

MAY 2018

The Treemont Tattler

TREEMONT RETIREMENT COMMUNITY • 2501 WESTERLAND DR HOUSTON TX 77063 • 713-783-6820



CELEBRATING MAY

Men's Breakfast

Tues, May 1 @ 7:30am

Cinco de Mayo Fiesta

Fri, May 4, 11:30am-1:30pm

Kentucky Derby Party

Sat, May 5, 5:00 – 6:30pm

Ladies Breakfast

Tues, May 8 @ 7:30am

Mother's Day Social

Sat, May 12, 3:30 – 5:00pm

May Birthday Dinner

Tues, May 15 @ 5:00pm

Galveston Bus Trip

Sat, May 19 @ 8:30am

Ice Cream Social

Tues, May 22 @ 3pm

Painting with a Twist!

Thurs, May 24 @ 1:30pm

Memorial Day Celebration

Sat, May 26 @ 3pm

Community Health Fair

Weds, May 30 @ 1pm

A Message from your Activity Director

Dear Treemonsters:

Thanks for making April such a fun month! It was great to see so many of you laughing, dancing, and getting involved in last month's programs. I hope you've had a chance to catch up on your beauty sleep, because May is going to be even busier!

With our Cinco de Mayo Fiesta, Kentucky Derby Party, Mother's Day Social, and Memorial Day Celebration, there will be plenty of opportunities to get out and have some fun.

We're also rolling out a few new programs this month. Our 'Virtual Trip' will explore the culture, geography, and history of France, while our weekly **language classes** will teach us the basics of polite conversation in French. We'll end the month by sampling the local fare with a 'Taste of France'.

Meanwhile, the TED Talk features 8-10 minute videos of Motivational Speakers followed by a group discussion.

In response to your suggestions, I've scheduled a Health Fair for the community this month. Those participating will be offered great incentives, like blood sugar readings, tongue & pulse diagnoses, blood pressure screenings, etc. This is a great opportunity to get to know the local health providers.

Many of you have also mentioned that you would like a forum to voice your suggestions on ways to improve life at Treemont. You asked and we've scheduled! We'll be having a Town Hall Meeting on Wednesday, June 6th at 1:45pm. To make it possible to address everyone's suggestions in one meeting, we're providing 'Suggestion Slips' at the front desk. Write down your suggestion – you can include several – and turn it in to the front desk. You can take it home, take your time with it, and ask one of us to write it for you - just be sure to turn it in by Wednesday, May 23rd so we can compile them, create an agenda, and get answers for you before the meeting.

Wishing you & yours a truly marvelous May,
Nikki Andress

Mother May I?



Sunday, May 13 is Mother's Day in the United States, Australia, and Canada. In Mexico, *Día de las Madres* is Thursday, May 10. In France, *La Fête des Mères* is Sunday, May 27. After Christmas and Easter, Mother's Day is the third-most celebrated holiday in the world, but the way mothers are honored differs from place to place.

In the United States, the most typical gift given to mom is a Mother's Day card and flowers. It may come as no surprise that the vast majority of Mother's Day cards—80% in fact—are not bought by men but by women. A mother's job is never done, it seems, not even on Mother's Day.

Mother's Day wasn't always celebrated by buying cards, flowers, chocolates, and jewelry. It was Anna Jarvis who fought to establish the national holiday. Jarvis was inspired largely by her own mother, who had organized "Mother's Day work clubs," where women would tend to soldiers wounded during the Civil War and tackle problems that led to infant mortality. Indeed, Jarvis proposed Mother's Day as a day to honor women like her mother, who had played greater political roles for the benefit of society. She was disgusted when her holiday turned into a commercial bonanza for those hawking flowers and candy. Jarvis spent her life fighting what Mother's Day had become.

