 Bingo, ARMC 2:30 Snack Time, ARMC	9:30 Rock Dance Party, ARMC 10:30 Snack Time, ARMC 1:30 Puzzles and Card Games, TVMC 2:30 Snack Time, ARMC	10:30 Snack Time, ARMC 10:30 Painting and Piano, ARMC 1:30 Build Your Own Spaceship, ARMC 2:30 Snack Time, ARMC	10:30 Snack Time, ARMC 10:30 Painting and Piano, ARMC 1:30 Afternoon Exercise, ARMC 2:30 Snack Time, ARMC	10:30 Snack Time, ARMC 2:30 Snack Time, ARMC 6:00 Cinema Saturday, TVMC
30	MEMORIAL DAY 31					
10:30 Snack Time, ARMC 11:00 TV Church Service, Chan. 9, ARMC 1:30 Indoor Lawn Games, TVMC 2:30 Snack Time, ARMC	9:30 '80s Dance Party, ARMC 10:30 Snack Time, ARMC 1:30 Bowling, ARMC 2:30 Snack Time, ARMC					