



THE WESLEYAN AT ESTRELLA

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Chaplain's Chat

Hopefully, "April showers bring May flowers!" We have certainly had a wonderful time in April enjoying the bluebonnets and other wildflowers for which Texas is so well-known. Flowers are an awesome gift from God. Think about the colors and the odors we enjoy. Sometimes the heaviest perfume comes from the flowering bushes and trees: Bartlett pears, roses, gardenias, mountain laurel ... Can you name another one? God chose to decorate the world in myriad colors and gave us the eyesight to delight in the Lord's creativity. A black and white world would be a really dull place in which to live. Thanks be to God for the many colors everywhere and the rain that comes in April and May to refresh and renew those colors over and over again. We have a special occasion this month in which flowers often play a huge part as our families love on us and thank us for our parenting. Mother's Day is the 12th of May this year. I have fond memories of flowers and plants given to me for Mother's Day, but more special were those flowers on the cards I received expressing the appreciation of my children and grandchildren for the life we have had together.

As Paul said to Timothy, in 2 Timothy 1:5 (NIV) "I am reminded of your sincere faith, which first lived in your grandmother Lois and in your mother Eunice and, I am persuaded, now lives in you also." This Mother's Day, let us pause and think back over our own lives and the mothers who nourished us. I am especially thankful for a Christian mother and grandmother who taught me early on who Jesus is.

May 2019

Their faithfulness in worship and Bible study set an example that laid a foundation for my own faith and ability to be a Christian mother for my children and grandchildren. So let's pause this month often to thank God for our mothers and all they have meant to us. Take time to tell God about each memory of your mom that blessed you as a child and give thanks for the gift of mothers.

Happy Mother's Day,
Chaplain Mary Powell



Mom's Day Meals

If you're planning a meal out to celebrate Mother's Day, you'll be joining about 85 million people across the country. The holiday is the busiest day of the year for restaurants.

Moment of Remembrance

Established by Congress in 2000, the National Moment of Remembrance on Memorial Day encourages us to honor those who have died in service to the country. People throughout the nation are asked to pause wherever they are at 3 p.m. local time for one minute of silence.

80 Years of Batman

In May 1939, DC Comics introduced a new superhero. Celebrate 80 years of Batman with these facts about the Caped Crusader:

- Created by artist Bob Kane and writer Bill Finger, the crime fighter disguised as a bat debuted in "Detective Comics" No. 27.
- Batman's alter ego is Bruce Wayne, a billionaire philanthropist.
- Unlike many superheroes, Batman does not have any superpowers. He uses physical strength, intelligence, detective skills and technology to defeat villains.
- The winged design of his cape was inspired by Leonardo da Vinci's "flying machine" sketches.
- His original sidekick, Robin, the Boy Wonder, was introduced in 1940 as orphaned circus acrobat Dick Grayson, and the Dynamic Duo was born.
- Batman's many foes include the Joker, the Riddler, Penguin, Poison Ivy and Mr. Freeze.
- The Batmobile wheeled into action in 1941. Before that, Batman drove a red sedan.
- Campy and comical, the "Batman" TV series, premiering in 1966, starred Adam West and attracted a new generation of fans.



Extraordinary Orchids

Prized for their exotic beauty and elegant blooms, orchids are one of the best-selling potted flowers in the U.S.

Fossils show that orchids have grown wild for millions of years. Throughout much of human history, the flowers were an expensive luxury enjoyed by the wealthy. During the Victorian era, many orchid collectors hired professional hunters to track down rare varieties only found in the jungles of South America and Asia. Over the decades, advances in transportation and greenhouse technology made the plants easier to cultivate and more affordable.

With more than 25,000 species worldwide, orchids grow in nearly every color of the rainbow, including rare blue hues and two-toned combinations. They range in height from a few inches to over 40 feet tall. A single orchid seedpod contains up to 3 million microscopic seeds, but the plants are slow-growing, with some varieties taking several years to produce their first flowers.

