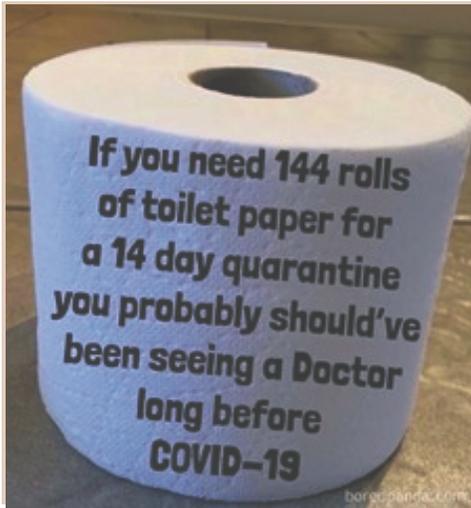


# May 2020

## SENIOR MOMENTS

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## What the Nose Knows

### Some trivia about the Sense of Smell

Our sense of smell brings us so much pleasure. The aroma of coffee in the morning. The fragrance of fresh flowers. The scents that remind of us of childhood, like cookies baking or popcorn popping. The ability to smell is something many people take for granted, but there are lots of interesting things you may not know about the sense of smell. As it turns out, the ability to smell is really quite an interesting gift.

### A Few Notable Facts About the Sense of Smell

The sense of smell is almost as unique as a fingerprint. An odor or fragrance is perceived differently by each person. That's because no two people have the same sense of smell, except identical twins.

Our ability to distinguish certain odors can become overloaded by prolonged exposure to those odors, which is why many pet owners are oblivious to the pet odors in their home that visitors detect as soon as they walk in the door.

Polar bears can smell a seal through three feet of snow.

When an initial smell is associated with an experience, it can leave a unique and lasting impression in the brain, which is why smelling a certain odor can evoke a specific memory.

The smell of food affects its taste, which is why our taste is diminished when you have a cold.

Some camels can detect the location of water from great distances by following the scent given off by water-dwelling bacteria.

Our ability to discern odors is weakest in the morning and becomes stronger in the course of the day.

The saying "nothing to sneeze at" has been around since the early 1800s and is used to describe something as NOT unimportant or unworthy



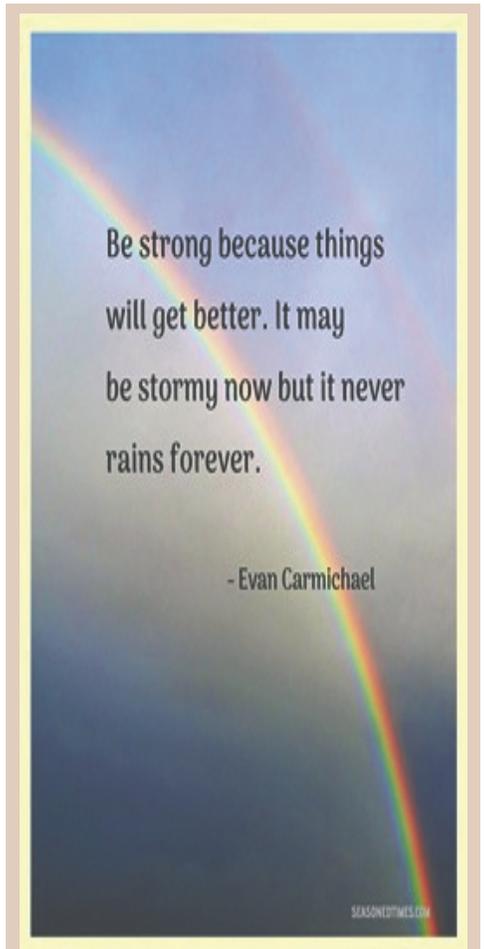
Cinco De Mayo—May 5th



Cinco de Mayo for the year **2020** is celebrated observed on **Tuesday, May 5.**

