



**MAY**  
**2024**

## **MAY IS OLDER AMERICANS MONTH**

**T**here's lots to celebrate as May arrives. Along with flowers, there is Mother's Day, Cinco de Mayo, Memorial Day, the Kentucky Derby and the national observance month honoring older Americans. 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 pay tribute in some way to older persons in their communities.

With over 44 million people today over 65, there is much to celebrate and honor. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities. This year, the U.S. Administration on Aging, which is now part of the Administration for Community Living, under the U.S. Department of Health and Human Services, is promoting the theme "Blaze a Trail to Reinvention." Many retirees are finding new inspiration in second careers, helping others, discovering new interests, and pursuing dreams. Reinventing yourself can be fun and rewarding. Even better: It is also good for your mental and physical well-being.

Whether you are planning for retirement or simply looking to get involved in new activities, start by thinking about your skills, dreams, and passions.

**Follow your passion, use your skills:** Careers after retirement can be rewarding, personally and financially. First, determine whether you have the skills needed for a new venture. If so, update your resume and start looking at job posts. If not, seek out classes and training—online or at a local college. Remember to ask whether financial assistance is available.

**Express yourself through the arts:** Learn to paint or draw, dust off those dancing shoes, or put your musical talent to use. Take a class in stand-up comedy or acting, or finally write that story. Even if you never felt artistic, everyone has the ability to be creative. As a bonus, studies show that the arts can improve brain health.

**Keep learning and growing!** Learn a new language or take a computer class. Or, maybe you have always wanted to travel and discover other cultures. No matter what you choose, pursuing a new interest will help keep you happy, healthy, and connected.

**Consider using your years of experience to serve others.** Volunteers meet a range of community

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#### OUR MISSION

We enable seniors to live full and independent lives by providing nutrition and transportation services as well as opportunities to interact with others and socialize in activities throughout the community

"I'm afraid for the calendar.

**Its days are numbered.**

"My wife said I should do lunges to stay in shape.

**That would be a big step forward.**

Why do fathers take an extra pair of socks when they go golfing?" "

**In case they get a hole in one!**

"Singing in the shower is fun until you get soap in your mouth".

**Then it's a soap opera.**

"What do a tick and the Eiffel Tower have in common?"

**They're both Paris sites.**

"I thought the dryer was shrinking my clothes.

**Turns out it was the refrigerator all along."**

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May is a busy month with Mother's Day, Memorial Day and we're celebrating a different kind of Senior with graduations all over the place! Not to mention, they say April Showers bring May Flowers and May Flowers bring ...June bugs? Yep I made that one up myself. Ha! I just think that's funnier than Pilgrims.

As we celebrate Mother's Day this month, I'd like to introduce you to Carole. This is my mommy, my Christmas Carole! I'm not sure I can ever convey to her how much she means to me and how important she is in my life. I like to say that she was pregnant 9 times with 10 babies, had 8 deliveries and 6 kids. That woman is a champ. She was pregnant for practically 12 years straight. She and my daddy have been married over 60 years and they've shown us all what unconditional love is all about. She is a true superhero for always making me feel loved. Thank you, mommy, for making me the strong and confident woman I am today. You did that. YOU! In today's world, I can't think of a more important gift than to raise a confident daughter. I am blessed to have her love.

While we're settling in for a beautiful spring, we have many things to be grateful for and I encourage each one of you to take a moment to think of ONE thing EACH day that brings a smile to your face. In a world where things can bring us down, we need something or someone to lift us up sometimes. Be that something to someone else today.



