

# TIMELESS

AN EDITORIAL BY LYNDALE ABILENE

MAY 2024

Don't  
**bark**  
about it!

Let's embrace the  
**Dog Days**  
**of May**  
with a puppy party!

LYNDALE ABILENE | MEMORY CARE



# A Mother's Love

Created to honor the matriarchs among us, motherhood and all things maternal, as well as their impact on society, Mother's Day is an extraordinary holiday. On the second Sunday each May we celebrate the unconditional love and support of great-grandmothers, grandmothers and mothers in a way that's unique to each family. Activities for the day, gifts, group gatherings, meals and more are all designed to offer gratitude and honor the ladies that helped shape us. It's quite remarkable, really.

Not every country, region and culture celebrate the women who birthed them, though. However, there are a number that do believe it's crucial to dedicate a day to mom. While several countries choose to celebrate on the second Sunday in May, others opt for a different time of year. And, it comes as no surprise that customs and traditions vary as well. Here are a few examples:

- Thailand – Mother's Day has a fixed observance date of August 12 annually and it is customary to give jasmine to the matriarchs. In addition to celebrating maternal bonds among families, the residents of Thailand also celebrate Queen Mother Sirikit's birthday.
- Poland – Another country with a fixed observance date, Poland commemorates mothers on May 26 annually. It's traditional for young children to create handmade gifts and precious love notes and greeting cards at school to give to their mothers.
- Norway – This European country observes Mother's Day on the second Sunday in February annually. There isn't any traditional gift or customary act that marks the occasion.



## Memorial Day: May 27, 2024

Among the myriad of May commemorations is Memorial Day, a federal holiday honoring the fallen members of the U.S. military who made their greatest and final sacrifice in service to our country. Since the 1860s, the graves of these courageous male and female soldiers have been decorated with flowers and flags as an act of remembrance.

While visiting and sprucing up soldiers' graves is the most common practice associated with the holiday, it doesn't have to be the only one. There are plenty of other ways to pay tribute that invoke feelings of love and gratitude and trigger some fond memories in the process.

1. Sign up for a Memorial Day race, fun run or walk that honors fallen U.S. soldiers. These events are common nationwide.
2. Do a deep dive on your family and its history far and wide. Learn as much as you can about its ties to the military. You'll be surprised at some of the connections you find.
3. Check out a classic military movie for the first time and invite your neighbors, friends or family to join you. Some options might include "A Few Good Men," "Platoon," "Saving Private Ryan" and "We Were Soldiers."
4. Attend or watch a Memorial Day concert or parade. PBS broadcasts the Memorial Day concert annually, but there are also local music concerts as well. You're less likely to find a parade on TV, so attending in person might be your best bet. Check your newspaper or hop online to see what parades are nearby.