The History of Memorial Day

Observed with ceremonies and parades, Memorial Day honors the men and women who gave their lives while serving in the U.S. military.

After the Civil War ended in 1865, people in various cities began decorating the graves of fallen soldiers with flowers, flags and wreaths. This inspired Maj. Gen. John A. Logan, the head of a veterans organization, to designate May 30, 1868, as Decoration Day, a national day of remembrance. It's believed that date was chosen because it didn't fall on the anniversary of any battle, and spring flowers would be in bloom.

On that first Decoration Day, a large ceremony was held at Arlington National Cemetery in Washington, D.C. Officials gave speeches, and more than 5,000 people placed small American flags on the graves of 20,000 Civil War soldiers.

After World War I, Decoration Day was expanded to honor fallen soldiers from all wars. An act of Congress officially renamed it Memorial Day in 1967, and one year later, a public law made it a federal holiday to be celebrated on the last Monday in May.





Dip Into Guacamole

Paired with tortilla chips, guacamole is often dished up at restaurants and parties. Though its popularity has risen in recent decades, the history of the dip can be traced back hundreds of years.

The Aztecs, who lived in central Mexico beginning in the 14th century, were the first to combine mashed avocados,

tomatoes, chili peppers, onions and salt, naming the concoction *ahuacamolli*, which means “avocado sauce.” After avocado trees were brought to California in the late 1800s, guacamole eventually made its way to diners’ tables across the U.S.

Traditional recipes have not changed much since the Aztecs’ invention. Regional variations and personal preferences result in endless flavor combinations, with bacon, corn and mango just a few of the ingredients that can add a taste twist. Guacamole is most often eaten as a dip for chips and vegetables, but it’s also used as a condiment on tacos, burritos, burgers, sandwiches and salads.

Outdoor Safety Tips

Sunshine and warm temperatures lure many of us outdoors this time of year. Keep these safety tips in mind when you head outside:

Stay out of the sun. If possible, avoid the sun when it’s at its hottest, from 10 a.m. to 4 p.m. Instead, plan outdoor activities for the early morning or evening, when it’s cooler. If you do go out during the heat of the day, try to stay in shaded areas.

Use sunscreen. Protect your skin by slathering on sunscreen with a sun protection factor of 30 or higher every two hours. Reapply it more often if you are swimming or perspiring.

Dress appropriately. To help

stay cool, wear lightweight, loose-fitting clothing in light colors. A wide-brimmed hat and sunglasses will provide added sun protection.

Stay hydrated. Drink plenty of water and decaffeinated beverages throughout the day, and don’t wait until you are thirsty to reach for a glass. Fruits and vegetables are also good sources of fluids.



Wit & Wisdom

“A flower cannot blossom without sunshine, and man cannot live without love.”

—Max Muller

“Challenge yourself, grow, blossom, and become who you were meant to be.”

—Carolyn Aronson

“When the flower blossoms, the bee will come.”

—Srikumar Rao

“Any human anywhere will blossom in a hundred unexpected talents and capacities simply by being given the opportunity to do so.”

—Doris Lessing

“I like to think of thoughts as living blossoms borne by the human tree.”

—James Douglas

“A flower blossoms for its own joy.”

—Oscar Wilde

“Roses do not bloom hurriedly; for beauty, like any masterpiece, takes time to blossom.”



—Matshona Dhliwayo

“Blossom by blossom the spring begins.”

—Algernon Charles Swinburne

“If you want love to blossom in your heart, just sit in the garden, and watch the flowers grow.”

