



Kutz
SENIOR LIVING CAMPUS

Lodge Lane
ASSISTED LIVING & MEMORY CARE

Lodge Lane Assisted Living and Memory • 1221 Lodge Lane Wilmington, DE • 302-757-8100



Celebrating May

**Physical Fitness & Sports
Month**

Older Americans Month

Meditation Month

Cinco De Mayo
May 5

Teacher Day
May 7

Nurses Week
May 6-12

Mother's Day
May 12

Memorial Day: U.S.
May 27

**Senior Health and Wellness
Day**
May 29

A Mother by Any Other Name

Did you know that babies gave mothers their name? All around the world the name for your mother is syntactically similar. In English she's mom; in Mandarin Chinese, mama. To Spanish kids, she's mama too, though with slightly different accents on the syllables. "Mom" is translated as mamma in Iceland, ma in punjabi, em in Hebrew and me in Vietnamese. Noticing a trend? No coincidence — one of the first word-like sounds babies typically vocalize is a "ma" sound, and almost every language across the globe has taken that baby talk as the basis for the word for mother.

But, no matter what you call her you know you can always count on her to be around. Join Lodge Lane in our musical tribute to Mother's on Saturday May 11, 2019 in Lodge Lane's Great Room area. Come and enjoy some music and sweet treats.



Older Americans Month

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as "Senior Citizens Month," the prelude to "Older Americans Month."

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pays tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities. Even something as small as volunteering or supporting your local senior center can make a difference.

Physical Fitness and Sports Month

May is National Physical Fitness and Sports Month, designated in 1983 by the President's Council on Fitness to promote healthy lifestyles among all Americans and improve our quality of life.

American leaders realized fitness was vital for our citizens as early as 1956, when President Eisenhower created the President's Council on Youth Fitness, renamed in the early 1960s by President Kennedy as the President's Council on Physical Fitness to include people of all ages.

Get ready for a physically fit packed month in May. Join activities as we go on walks and play some sports to stay fit. Check out the activities calendar for more details.



Acknowledgements

Thank you Phillip Sharon for your kind donation of books. Residents can find the new additions to our collection on the bookshelf in the lobby.

Cinco de Mayo

Cinco de Mayo has evolved into a huge celebration in many communities across the U.S. meant to honor Mexican culture and heritage. But why do we celebrate it in the first place? To commemorate the Battle of Puebla.

The Battle of Puebla was part of the Franco-Mexican War. One of the reasons it's so significant is because the French army was much larger and more prepared than the Mexican army. They had more weaponry and men at their disposal, but the French still lost the battle to Mexico, though they did eventually win the war. However, we still take this time to celebrate the miracle of the victory. *Vamos!* Come join Lodge Lane for our celebration of Cinco de Mayo with a special Mexican themed lunch.

Photo Corner



National Nurses Week



When it comes to saying thanks to your dedicated nurses, nursing assistants, CNAs, and new nursing grads, don't skip a beat or miss an opportunity to honor them with a heartfelt thank you. May 6-

12 is National Nurses Week. We would love to have you with us to celebrate this festive week-long celebration of our nurses. Be on the look-out for a calendar of events for Nurses Week.

Memorial Day

Memorial Day is an American holiday, honoring the men and women who died while serving in the U.S. military. Did you know Memorial Day was originally known as Decoration Day. It originated in the years following the Civil War and became an official federal holiday in 1971. Many Americans observe Memorial Day by visiting cemeteries or memorials or, even throwing a family gathering. Here at Lodge Lane we will be enjoying a community BBQ in our courtyard. Mark your calendars, you don't want to miss it!

News in Food

Harry's Savoy Auxiliary Luncheon

May 8, 2019

12:00p.m.

Enjoy a luncheon with Kutz Senior Living's Auxiliary at Harry's Savory.



Mother's Day Luncheon

May 12, 2019

12:00p.m.

Please RSVP at 302-757-8100

Closing of Deli

The Lodge Lane Deli will be closing permanently effective July 1st. We are in the process of reworking this space to better serve our Community and Residents. You will be able to find the items produced by the deli offered on our menu cycle. We apologize for any inconvenience. The final day of deli operation will be June 27th.

May Super Food: Mushrooms

Did you know?

Mushrooms are low in calories, fat-free, and very low in sodium, yet they provide important nutrients, including selenium, potassium, riboflavin, niacin, vitamin D and more. They are



classified as vegetables in the food world, but they are not technically plants. They belong to the fungi kingdom. Although they are not vegetables, mushrooms provide several benefits that vegetables would offer making them most desirable. According to folklore, ancient Egyptians believed that mushrooms were the plant of immortality and pharaohs decreed that they were reserved only for royalty.

It's a good thing you don't have to be royalty to enjoy these savory delicacies now. Join Lodge Lane as Dining Services presents a cooking demonstration with our tasty Super Food. Check out the calendar for more details.

May Birthday Babies!



Velma W. 5/2
 Pricilla 5/3
 Marvin N. 5/4
 Mildred C. 5/6
 Ann R. 5/17
 Judy T. 5/17
 Ken M. 5/18
 Melissa C. 5/18
 Eursulin M. 5/24

Celebrity Birthday!

Bing Crosby (singer) – May 3, 1903
 Audrey Hepburn (actress) – May 4, 1929
 Orson Welles (director) – May 6, 1915
 Salvador Dali (artist) – May 11, 1904
 Florence Nightingale (nurse) – May 12, 1820
 Liberace (pianist) – May 16, 1919
 Peggy Lee (singer) – May 26, 1920
 Bob Hope (comedian) – May 29, 1903

Dining Room Reservations

Our dining rooms have a tendency to fill quickly. Please make reservations with the front desk with as much advance notice as possible so a table can be set aside for your party.

Deli Days

***Lodge Lane Deli Hours
 Tuesdays and Thursdays
 Noon- 1:30 p.m.***

***Serving Deli Sandwiches & Sides
 Cash Purchases Only***

Please see the Front Desk for current pricing.

Your Return Address
Street Number and Name
City, State ZIP Code

Postage
Information

Your Mailing Address
Street Number and Name
City, State ZIP Code

Lodge Lane Staff Email Addresses

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Words of Wisdom

"We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty."

-Maya Angelou

"Never rest on your laurels. Nothing wilts faster than a laurel sat upon."

-Mary Kay

"You could be the world's best garbage man, the world's best model; it don't matter what you do if you're the best."

-Muhammad Ali

"Prosperity is not without many fears and distastes, and adversity is not without comforts and hopes."

-Francis Bacon

"Life has no limitations, except the ones you make."

-Les Brown