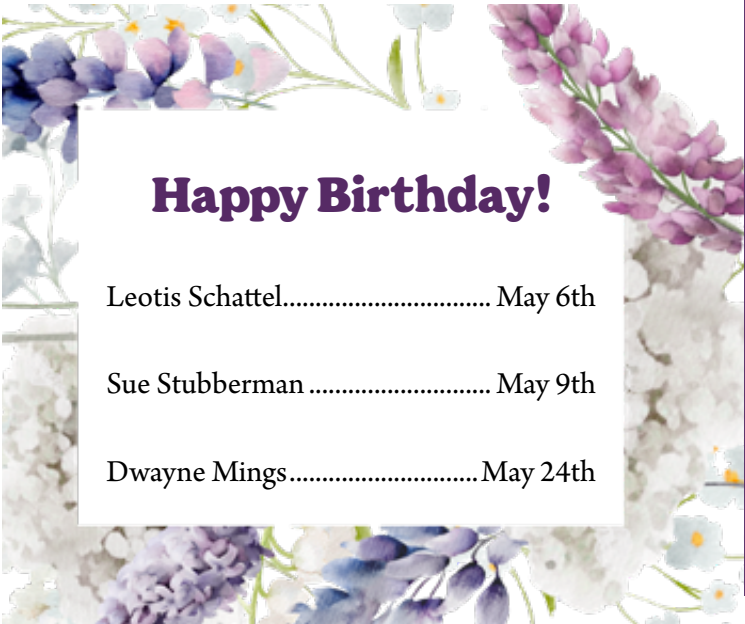
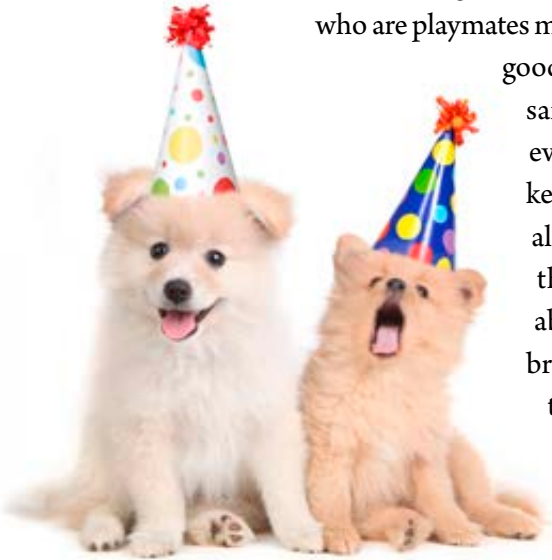
## Celebrate the Dog Days of May with a Puppy Party!

Comedian Elayne Boosler once said, "My fashion philosophy is, if you're not covered in dog hair, your life is empty." Dog lovers likely agree that's a pretty solid belief. Furry companions help make us whole. They love us more than we can possibly conceive, more than we love ourselves. They're part of the family, sometimes even the most trusted and reliable relative. No amount of shedding will ever change that.

The month of May is a great time to remind our pets (and ourselves) how much we care about them and how important they are to us. What better way to display unwavering doggy devotion than to throw a puppy party! Get out those lint rollers because it's time to don a little dog hair.

Just like any party, proper planning is essential. Consider what type of paw party might work best in your facility. Is the party indoors or outdoors? When is it? Once you've determined the time, date and place, think about the guest list. Dogs similar in size and pups

who are playmates mingle well at parties. Toys, games, goodie bags and tasty treats are necessary. Everyone likes a party favor, even pooches! Remember, safety is key. Dogs should be supervised at all times. If there's tension, separate the animals. Let your vet know about the party and don't forget to bring a first aid kit. Now it's time to throw your doggy a party they'll never forget!



### Happy Birthday!

Leotis Schattel..... May 6th  
Sue Stubberman ..... May 9th  
Dwayne Mings..... May 24th