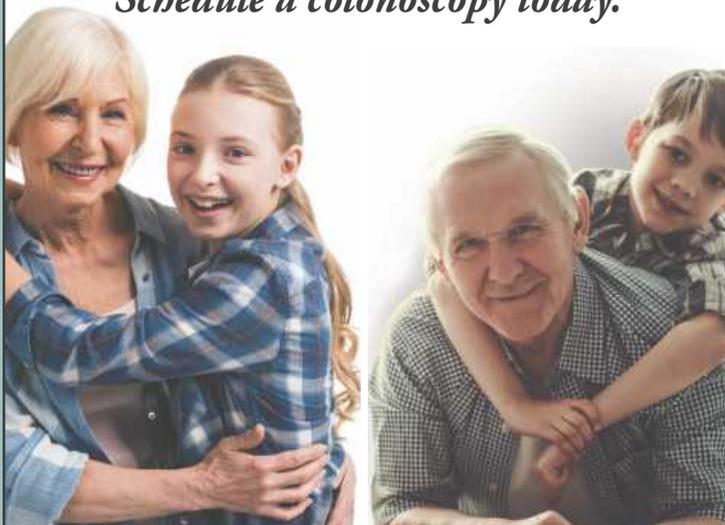
Cinco de Mayo is celebrated on the 5th of May each year and celebrates the defeat of the French Army by the Mexican Army during the Battle of Puebla in Mexico in 1862.

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◀ **Joan Lunden**, journalist, best-selling author, former host of *Good Morning America* and senior living advocate.



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A 4C 05-1066

# Menu

## MAY 2020

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> Swiss Steak Baked Potato Green Beans Dinner Roll Pineapple
<b>4</b> Sloppy Joe Tri Taters Baked Beans Strawberries & Bananas	<b>5</b> Chicken Fried Steak Mashed Potatoes & Gravy Carrots Dinner Roll Oranges	<b>6</b> Glazed Ham Loaf Sweet Potatoes Green Beans Dinner Roll Pears	<b>7</b> BBQ Riblet Au Gratin Potatoes Cauliflower Dinner Roll Pineapple	<b>8</b> Steak & Mushrooms Mashed Potatoes Mixed Vegetables Dinner Roll Mixed Fruit
<b>11</b> Polish Sausage Mashed Potatoes & Butter Sauerkraut Dinner Roll Baked Apples	<b>12</b> Beef Tips & Gravy Mashed Potatoes Peas Dinner Roll Ambrosia Salad	<b>13</b> Chicken Strips Mashed Potatoes & Gravy Corn Dinner Roll Mixed Fruit	<b>14</b> Chicken Fried Chicken Mashed Potatoes & Gravy Buttered Beets Dinner Roll Peaches	<b>15</b> Ham Salad on Croissant Potato Salad Pickled Beets Tropical Fruit
<b>18</b> Rotini & Meat Sauce Lettuce Salad Corn Garlic Bread Oranges	<b>19</b> Pork Roast Mashed Potatoes & Gravy Brussel Sprouts Dinner Roll Peaches	<b>20</b> Salisbury Steak Mashed Potatoes & Gravy California Blend Dinner Roll Fruit Mix	<b>21</b> Hamburger on a Bun Lettuce Salad Pea Salad Apricots Cookie	<b>22</b> Parmesan Chicken Breast Marinara Sauce Scalloped Potatoes Corn Dinner Roll Pears
<b>25</b> CLOSED FOR OBSERVANCE OF MEMORIAL DAY	<b>26</b> Lasagna Lettuce Salad Carrots Garlic Bread Ambrosia Salad	<b>27</b> Roast Beef Mashed Potatoes & Gravy Corn Dinner Roll Tropical Fruit	<b>28</b> Hamburger Stroganoff over Mashed Potatoes Green Beans Dinner Roll Oranges	<b>29</b> Taco Potato Boat Potato, Meat, Lettuce & Cheese Muffin Apricots

**My Crystal Ball Seems To Be Pretty Cloudy!  
Hopefully SOON we will be back to our  
regular FUN schedule!**



A true friend is someone who thinks that you are a good egg even though he knows that you are slightly cracked.

- Bernard Meltzer



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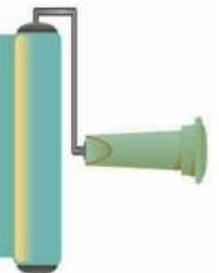
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The Family Resource Center is still in the process of building Senior Housing on the 2nd and 3rd floors. Along with that construction, our area is getting some much needed updates. The Contractors are busy changing out all the lighting throughout the Community Center. We will be getting a new HVAC system to better control the temperature in individual rooms. While we are closed, we will be stripping and waxing the floors and painting the walls! ALSO, we will be updating our Dish Machine and Commercial Steamer. So when you all come back, you should notice some really nice changes and updates! I can only speak for myself, but I am ready for this quarantine to be over and the threat of The Coronavirus be a distance past!! I hope all that are reading this, know just how much we miss seeing you! Stay Home, Stay Healthy, Stay Connected! We will all get through this together! ~Cindy