—Anthony T. Hincks

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cinco de Mayo Fiesta With Alpacas May 3 On the Patio 	Outings-O 1st Floor Main Lobby-ML Library-L Dining Room-DR Private Dining Room-PDR Laurel Hall-LH Resource Center-RC 2nd Floor Polo Fitness-PF Courthouse Square-CS Tonkawa Bluff-TB		May Day 1 9:30 AM Walking Club (ML) 10:30 AM Lunch Outing- Dahlia's Café Liberty Hill (O) 1:30 PM Sit & Be Fit (CS) 2:15 PM Skip Bo (ML) 3:00 PM Test Your Trivia (ML) 4:00 PM Worship Service (CS)	2 9:30 AM Walking Club (ML) 10:00 AM Coffee Social (ML) 1:30 PM Balance & Stretch (CS) 2:00 PM Bingo With Chaplain Mary (TB) 3:00 PM Beanbag Baseball (ML) 3:00 PM Pet Pals-Dog Thelma	3 9:30 AM Walking Club (ML) 10:00 AM Sing-Along With Jean 1:00 PM Pet Pals Pups (ML) 2:00 PM Cinco de Mayo Fiesta w/Alpacas (patio) 3:00 PM Resident Birthday Party & Music (DR) 4:00 PM Skip Bo (ML) 6:00 PM Comedy Movie Hour	4 10:00 AM Puzzle Time (Library) 1:00 PM Visit From Pixie the Dog (ML) 1:30 PM Bingo with youth group of 1st Baptist Church (ML) 3:00 PM Chicken Foot (ML) 2:00 PM Rummikub (TB) 3:00 PM Weekend Movie Matinee & Snack (ML)
Happy Cinco de Mayo 5 8:00 AM Church Shuttle (OB) 10:30 AM Catholic Communion Service (CS) 4:00 PM Communion & Worship Service (CS) 6:00 PM Evening Movie & Snack (ML)	6 9:30 AM Walking Club (ML) 10:00 AM Brain Games (RC) 10:00 AM Lou & Pixie Visit 10:30 AM Explore Science With Rochelle (TB) 1:30 PM Tai Chi With Jo (CS) 2:00 PM Wonder Dogs Visit 6:00 PM Bridge (ML)	7 9:30 AM Walking Club (ML) 10:00 AM Brain Game Review (ML) See Receptionist 10:30 AM Rosary (LH) 1:30 PM Balance & Stretch (CS) 2:00 PM Bingo With Rochelle 3:15 PM Chicken Foot (ML) 6:00 PM Musical Movie (CS)	Nat'l Receptionist Day 8 9:30 AM Walking Club (ML) 10:30 AM Lunch Outing- The Texan in Hutto (O) 12:00 PM Perry & Pam (DR) 1:30 PM Sit & Be Fit (CS) 2:15 PM Skip Bo (ML) 3:15 PM Resident Council Meet (Council Only PDR) 4:00 PM Worship Service (CS)	9 9:30 AM Walking Club (ML) 10:00 AM Coffee Social with IL (ML) 11:00 AM WOW Bookmobile 1:30 PM Balance & Stretch (CS) 2:00 PM Bingo With Chaplain Mary (TB) 3:00 PM Grace Bible Church Sing-Along (DR) 3:00 PM Pet Pals-Dog Thelma	10 9:30 AM Walking Club (ML) 10:00 AM Sing-Along With Jean (LH) 10:30 AM Rummikub (ML) 1:30 PM Balance/Stretch (CS) 2:15 PM Learn PIP Dominoes (ML) 3:15 PM Skip Bo (ML) 6:00 PM Comedy Movie Hour	11 10:00 AM Puzzle Time (Library) 1:00 PM Visit From Pixie the Dog (ML) 2:00 PM Chicken Foot (ML) 2:00 PM Rummikub (TB) 3:00 PM Weekend Movie Matinee & Snack (ML)
Happy Mother's Day 12 8:00 AM Church Shuttle (OB) 10:30 AM Catholic Communion Service (CS) 12:00 PM Mother's Day Luncheon (DR) 4:00 PM Worship Service (CS) 6:00 PM Evening Movie & Snack (ML)	13 9:30 AM Walking Club (ML) 10:00 AM Brain Games (RC) 10:00 AM Lou & Pixie Visit 10:30 AM Arts/Crafts (TB) 1:30 PM Chair Tai Chi With Jo (CS) 2:00 PM Wonder Dogs Visit 6:00 PM Bridge (ML)	14 9:30 AM Walking Club (ML) 10:00 AM Brain Game Review 10:00 AM Heritage Oaks Choir (DR) 10:30 AM Rosary (LH) 1:30 PM Balance & Stretch (CS) 2:00 PM Bingo With Rochelle 3:15 PM Food Council (PDR) 3:15 PM Chicken Foot (ML) 6:00 PM Musical Movie (CS)	15 9:30 AM Walking Club (ML) 10:30 AM Lunch Outing- Mimi's Cafe Cedar Park (O) 1:30 PM Sit & Be Fit (CS) 2:15 PM Skip Bo (ML) 3:00 PM Test Your Trivia (ML) 4:00 PM Worship Service (CS)	Wear Purple for Peace Day 16 9:30 AM Walking Club (ML) 10:00 AM Special Guest Sun City Dulcimers Perform (DR) 1:30 PM Balance & Stretch (CS) 2:00 PM Bingo With Chaplain Mary (TB) 3:00 PM Beanbag Baseball (ML) 3:00 PM Pet Pals-Dog Thelma	17 9:30 AM Walking Club (ML) 10:00 AM Sing-Along With Jean (LH) 10:30 AM Rummikub (ML) 1:30 PM Balance/Stretch (CS) 2:15 PM Learn PIP Dominoes (ML) 3:15 PM Skip Bo (ML) 6:00 PM Comedy Movie Hour	Armed Forces Day 18 10:00 AM Puzzle Time (Library) 1:00 PM Visit From Pixie the Dog (ML) 2:00 PM Chicken Foot (ML) 2:00 PM Rummikub (TB) 3:00 PM Weekend Movie Matinee & Snack (ML)
19 8:00 AM Church Shuttle (OB) 10:30 AM Catholic Communion Service (CS) 4:00 PM Worship Service (CS) 6:00 PM Evening Movie & Snack (ML)	20 9:30 AM Walking Club (ML) 10:00 AM Brain Games (RC) 10:00 AM Lou & Pixie Visit 10:30 AM Arts/Crafts (TB) 1:30 PM Chair Tai Chi With Jo (CS) 2:00 PM Wonder Dogs Visit 3:00 PM Bible Study (TB) 6:00 PM Bridge (ML)	Nat'l Waiter/Waitress Day 21 9:30 AM Walking Club (ML) 10:00 AM Brain Game Review (ML) See Receptionist 10:30 AM Rosary (LH) 1:30 PM Balance & Stretch (CS) 2:00 PM Bingo With Rochelle 3:15 PM Chicken Foot (ML) 6:00 PM Musical Movie (CS)	22 9:30 AM Walking Club (ML) 10:30 AM Lunch Outing- Mulligan's Georgetown (O) 1:30 PM Sit & Be Fit (CS) 2:15 PM Skip Bo (ML) 3:00 PM Technology Class (ML) 4:00 PM Worship Service (CS)	Lucky Penny Day 23 9:30 AM Walking Club (ML) 10:00 AM Coffee Social (ML) 11:00 AM WOW Bookmobile (ML) 1:30 PM Balance & Stretch (CS) 2:00 PM Bingo With Chaplain Mary (TB) 3:00 PM Lucky Penny Facts/Trivia (ML) 3:00 PM Pet Pals-Dog Thelma	24 9:30 AM Walking Club (ML) 10:00 AM Sing-Along With Jean (LH) 10:30 AM Rummikub (ML) 1:30 PM Balance/Stretch (CS) 2:15 PM Bunco Dice! (ML) 3:00 PM Skip Bo (ML) 6:00 PM Comedy Movie Hour	25 10:00 AM Puzzle Time (Library) 1:00 PM Visit From Pixie the Dog (ML) 2:00 PM Chicken Foot (ML) 2:00 PM Rummikub (TB) 3:00 PM Weekend Movie Matinee & Snack (ML)
26 8:00 AM Church Shuttle (OB) 10:30 AM Catholic Communion Service (CS) 4:00 PM Worship Service (CS) 6:00 PM Evening Movie & Snack (ML)	Memorial Day 27 9:30 AM Walking Club (ML) 10:00 AM Brain Games (RC) 10:00 AM Lou & Pixie Visit 10:30 AM Arts/Crafts (TB) 12:00 PM Memorial Day BBQ (patio) 1:30 PM Chair Tai Chi With Jo 2:00 PM Wonder Dogs Visit 3:00 PM Bible Study (TB) 6:00 PM Bridge (ML)	28 9:30 AM Walking Club (ML) 10:00 AM Brain Game Review (ML) See Receptionist 10:30 AM Rosary (LH) 1:30 PM Balance & Stretch (CS) 2:00 PM Bingo With Rochelle 3:15 PM Chicken Foot (ML) 6:00 PM Musical Movie (CS)	29 9:30 AM Walking Club (ML) 10:00 AM Lunch Outing- Margarita's Liberty Hill (O) 1:30 PM Sit & Be Fit (CS) 2:00 PM All Resident Council Meeting (CS) 3:15 PM Skip Bo (ML) 4:00 PM Worship Service (CS)	30 9:30 AM Walking Club (ML) 10:00 AM Coffee Social (ML) 1:30 PM Balance & Stretch (CS) 2:00 PM Bingo With Chaplain Mary (TB) 3:00 PM Beanbag Baseball (ML) 3:00 PM Pet Pals-Dog Thelma	31 9:30 AM Walking Club (ML) 10:00 AM Sing-Along With Jean (LH) 10:30 AM Rummikub (ML) 1:30 PM Balance/Stretch (CS) 2:15 PM Bunco Dice! (ML) 3:00 PM Skip Bo (ML) 6:00 PM Comedy Movie Hour	Happy Birthday, Residents! 5/11 Evelyn Ford 5/20 Mollie Crane 5/24 JoAnne Cage 5/27 Beatrice Needels 5/29 Mary Watters 5/30 Beverly Perry