May 2024

### Associates

**Kathi Carter**

Executive Director

**Freda Lafuente**

Business/HR Director

**Sherry Ellis**

Culinary Director

**Miles Hensley**

Maintenance Director

**Kimberli Baker**

Lifestyles Director

**Shawna Kiser**

Sales & Marketing Director

**Valaurie Lopez**

Resident Service Director



**Memory Care**

6568 Central Park  
Abilene, TX 79606  
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MAY 2024 • WEEK ONE



Dog Days  
of May

<b>WED, MAY 01</b>	<b>10:15</b> Short Stories <b>10:30</b> Tasty Treats: National Chocolate Parfait <b>1:15</b> Mid-Day Devotional <b>1:30</b> Movie and Popcorn <b>2:00</b> Mid-Day Snack <b>3:00</b> Hymn Singing w/ Leah	<b>7:00</b> Late Night Munch
<b>THU, MAY 02</b>	<b>10:00</b> Refreshments <b>10:15</b> Sit & Fit: Yoga <b>11:00</b> Lunch Outing: The Flipping Egg <b>1:15</b> Mid-Day Devotional <b>2:30</b> Country Jaunt <b>2:30</b> Mid-Day Snack	<b>3:00</b> Nail Care <b>6:30</b> Card Games <b>7:00</b> Bit of a Bite
<b>FRI, MAY 03</b>	<b>10:00</b> Snack & Chat <b>10:30</b> Chair Exercises <b>1:15</b> Mid-Day Devotional <b>1:30</b> Trivia and Facts <b>2:30</b> Snack and Chat <b>2:30</b> Sit and Stretch w/ BONNIE	<b>3:30</b> Bingo Blitz
<b>SAT, MAY 04</b>	<b>9:15</b> Inspirational Start <b>9:30</b> Sit & Fit: Weight Exercise <b>10:00</b> Refreshin' <b>10:30</b> Mens Club <b>1:00</b> Water Pong <b>2:30</b> Mid Day Snack <b>3:00</b> Scrabble	<b>6:00</b> Puzzles & Games <b>7:00</b> Snack before Snooze


All programs are subject to change due to circumstances beyond our control. Thank you for your understanding. Lyndale Abilene MC

MAY 2024 • WEEK TWO

<b>SUN, MAY 05</b> 	<b>9:15</b> Inspirational Start <b>9:30</b> Noodle Exercise <b>10:00</b> Church Service (Virtual) <b>10:30</b> Mid-Morning Snacks <b>1:00</b> Karaoke <b>1:30</b> Social Hour w/ snack <b>2:30</b> Sundaes on Sunday	<b>3:00</b> Nail Care <b>6:30</b> Puzzles and Games <b>7:00</b> Bite at the End
<b>MON, MAY 06</b> 	<b>10:00</b> Snack & Chat <b>10:30</b> Sit & Fit: Upper Body <b>1:15</b> Mid-Day Devotional <b>2:00</b> Mid-Day Snack <b>3:00</b> Porch Reminiscing <b>6:00</b> Hallmark Sooth <b>7:00</b> Nightly Munch	
<b>TUE, MAY 07</b>	<b>10:00</b> Refreshin' <b>10:30</b> Chair Stretches <b>10:30</b> Karaoke <b>1:15</b> Mid-Day Devotional <b>2:30</b> Wellness Stretch w/ BONNIE <b>2:30</b> Mid-Day Snack	<b>3:15</b> Bingo Blitz <b>5:15</b> Piano Masterpieces w/ Brandon <b>6:15</b> Piece by Piece <b>7:00</b> Late Snack
<b>WED, MAY 08</b>	<b>10:00</b> Snack & Chat <b>10:15</b> Short Stories <b>10:30</b> Sit & Fit: Kick Ball <b>1:15</b> Mid-Day Devotional <b>1:30</b> Movie and Popcorn <b>2:00</b> Mid-Day Snack <b>7:00</b> Late Night Munch	
<b>THU, MAY 09</b>	<b>10:00</b> Refreshments <b>10:15</b> Sit & Fit: Yoga <b>11:00</b> Lunch Outing: Cotton Patch <b>1:15</b> Mid-Day Devotional <b>2:30</b> Country Jaunt <b>2:30</b> Mid-Day Snack	<b>3:00</b> Nail Care <b>6:30</b> Card Games <b>7:00</b> Bit of a Bite
<b>FRI, MAY 10</b>	<b>10:00</b> Snack & Chat <b>10:30</b> Chair Stretches <b>1:15</b> Mid-Day Devotional <b>1:30</b> Trivia and Facts <b>2:30</b> Snack and Chat <b>2:30</b> Sit and Stretch w/ BONNIE	<b>3:30</b> Bingo Blitz
<b>SAT, MAY 11</b>	<b>9:15</b> Inspirational Start <b>9:30</b> Sit & Fit: Weight Exercise <b>10:00</b> Refreshin' <b>10:30</b> Mens Club <b>1:00</b> Water Pong <b>2:30</b> Mid Day Snack <b>3:00</b> Scrabble	<b>6:00</b> Puzzles & Games <b>7:00</b> Snack before Snooze