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- 5/4 Don Heimes
- 5/5 Bernetta Berlin
- 5/5 Ben Rohloff
- 5/6 Rich Lesiak
- 5/6 Joan Waldman
- 5/8 Evelyn Hilgert
- 5/8 Lois Streblow
- 5/10 Engel, Marlene
- 5/11 Karen Avery
- 5/13 Marge Wilbur
- 5/14 Joan Kurtenbach
- 5/16 Lorene Tuma
- 5/16 Mary Tenski
- 5/19 Kathi Gonka
- 5/19 Marie Korth
- 5/20 Lee White
- 5/22 Kathy Schmidt
- 5/25 Florence Kolm
- 5/25 Nadine Jedlicka
- 5/26 Paula Grotelueschen
- 5/26 Marilyn Lusche
- 5/27 Carolyn Lichtenfeld
- 5/27 Marty Rice
- 5/28 Sharon Evans
- 5/29 Diane Scheffler
- 5/29 Herman Lauterbach
- 5/31 Mary Wiese

Hopefully when we  
return to 'normal' we will  
have the ice cream  
machine ready to have  
soft serve!!!

Subject Heading



Memorial Day for the year **2020** is celebrated and observed on **Monday, May 25**.

Memorial Day is observed on the last Monday in May each year. The day honors all those who died serving the United States military.

*Something to keep you "thinking". Take a shot at the questions and see how you do.*

- Johnny's mother had three children. The first child was named April. The second was named May. What was the third child's name?
- There is a clerk at the butcher chop, he is 5'10" and he wears size 13 sneakers. What does he weigh?
- Before Mt. Everest was discovered, what was the highest mountain in the world?
- How much dirt is there in a hole that measures two feet by three feet by four feet?
- What word in the English Language is always spelled incorrectly?
- Billy was born on December 28<sup>th</sup>, yet his birthday is always in the summer. How is this possible?
- In California, you cannot take a picture of a man with a wooden leg. Why not?
- What was the President's Name in 1975?
- If you were running a race and you passed the person in 2<sup>nd</sup> place, what place would you be in now?
- Which is correct to say, "The yolk of the egg are white" or "The yolk of the egg is white"?
- If a farmer has 5 haystacks in one field and 4 haystacks in another field, how many haystacks would he have if he combined them all in another field?



Back is the 'good old days, it took some 'elbow grease' to open a car window. No mere push of a button back then! We had to grab a handle and crank away whenever there was a reason to open a window. If we wanted a little air...if we were lost and needed to ask direction...if we were pulled over by a police officer because our speed crept up a little (oops!), there was no one finger option. The only way to open a window was to 'roll' it down!



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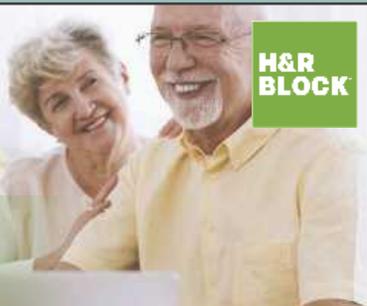


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D 4C 05-1066

*Kentucky Derby*  
*September 5, 2020*

What do you call a horse that can't lose a race?

Sherbet

Why do race horses like to fart when they buck?

Because they can't achieve full horse power without gas.

Are you a race horse? Yay or neigh?

What type of a computer does a race horse like to eat?

A Macintosh

What do you call a race horse with the negative altitude?

Neigh

When do vampires like horse racing?

When it's neck and neck.

What do race horses eat?

Fast Food.

What did the bra say to the Derby hat?

You go on a head while I give these two a lift.

What did the waiter say to the race horse?

I can't take your order. That's not my stable.

## National Food Holidays

### May 1

National Chocolate Parfait Day

### May 2

National Chocolate Truffle Day

### May 3

National Raspberry Popover Day

National Raspberry Tart Day

National Chocolate Custard Day

### May 4

National Candied Orange Peel Day

National Homebrew Day

National Hoagie Day

### May 5

National Enchilada Day – Happy Cinco de Mayo!