Influential Women

From mothers and grandmothers to wives and friends, the women we share a bond with play an important role in our lives. Discuss some of the influential women you have known.

- Talk about the women in your family you shared a close bond with while you were growing up. In what ways did they help shape your life? What are some special memories you have of them?
- Did you have other female role models, such as friends, teachers or bosses? Discuss how they influenced you.
- Who were some of the important women in your life in your adult years?
- What women are you closest to now? What common interests do you share?
- Do you have daughters, granddaughters or nieces? If so, what have you learned from them, and how have they inspired you?
- What words of wisdom have you received from women over the years?
- Sometimes people we don't know personally can influence our lives. What women in entertainment, sports or business do you admire? Why?



Teaching Etiquette Essentials

In years past, many young women learned lessons in etiquette and social graces by attending charm school.

The classes taught skills that were considered necessary for ladies to act and look their best, such as correct posture; sitting, standing and walking gracefully; and planning wardrobes for various occasions. Beauty tips were covered, including hair

care, using cosmetics, and healthy diets.

Manners were heavily emphasized, and students practiced the art of conversation, making introductions, and how to use a pleasant voice when speaking. Handwritten letters and thank-you notes were encouraged, and proper table manners rehearsed. Dating advice and dance lessons were usually part of the curriculum.

Some department stores offered charm school courses in the 1960s and '70s, with graduates demonstrating what they learned in fashion show finales.

Etiquette classes for modern times are still offered today.

Nurses on TV

The important role of nurses has been featured in many TV show storylines. Here are some of the caregiving characters who have made the rounds:

Christine Chapel, "Star Trek." Treating intergalactic alien patients as well as the crew of the starship Enterprise are all in a day's work for this 23rd-century Starfleet officer.

Julia Baker, "Julia." In this sitcom, Diahann Carroll plays a widow who balances working as a nurse at a doctor's office and raising her young son.

Maj. Margaret Houlihan, "M.A.S.H." As the head nurse in a mobile Army surgical hospital

on the front lines of the Korean War, she handles her duties in and out of the operating room with a no-nonsense attitude.