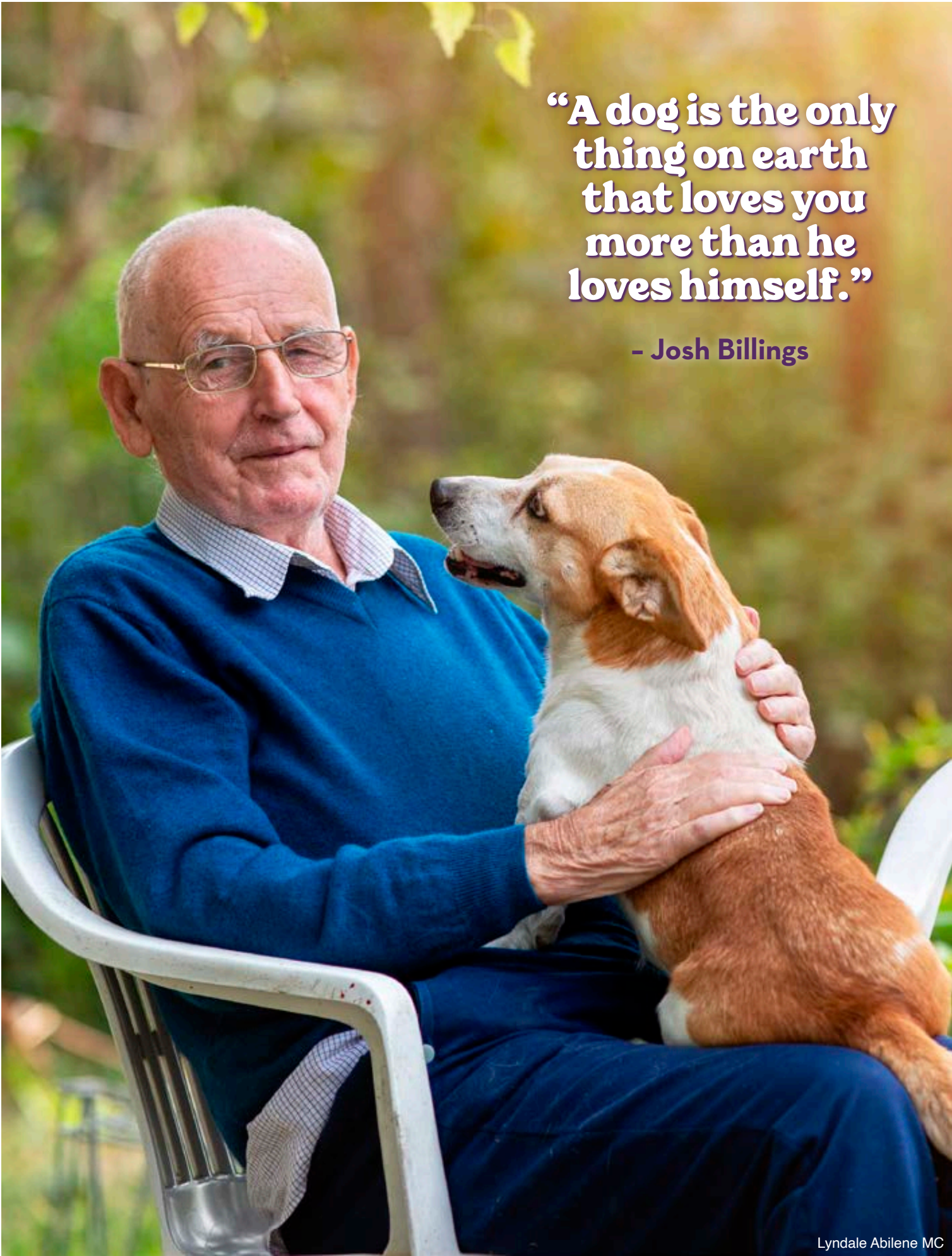
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MAY 2024 • WEEK THREE		
<div>SUN, MAY 12</div> 	<div> 9:15 Inspirational Start  9:30 Noodle Exercise  10:00 Church Service (Virtual)  10:30 Mid-Morning Snacks  1:00 Karaoke  2:30 Sundaes on Sunday  3:00 Nail Care </div>	<div> 6:30 Puzzles and Games  7:00 Bite at the End </div>
<div>MON, MAY 13</div>	<div> 10:00 Snack &amp; Chat  10:00 Tom Skinner  1:15 Mid-Day Devotional  2:00 Birthday Celebration W/ Kim  3:00 Porch Reminiscing  6:00 Hallmark Sooth </div>	<div> 7:00 Nightly Munch </div>
<div>TUE, MAY 14</div>	<div> 10:00 Refreshin'  10:30 Breathing Exercises  1:15 Mid-Day Devotional  2:30 Wellness Stretch w/ BONNIE  2:30 Mid-Day Snack  3:15 Bingo Blitz </div>	<div> 5:15 Piano Masterpieces w/ Brandon  6:15 Piece by Piece  7:00 Late Snack </div>
<div>WED, MAY 15</div>	<div> 10:00 Snack &amp; Chat  10:15 Short Stories  10:30 Sit &amp; Fit: Kick Ball  1:15 Mid-Day Devotional  1:30 Movie and Popcorn  2:00 Mid-Day Snack  7:00 Late Night Munch </div>	
<div>THU, MAY 16</div>	<div> 10:00 Refreshments  10:15 Sit &amp; Fit: Yoga  11:00 Lunch Outing: El Chico  1:15 Mid-Day Devotional  2:30 Country Jaunt  2:30 Mid-Day Snack  3:00 Nail Care </div>	<div> 6:30 Card Games  7:00 Bit of a Bite </div>
<div>FRI, MAY 17</div>	<div> 10:00 Snack &amp; Chat  10:30 Kick ball  1:15 Mid-Day Devotional  1:30 Trivia and Facts  2:30 Snack and Chat  2:30 Sit and Stretch w/ BONNIE </div>	<div> 3:30 Bingo Blitz </div>
<div>SAT, MAY 18</div> 	<div> 9:15 Inspirational Start  9:30 Sit &amp; Fit: Weight Exercise  10:00 Refreshin'  10:30 Mens Club  1:00 Water Pong  2:30 Mid Day Snack  3:00 Scrabble </div>	<div> 6:00 Puzzles &amp; Games  7:00 Snack before Snooze </div>