### May 6

National Crepe Suzette Day

### May 7

National Roast Leg of Lamb Day

### May 8

National Coconut Cream Pie Day

### May 9

National Shrimp Day

National Foodies Day

### May 10

National Liver and Onions Day

### May 11

National “Eat What You Want” Day

### May 12

National Nutty Fudge Day

### May 13

National Apple Pie Day

National Fruit Cocktail Day

National Hummus Day

### May 14

National Buttermilk Biscuit Day

### May 15

National Chocolate Chip Day

### May 16

National Barbecue Day

### May 17

National Cherry Cobbler Day

### May 18

National Cheese Soufflé Day

I love Reese’s Day

### May 19

National Devil’s Food Cake Day

### May 20

National Quiche Lorraine Day

National Pick Strawberries Day

### May 21

National Strawberries and Cream Day

### May 22

National Vanilla Pudding Day

### May 23

National Taffy Day

### May 24

National Escargot Day

### May 25

National Brown-Bag-It Day

National Wine Day

### May 26

National Blueberry Cheesecake Day

National Cherry Dessert Day

### May 27

National Italian Beef Day

National Grape Popsicle Day

### May 28

National Brisket Day

### May 29

National Biscuit Day

### May 30

National Mint Julep Day

### May 31

National Macaroon Day



1. Why do they call it the novel coronavirus? It's a long story....
2. Why didn't the sick guy get the joke? It flu over his head.
3. I'll tell you a coronavirus joke now, but you'll have to wait two weeks to see if you got it.
4. Nail salons, hair salons, waxing center and tanning places are closed. It's about to get ugly out there.
5. Finland just closed its borders. You know what that means. No one will be crossing the finish line.
6. What do you tell yourself when you wake up late for work and realize you have a fever? Self, I so late.
7. Did you hear the joke about the germ? Never mind, I don't want to spread it around.
8. Where do sick boats go to get healthy? The dock!
9. I ran out of toilet paper and had to start using old newspapers. Times are rough.
10. You know what they're saying about 2020. It went viral faster than anyone thought it would.
11. What do you call panic-buying of sausage and cheese in Germany? The wurst kase scenario.
12. Back in my day you would cough to cover up a fart. Now, with COVID-19, you fart to cover up a cough.
13. If there's a baby boom nine months from now, what will happen in 2033? There will be a whole bunch of quaranteens.
14. What should you do if you don't understand a coronavirus joke? Be patient.
15. If Coronavirus isn't about beer, why do I keep seeing cases of it?
16. Yeah I have plans tonight. I'll probably hit the living room around 8 or 9.
17. What did the man say to the bartender? I'll have a corona, hold the virus.
18. What types of jokes are allowed during quarantine? Inside jokes!
19. What's the best way to avoid touching your face? A glass of wine in each hand.

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### Trying to Break an Unwanted Habit?

#### A few tips that may help

Everyone has a behavior or two that might be considered a “bad” habit. Of course, the word “bad” is thrown around pretty easily when we talk about habits. Many of our so called “bad” habits are actually fairly benign behaviors. Although some “bad” habits may pose a health threat, most common habits are actually more annoying or irksome than they are harmful. It’s probably far more accurate to call such habits “unwanted” rather than “bad.”

As common as our “unwanted” habits may be, they can be very difficult to break. Why? Well, because they are exactly what they are... habits. When you stop to think about it, a lot of our actions in life are done out of habit... or routine. There are countless constructive or “good” habits that help us live our lives in a productive, healthy way.

People get up every morning and tend to do the same things in the same sequence before starting the day. We take a shower... brush our teeth... eat our breakfast... walk the dog... call, text, or email our kids or our parents... and so on. Then, we go about our days and nights engaging in many other predictable habits.

Living in a predictable way can be fundamental to a manageable life. It’s how most of us are programmed. But, that same programming can make it very difficult to break “unwanted” habits, especially those that have been around awhile. But it CAN be done. The goal is to get from simply wanting to break a habit to actually stopping it. The path can be individual to each person, but here are some suggestions you may find helpful as you head toward your goal of breaking an unwanted habit.

#### A few steps to try...

Make a conscious decision. If you are going to be successful at breaking an unwanted habit, simple desire won’t not be enough. You must commit yourself to working toward your goal. You must truly believe that breaking the habit will be worth the effort. Think about all the reasons why you want to break the habit.

Visualize being habit-free. Close your eyes and imagine the positives that will come from eliminating the unwanted behavior. See yourself in a situation where you would be likely to engage in the behavior, but envision a picture of yourself minus the habit.

Determine the whys behind the “unwanted” habit. There’s a reason behind almost everything we do, even what seem to be unconscious actions. To stop doing something, it helps to know why you’re doing it in the first place. Many habits are a source of comfort or a release mechanism for stress. Think about when you tend to do whatever the habit may be and the circumstances, feelings, and so on that cause you to engage in the habit. Also think about what you get out of the behavior.

If there’s an issue, deal with it. If your habit is the result of something in your life you can change, do whatever is necessary to make that change. For example, if you fidget because you feel uneasy around people you don’t know, find ways to work on your social skills. You may find you’ll fidget less the more comfortable you become around strangers.