Carol Hathaway, "ER." Nurse Carol manages the emergency room drama at Chicago's County General Hospital with determination, resilience and compassion.

Carla Espinosa, "Scrubs." The outspoken and spunky head nurse is respected among the staff at Sacred Heart Hospital in this quirky comedy.

Peter Petrelli, "Heroes." He's a hospice nurse by day, and when night falls, he saves lives as a sci-fi superhero. Petrelli's empathy for others guides him at both jobs.

The Blue Zones of Longevity

There are a few places around the world where people tend to live longer, healthier lives.

After analyzing data, scientists identified specific regions that have the highest concentration of centenarians and residents who are largely free of chronic disease. In 2004, author Dan Buettner, working with the National Geographic Society and the National Institute on Aging, dubbed these areas Blue Zones, after the blue circles researchers drew around the locations on a map. The five Blue Zones are Okinawa, Japan; Sardinia, Italy; Ikaria, Greece; Nicoya, Costa Rica; and Loma Linda, Calif.

Research shows that people who live in the Blue Zones have several lifestyle traits in common that contribute to their longevity. Their diet is primarily plant-based, with an emphasis on vegetables, beans, nuts and whole grains. Natural movement is part of their daily routine, in activities such as gardening, chores and walking to the store. They also have close bonds with family and friends, possess a sense of purpose, belong to a spiritual-based community, and spend time relaxing each day.



The World Series of Birding

Avid birders from across the country and the world will flock to New Jersey this month for the World Series of Birding.

The competition, sponsored by the New Jersey Audubon Society, has taken place annually since 1984 on a Saturday in May. Called the Big Day, it coincides with the peak of spring migration. The state, with its diverse habitats, is a popular pit stop for many bird species.

Armed with binoculars and telescopes, teams in adult and youth categories have 24 hours to identify as many species as they can by sight and sound. They can choose to travel the entire state, scour a single county, or stay in a 17-foot circle and let the birds come to them. They can also bird by bike or boat. Along with strict rules, team counts rely on the honor system. Organizers say "a birder's word is his bond."

At day's end, teams gather at Cape May, N.J., the series' headquarters. Results are tallied, and the winners earn a trophy—and bragging rights to crow about. The average team total is 165 species, and the event record is 232 species.

Remember Me?

In his role alongside the Lone Ranger, actor Jay Silverheels blazed a trail in Hollywood history.

- A Mohawk Indian, he was born Harold J. Smith on May 26, 1912, on the Six Nations reservation in Ontario, Canada.
- He later adopted his nickname, "Silverheels," which he earned in his early years for his speed as a star lacrosse player.
- In the late 1930s, he was touring with a lacrosse team in Los Angeles when comedian Joe E. Brown saw him play. Impressed by his athleticism and good looks, Brown encouraged Silverheels to pursue acting.
- He moved to Hollywood and worked as a stuntman and film extra.
- Producers were impressed with his small part in the 1948 Humphrey Bogart movie "Key Largo."
- In 1949, he was cast in his most famous role as Tonto, the faithful friend to the masked hero in the popular TV Western series "The Lone Ranger." The show aired for nearly a decade and made him the first Native American TV star.
- In 1979, Silverheels became the first Native American to be honored with a star on the Hollywood Walk of Fame.

Celebrating Moms Everywhere

HAPPY
Mother's Day

Assisted Living & Memory Care Team Leaders



Theresa Douglas, LVN, Administrator
Laura Kate Placke, Asst Administrator
Barbie Thompson, LPN, Wellness Director
Jennifer Ford, LVN, Weekend Nurse
Mariesa Kanetzky, Community Relations
Shawn Draper, Director of Life Enrichment
Karen Jones, Laurel Hall Coordinator
Melissa McColium, Chef Manager
Mike Andrews, Director of Maintenance
Mary Powell, Chaplain
Lisa Oberman, Beautician
Michelle Rodriguez, Human Resources