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MAY 2024 • WEEK FOUR		
<div>SUN, MAY 19</div>	<div> 9:15 Inspirational Start  9:30 Noodle Exercise  10:00 Church Service (Virtual)  10:30 Mid-Morning Snacks  1:00 Karaoke  2:30 Sundaes on Sunday  3:00 Nail Care </div>	<div> 6:30 Puzzles and Games  7:00 Bite at the End </div>
<div>MON, MAY 20</div>	<div> 10:00 Snack &amp; Chat  10:30 Sit &amp; Fit: Upper Body  1:15 Mid-Day Devotional  2:00 Mid-Day snack  3:00 Porch Reminiscing  6:00 Hallmark Sooth  7:00 Nightly Munch </div>	
<div>TUE, MAY 21</div>	<div> 10:00 Refreshin'  10:30 Balloon Volleyball  1:15 Mid-Day Devotional  2:30 Wellness Stretch w/ BONNIE  2:30 Mid-Day Snack  3:15 Bingo Blitz </div>	<div> 5:15 Piano Masterpieces w/ Brandon  6:15 Piece by Piece  7:00 Late Snack </div>
<div>WED, MAY 22</div>	<div> 10:00 Snack &amp; Chat  10:15 Short Stories  10:30 Sit &amp; Fit: Kick Ball  1:15 Mid-Day Devotional  1:30 Movie and Popcorn  2:00 Mid-Day Snack  7:00 Late Night Munch </div>	
<div>THU, MAY 23</div> 	<div> 10:00 Refreshments  10:15 Sit &amp; Fit: Yoga  11:00 Lunch Outing: Bells Chicken  1:15 Mid-Day Devotional  2:30 Country Jaunt  2:30 Mid-Day Snack </div>	<div> 3:00 Nail Care  6:30 Card Games  7:00 Bit of a Bite </div>
<div>FRI, MAY 24</div>	<div> 10:00 Snack &amp; Chat  10:30 Name That Tune  1:15 Mid-Day Devotional  1:30 Trivia and Facts  2:30 Snack and Chat  2:30 Sit and Stretch w/ BONNIE </div>	<div> 3:30 Bingo Blitz </div>
