



The Meadows Monthly Newsletter

May 2018

The History of Mothers Day

Mother's Day is a holiday honoring motherhood that is observed in different forms throughout the world, and Mother's Day 2018 occurs on Sunday, May 13, in the United States. The American incarnation of Mother's Day was created by Anna Jarvis in 1908 and became an official U.S. holiday in 1914. Jarvis would later denounce the holiday's commercialization and spent the latter part of her life trying to remove it from the calendar. While dates and celebrations vary, Mother's Day traditionally involves presenting moms with flowers, cards and other gifts.

The official Mother's Day holiday arose in the 1900s as a result of the efforts of Anna Jarvis, daughter of Ann Reeves Jarvis. Following her mother's 1905 death, Anna Jarvis conceived of Mother's Day as a way of honoring the sacrifices mothers made for their children.

After gaining financial backing from a Philadelphia department store owner named John Wanamaker, in May 1908 she organized the first official Mother's Day celebration at a Methodist church in Grafton, West Virginia. That same day also saw thousands of people attend a Mother's Day event at one of Wanamaker's retail stores in Philadelphia.

Following the success of her first Mother's Day, Jarvis—who remained unmarried and childless her whole life—resolved to see her holiday added to the national calendar. Arguing that American holidays were biased toward male achievements, she started a massive letter writing campaign to newspapers and prominent politicians urging the adoption of a special day honoring motherhood.

By 1912 many states, towns and churches had adopted Mother's Day as an annual holiday, and Jarvis had established the Mother's Day International Association to help promote her cause. Her persistence paid off in 1914 when President Woodrow Wilson signed a measure officially establishing the second Sunday in May as Mother's Day.



Meet Brooke - Lead Cook

Employee Spotlight



Brooke grew up in Bluffton, MN. Her favorite color is purple and has 1 older brother and 1 younger sister. She has an 18 month old son named Deegan. No pets at home, but Deegan loves to visit grandma's chihuahuas! Brooke is a lead cook for the evening meal and says she "loves working here". Brooke went to school for medical administrative assistant and thinks psychology would be really interesting. Some of Brooke's hobbies include fishing, drawing and traveling. She has traveled to lots of different places such as Mexico, Florida, Aruba, Curacao, Princess Cays, Las Vegas and Montana. She loves the OCEAN! If Brooke could go anywhere in the world she would like to go to Australia as it looks like a beautiful place. Or anywhere with crystal clear water and white sandy beaches. Brook enjoys hanging out with her son, traveling and visiting family when she is not working here at The Meadows. She has a fear of spiders and her favorite food is Swedish meatballs, mashed potatoes and gravy!



A Month in History...

May 1st - Observed as May Day, a holiday and spring festival since ancient times, also observed in socialist countries as a workers' holiday or Labor Day.

May 2, 2011 - U.S. Special Operations Forces killed Osama bin Laden during a raid on his secret compound in Abbottabad, Pakistan.

May 4, 1494 - During his second journey of exploration in the New World, Christopher Columbus discovered Jamaica.

May 5th - Celebrated in Mexico as Cinco de Mayo, a national holiday in remembrance of the Battle of Puebla in 1862.

May 18, 1980 - Mount St. Helens volcano erupted in southwestern Washington State spewing steam and ash over 11 miles into the sky. This was the first major eruption since 1857.

May 20, 1932 - Amelia Earhart became the first woman to fly solo across the Atlantic. She departed Newfoundland, Canada, at 7 p.m. and landed near Londonderry, Ireland, completing a 2,026-mile flight in about 13 hours. Five years later, along with her navigator Fred Noonan, she disappeared while trying to fly her twin-engine plane around the equator.

May 31, 1889 - Over 2,300 persons were killed in the Johnstown flood in Pennsylvania. Heavy rains throughout May caused the Connemaugh River Dam to burst sending a wall of water 75 feet high pouring down upon the city.

Straight from our Kitchen

Kitchen Manager: Jennifer W.

Minnesota Wild Rice



Nurses Notes

1/2 cup Wild Rice
2 cup diced cooked chicken
4 slices bacon, diced
1 cup milk
4 cup chicken broth
2 cup diced carrots
1 Tbls flour
2 medium diced onions
2 stalks diced celery
1/4 cup butter, havled
salt & pepper
1/8 tsp nutmeg

Rinse rice, soak in 3 cup of water for 12 hours. Drain rice, add 3 cups fresh water to rice and 1/2 tsp of salt, bring to boil. Reduce heat and simmer 10 min, drain. Rice is ready to use.

In stock pot saute onion, celery, carrots and bacon in 1/2 the butter until tender. Stir in broth, wild rice and milk. Combine flour with remaining butter & whisk into soup. Cook stirring constantly until soup thickens and boil. Add chicken, salt & pepper. Ready to serve.

What is arthritis?

Arthritis is an inflammation of the joints. It can affect one joint or multiple joints. There are more than 100 different types of arthritis, with different causes and treatment methods. Two of the most common types are osteoarthritis (OA) and rheumatoid arthritis (RA). The symptoms of arthritis usually develop over time, but they may also appear suddenly. Arthritis is most commonly seen in adults over the age of 65, but it can also develop in children, teens, and younger adults. The main goal of treatment is to reduce the amount of pain you're experiencing and prevent additional damage to the joints. You'll learn what works best for you in terms of controlling pain. Some people find heating pads and ice packs to be soothing. Others use mobility assistance devices, like canes or walkers, to help take pressure off sore joints. Improving your joint function is also important. Your doctor may prescribe you a combination of treatment methods to achieve the best results.

***American Stroke Awareness Month * Arthritis Awareness Month * Cystic Fibrosis Awareness Month * Healthy Vision Month * High Blood Pressure Education Month**

What is a stroke?

A stroke occurs when a blood vessel in the brain ruptures and bleeds, or when there's a blockage in the blood supply to the brain. The rupture or blockage prevents blood and oxygen from reaching the brain's tissues. The loss of blood flow to the brain damages tissues within the brain. Symptoms of a stroke show up in the body parts controlled by the damaged areas of the brain. The sooner a person having a stroke gets care, the better their outcome is likely to be. For this reason, it's helpful to know the signs of a stroke so you can act quickly. Symptoms:

Paralysis, numbness or weakness in the arm, face, and leg, especially on one side of the body, trouble speaking, or understanding speech, confusion, slurring speech, vision problems, such as trouble seeing in one or both eyes with vision blackened or blurred, or double vision, trouble walking, loss of balance or coordination, dizziness, severe, sudden headache with an unknown cause. A stroke requires immediate medical attention. If you think you or someone else is having a stroke, have someone call 911 right away.

A Month in Review...



Music by the Kline Brothers



Visit by the Human Society



Jim's Birthday



Nail Polish Coffee Mug Art