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MONDAY

TUESDAY

WEDNESDAY



## 6 Truman library trip

7:45 Morning Yoga  
9:00 trip to Truman library  
10:30 Let's Move  
12:30 games

## 13 Book Club

7:45 Morning Yoga  
9:00 Socialization  
10:00 Book Club  
10:30 Chair yoga dance  
12:30 Games

## 20 Morning Yoga

7:45 Morning Yoga  
9:00 Morning Gratitude  
10:30 Chair yoga dance  
12:30 Games

## 27 Closed NO MEALS

CLOSED—NO MEALS ON WHEELS



## 7 Crafts W/ Garden Village

8:30 Morning Gratitude  
9:00 Morning Gratitude  
10:00 Hearing Heath w/ Bruce  
10:30 Let's Move!  
12:30 Crafts W/ Garden Village

## 14 History of Harry Truman

8:30 Morning Gratitude  
9:00 Socialization  
10:30 Let's Move  
12:30 History of  
Harry S. Truman

## 21 Movie Day

8:30 Morning Gratitude  
9:00 Socialization  
10:30 Let's Move!  
12:00 Movie of your choice

## 28 Weston Bend S.P

8:30 Morning Gratitude  
9:00 Socialization  
10:30 Let's Move!  
12:00 Weston Bend State Park  
Presentation

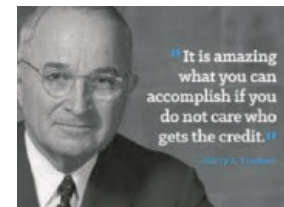
## 1 May Day / Music Therapy

7:45 Morning Yoga  
9:00 Music Therapy  
10:30 Let's Move!  
12:30 Bingo



## 8 Closed Truman's Birthday

MEALS WILL BE DELIVERED



## 15 Music Therapy

7:45 Morning Yoga  
9:30 Socialization  
10:30 Let's Move!  
12:30 Bingo!



## 22 Bingo

7:45 Morning Yoga  
9:00 Socialization  
10:00 Gratitude with Bonnie  
10:30 Let's Move!  
12:30 Bingo!



## 29 Bingo

7:45 Morning Yoga  
9:00 Socialization  
10:30 Let's Move!  
12:30 Bingo!



**THURSDAY**

**FRIDAY**

**2 May Birthday's**

8:30 Morning Gratitude  
 9:30 May Birthday Celebrations  
 10:30 Let's Move  
 12:30 Cinco De Mayo History

**9 Mothers day celebration**

**Wear your favorite hat for Mother's Day today!**

8:30 Morning Gratitude  
 9:00 Socialization  
 10:30 Let's Move!  
 12:30 Mother's Day Celebration

**16 Sing along W/ Sharon**

8:30 Morning Gratitude  
 9:00 Socialization  
 10:30 Let's Move!  
 12:30 Sing along w/ Sharon

**23 Memorial day tribute**

9:00 Morning Gratitude  
 10:00 Visiting Nurse  
**Glucose test**  
 10:30 Let's Move!  
 12:30 Memorial Day Tribute

**30 Game of Choice**

8:30 Morning Gratitude  
 9:00 Socialization  
 10:30 Let's Move  
 12:30 Game of Choice