<div>SAT, MAY 25</div>	<div> 9:15 Inspirational Start  9:30 Sit &amp; Fit: Weight Exercise  10:00 Refreshin'  10:30 Mens Club  1:00 Water Pong  2:30 Mid Day Snack  3:00 Scrabble </div>	<div> 6:00 Puzzles &amp; Games  7:00 Snack before Snooze </div>
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MAY 2024 • WEEK FIVE		
<b>SUN, MAY 26</b>	9:15 <b>Inspirational Start</b> 9:30 <b>Noodle Exercise</b> 10:00 <b>Church Service (Virtual)</b> 10:30 Mid-Morning Snacks 1:00 <b>Karaoke</b> 2:30 <b>Sundaes on Sunday</b> 3:00 <b>Nail Care</b>	6:30 Puzzles and Games 7:00 Bite at the End
<b>MON, MAY 27</b> 	10:00 Snack & Chat 10:30 <b>Sit &amp; Fit: Upper Body</b> 1:15 <b>Mid-Day Devotional</b> 2:00 Mid-Day Snack 3:00 <b>Porch Reminiscing</b> 6:00 Hallmark Sooth 7:00 Nightly Munch	
<b>TUE, MAY 28</b>	10:00 Refreshin' 10:30 Stretches w/ Kim 1:15 <b>Mid-Day Devotional</b> 2:00 <b>Resident Council Meeting</b> 2:30 <b>Wellness Stretch w/ BONNIE</b> 2:30 Mid-Day Snack	3:15 <b>Bingo Blitz</b> 5:15 <b>Piano Masterpieces w/ Brandon</b> 6:15 Piece by Piece 7:00 Late Snack
<b>WED, MAY 29</b> 	10:00 Snack & Chat 10:15 <b>Short Stories</b> 10:30 <b>Sit &amp; Fit: Kick Ball</b> 1:15 <b>Mid-Day Devotional</b> 1:30 <b>Movie and Popcorn</b> 2:00 Mid-Day Snack 7:00 Late Night Munch	
<b>THU, MAY 30</b>	10:00 Refreshments 10:15 <b>Sit &amp; Fit: Yoga</b> 11:00 <b>Lunch Outing Red Robin</b> 1:15 <b>Mid-Day Devotional</b> 2:30 <b>Country Jaunt</b> 2:30 Mid-Day Snack 3:00 <b>Nail Care</b>	6:30 Card Games 7:00 Bit of a Bite
<b>FRI, MAY 31</b>	10:00 Snack & Chat 10:30 Brumtastics 1:15 <b>Mid-Day Devotional</b> 1:30 <b>Trivia and Facts</b> 2:30 Snack and Chat 2:30 <b>Sit and Stretch w/ BONNIE</b>	3:30 <b>Bingo Blitz</b>
		