In most countries these days, Mother's Day is celebrated by showering gifts and attention on mom. In Mexico, it is tradition on *Día de las Madres* to serenade mom in the morning before church and then prepare dinner for her. France's *La Fête des Mères* originated as a way for the French government to honor the mothers of large families with a gold medal. It was a means to encourage French women to have more children and repopulate the country after World War I. By the 1950s, consumer appeal and a rising birth rate transformed the holiday into one more commercially aligned with the United States. And why not take one day out of the year to recognize their vital importance?

Dreaming of a White Christmas

Bing Crosby had no idea that on May 29, 1942, his recording of Irving Berlin's "White Christmas" would become the world's most popular song. The recording took Crosby just 18 minutes, as part of an album for the movie musical *Holiday Inn*, and neither he nor Berlin thought the song was a hit. However, it went on to win the Academy Award for Best Original Song, and it hit number one on the pop charts in October of 1942, two months before Christmas. Irving Berlin, as a Jewish-American, did not celebrate Christmas, but he sure knew how to write a hit song, even one without any mention of magical characters or religion. The song's slow and melancholy longing for the cozy holidays of yesteryear was what audiences craved. What really propelled the song to superstardom was its inclusion on Armed Forces Radio. GIs fighting overseas during World War II loved the song, and Crosby performed it regularly for them. Audiences still love "White Christmas." With over 100 million copies sold worldwide, it remains the best-selling song of all time.

Everything Old Is New Again



Mending clothes is a lost art. Rather than patch holes or sew popped seams, Americans prefer to buy entirely new garments. The average American throws out 81 pounds of clothes each year, leading to 13 million tons of textiles sitting in our landfills. I Need a Patch for That Day, on May 21, is a day to reverse this trend. Recycled clothing is suddenly trendy. Outdoor clothing manufacturer *Patagonia* has been a leader in the sustainable clothing movement, making fleece out of plastic bottles and asking customers to buy fewer of their clothes. When garments get worn, they provide mending services in their repair shop, even reselling used clothing via their website. The Seattle company *Evrnu* has taken recycled clothing a step further. They take old garments, break down the fibers to the molecular level, and spin brand new fibers to make new clothes. Who needs a patch with technology like this?

Man's Best Friends



May 6–12 is Pet Week, a week to honor our nonhuman companions. Pets have been shown to make us more empathetic and even interact more with others. Pets also offer many health benefits, too, such as lower stress, sharper executive function, even a reduction in physical pain. Moreover, people who own pets get more exercise, both physically and mentally.

In many ways, our pets do much more than just act as companions. Three-year old Alida Knobloch of Georgia is literally attached to her pet goldendoodle, Mr. Gibbs. That's because Mr. Gibbs carries her heavy oxygen tank. Alida suffers from a rare form of lung disease that makes it difficult for her to breathe without assistance. With Mr. Gibbs by her side and an oxygen tank carried on the dog's back, Alida is able to run and play. Alida's family is so grateful that they call Mr. Gibbs Alida's "four-legged lifeline."

When a wildlife park became overcrowded with animals, Casey Anderson stepped in to save a baby grizzly bear. Little did Anderson know that the bear, named Brutus, would grow to be one of his best friends and even be the best man at his wedding! Anderson's love of grizzlies led him to found the Montana Grizzly Encounter sanctuary. When Brutus isn't roaming the park, he may be found cuddling with Anderson or eating at the dining room table.

An eight-year-old girl from Seattle befriended an entire flock of crows. As a four-year-old, she often spilled food in her yard, attracting the birds. Over the years she began to intentionally feed them. The crows, one of nature's cleverest animals, were so grateful that they began to bring her gifts in return: buttons, toys, dead fish, rocks, even a plastic heart, which, the girl says, proves "how much they love me." Animals may not be human, but they often bring out the best in us, so during Pet Week make sure you do your part to thank the animal that has given you so much.