Replace the habit. It may be possible to substitute some unwelcome habits with other behaviors that are more acceptable. Many unwanted habits provide some kind of comfort, relieve stress, or help fill boring moments. However, the same benefits often can be achieved through other means. The idea is to find a more acceptable behavior that can provide the same benefits as your undesirable habit. It may take some practice, but the new behavior can become your new “welcome” habit.

# Sharpening Your Funny Bone

## The Art of Telling and Selling a Joke

Who doesn't appreciate hearing a great joke? Especially those that make us laugh from the gut. Some people are born joke tellers. They are just funny. Period. They could tell you the sky is blue and leave you in hysterics. But joke-telling is harder than these people make it look.

Some of us are not natural born joke tellers. Nonetheless, we like to tell a joke every once in a while that at least puts a smile on someone else's face. So how do you go about telling a joke if being a "fountain of funniness" does not come naturally? Very often, the success of a joke has a whole lot less to do with its actual content and a whole lot more to do with how the joke is told. Even the funniest joke in the world can bomb if the delivery is bad. Here are a few tips shared from some witty people who do know how to tell and sell a good joke.

### A few helpful suggestions...

Know the joke inside and out. Only tell a joke you believe in and that makes you laugh. Never try to tell a joke you don't "get" yourself.

Never appear to be trying too hard. At least, ACT as if telling the joke takes no effort on your part. Your audience will probably respond better if you seem easy going about telling it.

Commit to your joke and then relax. Once you begin telling a joke, don't stop... even if you think it may be falling flat. Follow the joke through to the end. You might be surprised and actually get a chuckle out of someone.

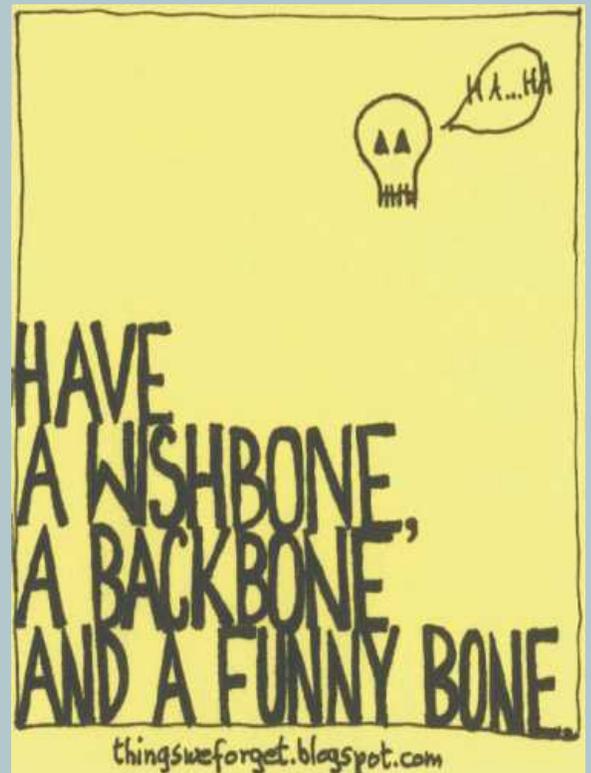
Find the right moment. Only share a joke when it is appropriate to do so. Certain situations and environments have an atmosphere that is more fitting than others for joke-telling.

Know your audience. Think about the people you are with and what is most likely to be funny to them. A joke that makes one person fall to the ground in laughter may offend someone else.

Do not proclaim how funny your joke is before you tell it. The element of surprise is crucial to most jokes. If your joke needs some kind of set up, limit yourself to providing only the really necessary details.

Speak with feeling. Unless a monotone voice plays a part in the joke itself, vary the inflection and expression you use as you speak to keep the interest of your audience.

Create anticipation for the punchline. Most jokes involve a punchline and most punchlines include some kind of surprise or twist. Tell your joke in a way that creates interest, but does not give too much away prematurely about what is coming in the punchline.



## Spring Cleaning?

## Answers to ‘Something to keep you thinking’ from page 8

1. Johnny, of course
2. Meat
3. Mt Everest; it just wasn't discovered yet. (You're not very good at this, are you?)
4. None. There is no dirt in a hole
5. Incorrectly
6. Billy lives in the Southern Hemisphere
7. You can't take picture with a wood leg. A camera can.
8. Same ad it is now—Donald Trump (Oh, come on!)
9. You would be 2nd
10. Neither, the yolk is yellow
11. One. If he combines haystacks, they all become



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