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The Power of Pet Therapy

There is nothing like the unconditional love provided by a pet. It’s simple and magical. That love can be life-changing, both physically and emotionally. Studies have shown that pets are a source of comfort and can help elevate mood, lower stress and anxiety levels and promote an active lifestyle, which ultimately helps lower the risk of cardiovascular disease. Those are just a few of the health benefits. It’s no wonder that pet therapy is so effective.

Pets play a major role in the success of many therapy programs, especially those designed for seniors. Animal-assisted therapy and animal-assisted activities can significantly affect one’s recovery from a variety of health issues and play an integral role in the treatment of countless other medical conditions, including depression, epilepsy, autism, dementia and post-traumatic stress disorder, to name a few. In addition, it can be used as a tool to help improve speech, social skills and body movement. Pet therapy is also extremely helpful when coping with major transitions and difficult circumstances, such as moving away from family and friends or experiencing the loss of a loved one.

These days, it is common for long-term therapy facilities to offer animal visitation programs. The benefits are undeniable, and the power of pet therapy is palpable. The bonds created between humans and animals have far-reaching, positive effects we can never fully grasp.

Another Perspective on Mother’s Day

There’s never a dull moment in the animal birthing world. Some creatures are born underwater. Some incubate and hatch from eggs. Some are born from males instead of females. Some give birth upside-down. The list goes on and on. And, some parents leave their babies when they’re very young while others seek closeness for life and would do anything to ensure their children survive. As we celebrate Mother’s Day, let’s take a look at a few interesting mother-child relationships in the animal kingdom.

- Mother giraffes are nothing if not overprotective. They hover over their offspring with such a watchful eye that they only allow themselves 30 minutes of sleep daily.
- Baby koalas can’t process the eucalyptus leaves vital to their diets. Their parents can, so the mama koalas share their own feces with their babies, chewing it before feeding them the nourishment they need.
- Elephant herds are led by ladies. Their matriarchy provides lots of extra mothering as different females act as caregiver, provide the babies with lots of love and help them learn how to nurse.
- Mother gorillas give their newborn babies absurd amounts of kisses and are known to share their nest for approximately 4 to 6 years!
- After 18 months, pandas are free to leave their mothers, having learned enough to take care of themselves in the wild.



Poker-Playing Pets

Cassius Marcellus, or C.M., Coolidge was really onto something. He’s the talented yet not-so-well-known American artist behind the 18-piece series of paintings known as “Dogs Playing Poker.” This popular series was initially used as promotional art on cigar boxes. Over time, society’s middle class became drawn to the humorous and intriguing artwork and it was likely you’d find one or more pieces



from “Dogs Playing Poker” on display in homes across the nation.

The most common painting, “A Friend in Need,” is said to be the most valuable piece in the series and arguably the most popular, as it features a friendly card game played by hounds and bulldogs at the poker table. The

most puzzling part of the doggy depiction is the cheating, though. Dogs cheating at poker, passing cards under the table, is so bizarre one could hardly shift their gaze elsewhere. It’s comical and engaging, and leaves art fans

wanting more. This particular painting is also the one in the series that is often called “Dogs Playing Poker,” when, in fact, it has a completely different name.

While society’s middle class was overwhelmingly attracted to

the Coolidge paintings, the art world held a different view. “Dogs Playing Poker” was not well-respected among the elites or critics, unfortunately, meaning the paintings didn’t sell for top dollar. Coolidge was gipped in that sense, but despite everything, he was definitely still able to make his mark on the world.



May 2024 Dates to Celebrate



Birthstone: Emerald | Flower: Lily of the Valley | Zodiac Signs: Taurus/Gemini

May Day .....	5/1	Mother’s Day .....	5/12
Kentucky Derby .....	5/4	Skilled Nursing Care Week .....	5/12-5/18
Cinco de Mayo .....	5/5	Armed Forces Day .....	5/18
National Pet Week.....	5/5-5/11	Memorial Day.....	5/27
National Nurses’ Week.....	5/6-5/12	National Senior Health & Fitness Day.....	5/29

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difficult

it's a  
**Puppy Paw-ty!**

BEAGLE  
BORDER COLLIE  
BULLDOG  
CHIHUAHUA  
CORGI  
DACHSHUND  
GOLDEN  
RETRIEVER  
HUSKY  
LABRADOR  
POODLE  
PUG  
SHEPHERD  
SHIH TZU  
SPANIEL  
TERRIER

L E A A L G A A U G L U G O D L L U B I I N  
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