**3 Morning Yoga**

7:45 Morning Yoga  
 9:00 Socialization  
 10:30 Let's Move!  
 12:30 Games

**10 Morning Yoga**

7:45 Morning Yoga  
 9:00 Socialization  
 10:30 Let's Move!  
 12:30 Games

**17 Morning Yoga**

7:45 Morning Yoga  
 9:00 Socialization  
 10:30 Let's Move!  
 12:30 Games

**24 Morning Yoga**

7:45 Morning Yoga  
 9:00 Socialization  
 10:30 Let's Move!  
 12:30 Games

**31 Moring Yoga**

7:45 Morning Yoga  
 9:00 Socialization  
 10:30 Let's Move!  
 12:30 Games

**MON, WED & FRI**

8:00 Yoga

**2ND MONDAY**

10:00 Book Club

**1st Tuesday**

12:30 Crafts w/ Garden Village

**4TH TUESDAY**

12:00 Weston Bend State Park

**EVERY WEDNESDAY**

12:30 Bingo

**1st & 3rd WEDNESDAY**

9:00 Music Therapy w/ Rachelle Soundscape

**2ND WEDNESDAY**

9:00 Coffee w/the Law

**1ST THURSDAY**

10:00 Celebration of monthly birthdays

**3rd THURSDAY**

12:30 Sharon Austin Gospel Singalongs

**4TH THURSDAY**

10:00 Terri Nickel Visiting Nurse Association  
**Glucose testing odd months**

**MAY BIRTHDAYS**

**Charlene Johnson**  
**5/6/1944**

**Roshonda Reed**  
**5/20/1977**

**Richard Werth**  
**5/22/1932**

In the US, Mother's Day was first suggested in 1872 by Julia Ward Howe as a day dedicated to peace. For many years, Howe organized Mother's Day meetings in Boston, MA. In 1907, Anna Jarvis, a Philadelphia, PA schoolteacher, began a campaign to establish a national Mother's Day. Jarvis persuaded her mother's church in Grafton, WV to celebrate Mother's Day on the second anniversary of her mother's death which was on the second Sunday of May that year. Jarvis and her supporters wrote to ministers, businessmen and politicians in their quest to establish a national Mother's Day. It was successful, and by 1911, was celebrated in almost every state in the nation. In 1912, the Mother's Day International Association was incorporated to promote the day and its observance. In 1914, President Woodrow Wilson made it official by proclaiming Mother's Day a national holiday to be held each year on the second Sunday of May.

## MOTHER'S SURVIVAL KIT

- STICK OF GUM: To remind you to stick with it
- CANDLE: To remind you to shine brightly
- CHOCOLATE KISS: To remind you that you are loved
- MATCH: To light your fire when you feel burned out
- TOOTSIE ROLL: To remind you not to bite off more than you can chew
- PIN: To remind you to stay sharp
- SMARTIE: To help you out on those days you don't feel so smart
- STARBURST: To give you a burst of energy on days you don't have any
- SNICKERS: To remind you to take time to laugh
- MARBLE: In case someone thinks you lost yours



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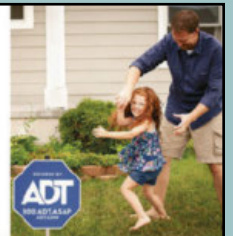
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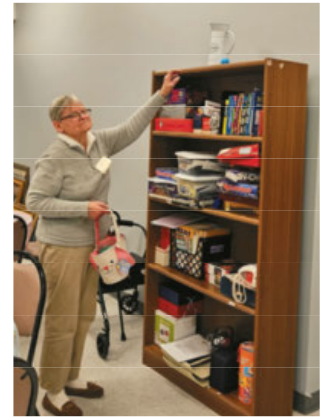
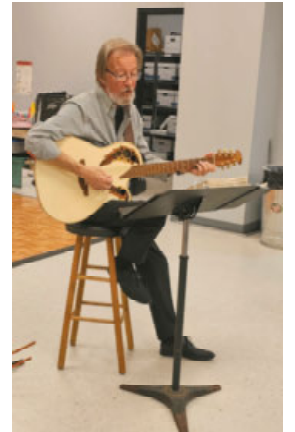
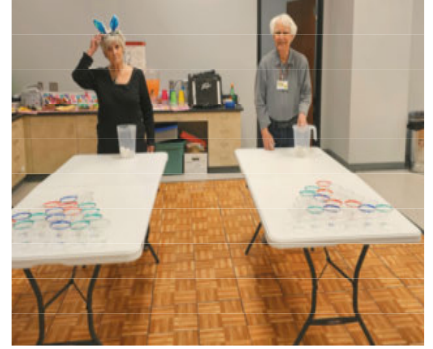


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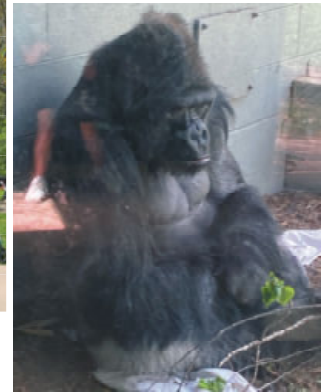
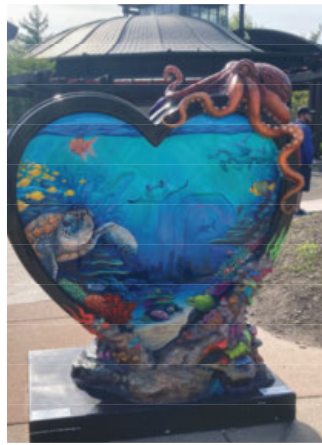
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## THRIVE LOCALLY









## OUR MEMORIES

by Lenore Hetrick

If we remember those who are gone  
Then they live again.  
They are here once more, they smile and speak,  
Just as do living men.

