



Friendships



Friendship is a gift, a precious thing, a bond that helps us grow and make life sing. Through laughter, tears, and share adventures, we find a comfort that forever ventures. It's a connection strong and true, a friendship forever me and you.

May Birthdays

In astrology, those born from May 1–20 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 May 21–31 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.

Resident's Birthdays:

- Ruth B./ 05-01
- Louise D./ 05-03
- Claudia A./ 05-10
- B.B. H./ 05-18
- Mary H./ 05-19
- Jerry L./ 05-24

Racing Across the Centuries

Each May since 1912, runners have been sprinting from San Francisco Bay to the Pacific Ocean in San Francisco's Bay to Breakers road race, proudly hailed as the oldest footrace in America. But the Thanksgiving Turkey Trot in Buffalo, New York, has been held continuously since 1896—five months longer than the Boston Marathon, which first took place in April 1897. And Buffalo's cross-border neighbors in Hamilton, Ontario, are host to the Around the Bay Road Race—first held in 1894 and canceled only during World War I and from 1925 to 1935. The world's oldest running race may have been at Greece's Olympic Games, kicked off in 776 BC. Other notable races include Italy's Palio del Drappo Verde, first held in 1208 and run for 590 years until the French invaded Italy in 1798, and Scotland's Red Hose Run, which has taken place continuously since 1508, interrupted only by plague and war.



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Sierra Place Senior Living Newsletter

1111 W. College Parkway, Carson City, NV. 89703/ (775) 841-4111



Celebrating May

Executive Director

Patrick Ward

Business Office

Manager

Jennifer Ireland

Dining Services

Cody Strain

Community Relations

Director

Chemane Fine

Wellness Director

Larry Kaminski

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What a Great Way to Spend Easter

We celebrated Easter by doing different activities at different tables. Our first table was coloring a plastic Easter tablecloth. The next table was decorating Easter eggs. The third table was decorating sugar cookies. The fourth table had an orange sherbert punch and goodies to eat while sharing our time together. It's wonderful to see everyone together, celebrating and bringing so much joy! Let's make sure we cherish these moments of laughter and connection.





Breathe into Balance

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 or soothe us. Like so many things that improve with practice—maintaining a calm and clear mind takes practice, too. 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.

Yoga, as opposed to exercise, blends breathing with stretching, gentle movement, and sometimes visualization. With “guided visualization,” participants concentrate on a peaceful environment, such as a grassy field or a waterfall.

Studies show that yoga provides a variety of mental health benefits, including improved cognitive skills and a more positive emotional outlook. The postures, slow and controlled breathing, and meditation soothe your nervous system and can even lower blood pressure. Regular yoga can also help you sleep better.

Improves balance and gives greater flexibility.

These are just a few of the many forms of breathing into balance.

Join us at Sierra Place on Wednesday mornings at 9:30am on the 3rd floor.

Aloha in Bloom

In Hawaii, May Day is Lei Day. Since 1927, Hawaiians have celebrated this holiday and publicly 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. According to legend, as the creator weaves a lei, a piece of their 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. Tropical Hawaiian flowers, such 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'i'hau, 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.

Golf

A relaxing day of golf



A Mom-entous Occasion

Celebrated with great enthusiasm in the United States, Mother's Day falls on Sunday, May 11. 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 had children, but this didn't stop her from lobbying those in power to set aside a day to honor mothers. By 1911, almost every state in America was celebrating Mother's Day, and on May 9, 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 and whatever the country, many cultures have 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.

When a friend sings to you, it creates a special moment.



Dominoes offers valuable lessons in strategy, planning, and consequences of choices. A good way for friends to spend some time together.

