

WEST WARWICK SENIOR NEWS

MAY 2021

Our Mission is to Improve the "Quality of Life" for Seniors



WEST WARWICK SENIOR AND COMMUNITY CENTER
145 WASHINGTON ST. W. WARWICK, R.I. 02893 (401) 822-4450

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OLDER AMERICANS MONTH: "COMMUNITIES OF STRENGTH"

In tough times, communities find strength in people - and people find strength in their communities. In the past year, we've seen this time and again in the **Town of West Warwick** as friends, neighbors, and businesses have found new ways to support each other.

In our community, older adults are a key source of this strength. Through their experiences, successes, and difficulties, they have built resilience that helps them to face new challenges. When communities tap into this, they become stronger too.

Each May, the Administration for Community Living leads the celebration of "**Older Americans Month**" (OAM). This year's theme is "**Communities of Strength**", recognizing the important role older adults play in fostering the connection and engagement that build strong, resilient communities.

Strength is built and shown not only by bold acts, but also small ones of day-to-day life - a conversation shared with a friend, working in the garden, trying a new recipe, or taking time for a cup of tea on a busy day. And when we share these activities with others - even virtually or by telling about the experience later - we help them build resilience too.

This year, **The West Warwick Senior Center** will celebrate "**Older Americans Month**" by encouraging community members to share their experiences. Together, we can find strength—and create a stronger future.

Here are some ways to share and connect:

Look for joy in the everyday: Celebrate small moments and ordinary pleasures by taking time to recognize them. Start a gratitude journal and share it with others via social media, or call a friend or family member to share a happy moment or to say thank you.

Reach out to neighbors: Even if you can't get together in person right now, you can still connect with your neighbors. Leave a small gift on their doorstep, offer to help with outdoor chores, or deliver a home cooked meal.

Build new skills: Learning something new allows us to practice overcoming challenges. Take an art course online or try a socially distanced outdoor movement class to enjoy learning with others in your community. Have a skill to share? Find an opportunity to teach someone, even casually.

Share your story: There's a reason storytelling is a time-honored activity. Hearing how others experience the world helps us grow. Interviewing family, friends, and neighbors can open up new conversations and strengthen our connections.

When people of different ages, backgrounds, abilities, and talents share experiences - through action, story, or service - we help build strong communities.

And that's something to celebrate!

Please join The West Warwick Senior Center in strengthening Our community.

West Warwick Senior Center

HAPPY MOTHERS DAY

Mother's Day is a holiday honoring motherhood that is observed in different forms throughout the world. In the United States, Mother's Day 2021 will occur on Sunday, May 9. 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.

History of Mother's Day

Celebrations of mothers and motherhood can be traced back to the ancient Greeks and Romans, who held festivals in honor of the mother goddesses Rhea and Cybele, but the clearest modern precedent for Mother's Day is the early Christian festival known as "Mothering Sunday." Once a major tradition in the United Kingdom and parts of Europe, this celebration fell on the fourth Sunday in Lent and was originally seen as a time when the faithful would return to their "mother church"—the main church in the vicinity of their home for a special service. Over time the Mothering Sunday tradition shifted into a more secular holiday, and children would present their mothers with flowers and other tokens of appreciation. This custom eventually faded in popularity before merging with the American Mother's Day in the 1930s and 1940s.

Mother's Day Around the World

*While versions of Mother's Day are celebrated worldwide, traditions vary depending on the country. In Thailand, for example, Mother's Day is always celebrated in August on the birthday of the current queen, Sirikit.

*Another alternate observance of Mother's Day can be found in Ethiopia, where families gather each fall to sing songs and eat a large feast as part of Antrosht, a multi-day celebration honoring motherhood.

***In the United States, Mother's Day continues to be celebrated by presenting mothers and other women with gifts and flowers, and it has become one of the biggest holidays for consumer spending. Families also celebrate by giving mothers a day off from activities like cooking or other household chores.**

WISHING ALL OUR MOTHERS

A HAPPY MOTHERS DAY

(A Special HAPPY MOTHERS DAY To My MOM Angie Pontus)

My Mother

My mother taught me to **APPRECIATE A JOB WELL DONE**. "If you're going to kill each other, do it outside. I just finished cleaning."

My mother taught me **RELIGION**. "You better pray that will come out of the carpet."

My mother taught me about **TIME TRAVEL**. "If you don't straighten up, I'm going to knock you into the middle of next week."

My mother taught me **LOGIC**. "Because I said so, that's why."

My mother taught me **MORE LOGIC**. "If you fall out of that swing and break your neck, you're not going to the store with me."

My mother taught me **IRONY**. "Keep crying, and I'll give you something to cry about."

My mother taught me about **CONTORTIONISM**. "Will you look at that dirt on the back of your neck?"

My mother taught me about **WEATHER**. "This room of yours looks as if a tornado went through it."