So let us give our thoughts to the brave,  
Upon this Memorial Day.  
In spiritual fellowship let us speak,  
And listen to what they say.

For a soldier who died for his country must know  
Much that he could tell,  
And if we caught the message it might  
Serve us oft and well.

So in our memories let the dead  
Linger often and long.  
Recollections of that kind live,  
And are like a springtime song.



Originally called Decoration Day, from the early tradition of decorating graves with flowers, wreaths and flags, Memorial Day is a day for remembrance of those who have died in service to our country. It was first widely observed on May 30, 1868 to commemorate the sacrifices of Civil War soldiers, by proclamation of Gen. John A. Logan of the Grand Army of the Republic, an organization of former Union sailors and soldiers.

During that first national commemoration, former Union Gen. and sitting Ohio Congressman James Garfield made a speech at Arlington National Cemetery, after which 5,000 participants helped to decorate the graves of the more than 20,000 Union and Confederate soldiers who were buried there.

This national event galvanized efforts to honor and remember fallen soldiers that began with local observances at burial grounds in several towns throughout the United States following the end of the Civil War, such as the May 1, 1865 gathering in Charleston, South Carolina organized by freed slaves to pay tribute and give proper burial to Union troops.

In 1873, New York was the first state to designate Memorial Day as a legal holiday. By the late 1800s, many more cities and communities observed Memorial Day, and several states had declared it a legal holiday.

After World War I, it became an occasion for honoring those who died in all of America's wars and was then more widely established as a national holiday throughout the United States.

In 1971, Congress passed the Uniform Monday Holiday Act and established that Memorial Day was to be commemorated on the last Monday of May.