Upcoming Events

Our **May Bus Trip will be to Galveston Island**, where you'll take a driving tour of the tree sculptures, enjoy an island meal, and have your choice of visiting the beach (no stairs) or exploring the shops on the Strand (with stairs). The cost of the trip will be your lunch & any shopping that you do. This trip will be made on our community bus (with Don, our lovely Maintenance Director driving!) [We'll have the big county bus for our monthly trips starting in June!] **Sign up sheet is at the front desk.**

Don't forget about the **Men's and Ladie's Breakfasts** this month, or the **Ice Cream Social**, which will be sponsored by Senior Allegiance Home Health and feature Banana Splits.

We'll also have several new entertainers this month and a few special musical performances. We'll enjoy **a Classical Piano and Cello Recital** by Master's Students from the University of Houston, **a Patriotic Tribute to Veterans** by Elvis & Friends, and **an After-Dinner Affair**, by special guest performer Leslie Allen.

Lucky Lindy



On May 20, 1927, Charles Lindbergh pointed his *Spirit of St. Louis* airplane down the runway of Roosevelt Field, Long Island, and 33 1/2 hours later he landed in Paris, France. A crowd of 100,000 greeted him as a hero. Lindbergh had become the first person to fly solo across the Atlantic Ocean. Before becoming a national hero, Lindbergh was a mail pilot. He had heard of a promotion, offered by a New York hotelier: the first person to fly from New York to Paris would be awarded a prize of \$25,000. Many attempted the flight and failed, but Lindbergh would succeed. He supervised the building of a custom plane. With four sandwiches, two canteens of water, and 451 gallons of gas, he made the flight and etched his name into the history books.

Treemonter Birthdays

2 nd	ELIZABETH FRITTS
5 th	EVELYN HARTLEY ROGER MARSHALL
8 th	DELORIS SANDBERG
9 th	VELMA FERGUSON
11 th	LOIS DRAGOSET ROBERT TUMPKIN
12 th	MELINDA OGG
13 th	ALICE FARISS
15 th	ALLAN AHLSCHIER
18 th	AGNES BARRETT
20 th	LINDA HOPWOOD
23 rd	EDWIN MABRY
28 th	JEAN VANDERVORT PAULA HOWARD
30 th	BETTY DAVENPORT

"You are never too old to set another goal or to dream a new dream..."

- C. S. Lewis

May Babies

In astrology, those born between May 1–20 are Taurus' Bulls. Bulls are hardworking, ambitious, honest, and dedicated to finishing tasks with a dogged persistence. Once the work is done, a Taurus expects to enjoy the fruits of their labor. Those born between May 21–31 are Gemini's Twins. They have two distinct and alluring sides to their personality: sociable and ready for fun, or serious and thoughtful. Sometimes they feel as if one half is missing, so they forever seek new friends.

Benjamin Spock (pediatrician) – May 2, 1903
 Sugar Ray Robinson (boxer) – May 3, 1921
 Sigmund Freud (psychoanalyst) – May 6, 1856
 Fred Astaire (entertainer) – May 10, 1899
 Yogi Berra (ballplayer) – May 12, 1925
 George Lucas (film maker) – May 14, 1944
 Adrienne Rich (poet) – May 16, 1929
 Cher (singer) – May 20, 1946
 Sir Arthur Conan Doyle (writer) – May 22, 1859
 Bob Dylan (songwriter) – May 24, 1941
 Jim Thorpe (athlete) – May 28, 1887
 Walt Whitman (poet) – May 31, 1819

A Long Time Ago...



"May the Fourth be with you." So say the millions of *Star Wars* fans who will celebrate Intergalactic *Star Wars* Day on May 4.

What has made *Star Wars* one of the most beloved and successful film franchises in history? When it was released on May 25, 1977, it blew audiences away. In the middle of an era when dark and brooding films were all the rage, this space adventure with cutting-edge special effects, wild aliens, strange other worlds, funny banter, and an amazing musical score was a breath of fresh air. *Star Wars* creator George Lucas had mined both high- and low-brow sources for his space opera, paying homage to the filmmakers he had studied during his film school years. What grew out of that first film is a media empire as far-reaching as the evil Empire itself.