My mother taught me about **HYPOCRISY**. "If I told you once, I've told you a million times. Don't exaggerate!"

My mother taught me about **BEHAVIOR MODIFICATION**. "Stop acting like your father."

My mother taught me about **ENVY**. "There are millions of less fortunate children in this world who don't have wonderful parents like you do."

My mother taught me about **ANTICIPATION**. "Just wait until we get home."

My mother taught me **MEDICAL SCIENCE**. "If you don't stop crossing your eyes, they are going to freeze that way."

My mother taught me **ESP**. "Put your sweater on; don't you think I know when you are cold?"

My mother taught me **HUMOR**. "When that lawn mower cuts off your toes, don't come running to me."

My mother taught me **GENETICS**. "You're just like your father."

My mother taught me **ROOTS**. "Shut that door behind you. Do you think you were born in a barn?"

My mother taught me **WISDOM**. "When you get to be my age, you'll understand."

My mother taught me **JUSTICE**. "One day you'll have kids, and I hope they turn out just like you."

How many of these did your mother teach you? AND how many did you teach your children?

West Warwick Senior Center

Fun Stuff



HAPPY BIRTHDAY
TO OUR MEMBERS WHO HAVE MAY
BIRTHDAYS



Happy Birthday To:

- 5/1 - Celeste
- 5/4 - Lucille Regnaiere
- 5/4 - Paulette Stetkiewicz
- 5/5 - Helen Petrarca
- 5/6 - *Manny Murray*
- 5/9 - Pamela Benson
- 5/11 - *Paulette Rainey Brown*
- 5/12 - Yoko Guyer
- 5/12 - Janice Hyink
- 5/19 - Claire Rice
- 5/22 - Donna Montecalvo
- 5/23 - Connie Cameron
- 5/28 - *Arthur Potter*
- 5/29 - Anna Courtemanche



WEST WARWICK SENIOR CENTER

Easy Puzzle 52

Spring

BUDS	GRASS	PASSOVER	SHOWERS
CHIRP	GREEN	PLANT	STRAWBERRY
DAFFODIL	GROUND	PRUNING	THAW
EASTER	HYACINTH	RAINBOW	VEGETATION
FASHION	LEAVES	RAINDROPS	VIOLET
FLOWERS	LILY	SEASON	
FOLIAGE	MOSS	SEDER	
FRESH AIR	NEST	SEED	

R	R	M	V	E	G	E	T	A	T	I	O	N	A
W	E	A	O	E	G	A	I	L	O	F	P	H	G
P	D	T	I	S	T	R	A	W	B	E	R	R	Y
R	E	D	S	N	S	N	O	I	H	S	A	F	Z
J	S	D	A	A	B	S	E	Q	R	S	R	M	H
R	H	L	B	F	E	O	L	E	S	T	F	G	Y
J	P	R	U	E	F	E	W	P	R	R	B	N	A
F	V	E	D	F	A	O	O	T	E	G	Q	I	C
H	L	V	S	V	H	R	D	S	B	G	V	N	I
L	I	O	E	S	D	C	H	I	R	P	O	U	N
T	T	S	W	N	B	A	L	O	L	S	R	R	T
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V	B	A	E	R	R	N	T	E	L	O	I	V	U
H	R	P	W	N	D	S	S	P	E	Y	B	O	P

FUN FACTS ABOUT MAY

- *It is the third and last month of the season of spring.
- *The birthstone of May, the emerald, symbolizes success and love.
- *May was once considered a bad luck month to get married. There is a poem that says "Marry in May and you'll rue the day".
- *In Old English May is called the "month of three milking's" referring to a time when the cows could be milked 3 times a day.
- *The Indianapolis 500 car race is held each year during this month.
- *The Kentucky Derby, the world's most famous horse race, is also held on the second Saturday of this month.
- *May is devoted to the Virgin Mary in the Catholic Church.
- *United Kingdom celebrates May as the National Smile Month.
- *The last week of May is Library and Information Week.

MAY IS OLDER AMERICANS MONTH THEME THIS YEAR: COMMUNITIES OF STRENGTH



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**"HOW OLD WOULD YOU BE
IF YOU DIDN'T KNOW HOW OLD YOU WERE?"**
(LEROY "Satchel" Paige)

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Foster Grandparent Program

If you are interested in improving our community by helping children get a good scholastic start, we are seeking volunteers in the Foster Grandparent Program ... **also known as "Classroom Grandpa's and Grandma's"** Volunteers will receive a tax-free stipend of \$3.00/hour. This stipend will not affect income taxes, Social Security, Food Stamps, housing, or Supplemental Security Income. Volunteers will also receive mileage reimbursements or a bus pass, paid leave hours and paid holidays. If you can commit to at least 15 hours a week.

Call 822-4450 and ask for the Foster Grandparent staff to learn more!

**We're
Searching for
Volunteers**