## 2024

### (816)270-4100 MENU for PSSI MOW/Home-Delivered Meals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>YOU MUST CALL 816.270.4100 BY 11 AM THE BUSINESS DAY BEFORE TO ORDER/CANCEL A MEAL</b></p>	<p><b>May is Salad Month</b></p> 	<p><b>1</b></p> <p>Seas. Chicken Breast Potatoes Au Gratin Broccoli Pineapple/man-o-mix WG Wheat Bread Short Bread Cookies</p>	<p><b>2</b></p> <p>Mostaccoli/Whl Grain W Meat Sauce Italian Veggies Salad Tom/Carrots Pineapple/man or mix Italian Bread/Dressing Graham Crackers</p>	<p><b>3</b></p> <p>BBQ Chicken Carrots Potato Salad Trop. Fruit Mix Hamburger Bun (WG)</p>
<p><b>6</b></p> <p>Sloppy Joe's Potato Wedges Scand. Veggies Apple Slices Ham.Bun Whl/Grn</p>	<p><b>7</b></p> <p>Chicken Parmesan Penne pasta (whl grn) Broccoli Salad/Tom/Car Banana WG Wht Bread Graham Crakers</p>	<p><b>8</b></p> <p>Chili/ Beans Shredded Cheddar Salad Tom/Carrots Peach Cobbler Crackers Wht/Whl Grn Salad Dress. French</p>	<p><b>9</b></p> <p>Fish (Breaded) Beets (Pickled) Green Beans/Frzn Citrus Fruit Mix WhWG Brd Graham Crackers</p>	<p><b>10</b></p> <p>Mexican Taco Salad Shredded Cheddar Lettuce/D Tomatoes Pinto Beans Orange Nacho Light Chips Taco Sauce</p>
<p><b>13</b></p> <p>Chicken Patty Potatoes O'brien Broccoli Trop. Fruit Mix Ham.Bun WhlGrn Miracle Whip</p>	<p><b>14</b></p> <p>Meatloaf Brown Gravy Country blend veggies Mashed Potatoes Peaches/Strawberries Wheat Dinner Roll</p>	<p><b>15</b></p> <p>Chicken Diced/Seasoned Chddr Cheese -RF Salad Tom/Carrots Chuckwgn Corn Apples (Stewed) Tortilla Whole Wheat</p>	<p><b>16</b></p> <p>Salisbury Steak Gravy (Brown)(LS) Sweet Potatoes Broccoli Citrus Fruit Cup Wheat Bread (WG) Short Bread Cookies</p>	<p><b>17</b></p> <p>Chicken Strips Potato Wedges Salad Tom/Carrots Orange Multigrain Bread Graham Crackers French Salad Drsng. Honey Mustard</p>
<p><b>20</b></p> <p>Beef Mac Casserole Green Beans Vanilla Wafers Banana Pudding Pears Wheat bread</p>	<p><b>21</b></p> <p>Tilapia (Battered) Coleslaw-creamy Sweet Potatoes Peaches/Strwbrry White WG Bread Oat/Raisin Cookie Tartar Sauce</p>	<p><b>22</b></p> <p>Meatball Sub Italian Veg. Salad/Tom/Carrots Orange Hoagie Roll (WG) Italian Salad Dressing</p>	<p><b>23</b></p> <p>Chicken Fried Steak Gravy(country)LS Mashed Potatoes Green Beans Citrus Fruit Mix Wheat Roll/WG Short Bread Cookies</p>	<p><b>24</b></p> <p>Beef Pattie/Amer. Cheese Tossed Salad Steak Fries Banana WG Hamburger Bun Dressing/1000 Islnd Ketchup &amp; Mustard</p>
<p><b>27</b> <b>CLOSED</b></p>	<p><b>28</b></p> <p>Pulled Pork White Corn w/Pepper Coleslaw w vin /drsng Apple Slices Hoagie Roll (WhlGr)</p>	<p><b>29</b></p> <p>Beef stew w/veggies Tossed Salad Banana Corn Muffin Ranch Dressing Oatmeal Raisin Cookie</p>	<p><b>30</b></p> <p>Turkey-Deli Cheese Swiss Salad Tom/Carrots Potato Salad Orange White (WG) Bread Must/Mayo French Dressing</p>	<p><b>31</b></p> <p>Chicken (Oven Fried) Gravy (Chicken)LS Mashed Potatoes Green Beans (Frzn) Orange Sherb./Wht. CakeWheat Dinner Roll (WG)</p>
				

Menu is subject to change; substitutions may be made if approved by dietician.  
\*Margarine & 1% Milk served w/all meals

## Ingredients

- 1 lb ground beef
  - 2 tbsp soy sauce
  - 2 tbsp lime juice
  - 1/4 tsp chili powder
  - 2 tbsp oil
  - 1 tbsp minced garlic
  - 2 cups multicolor mini bell pepper cut into thin strips 12 mini bell peppers
  - 1 cup Vidalia Onion cut into thin strips or any sweet onions
  - 1/2 tsp cumin
  - salt to taste
  - pepper to taste
  - Queso Oaxaca or Mozzarella cheese
  - Serving:
  - Corn or flour tortilla
  - 1 lime
- Salsa



## Directions

- Marinate the beef with soy sauce, chili powder, lime, and garlic.
- Chop the veggies. Heat the cast iron or skillet.
- Sauté onions and bell peppers until it softens. Then add garlic.
- Add beef and cumin. Toss until beef is cooked.
- Adjust taste with salt and pepper.
- Add torn Oaxaca cheese. Cover to let it melt. Turn off heat.
- Meanwhile, warm up tortillas.
- Serve with salsa and lime.

## NOTES

Traditional Alambres de Res uses steak. Please refer to this link for the more traditional take on the dish.

If using bacon, rendering the fat should be the first cooking step, then proceed with Step 3.

You can replace beef with shrimp and bell peppers with zucchini. Zucchini has a lot of moisture, so make sure to sear it well. Also, cook shrimp and veggies sepa-