

Meet Your Neighbor



Michelina Esposito

“Mickey” is from Calabria, Italy. She speaks both English and Italian. Mickey is of Catholic faith and enjoys religious services and praying the rosary. She is very social and likes to cook. Mickey also enjoys watching the NY Rangers and loves to watch hockey. Benvenuta (welcome) Michelina, to the Abington family.



Joann Resar

Joann was born in Easton, PA and was a homemaker. She enjoys word search books, reading the newspaper, and watching TV. She also enjoys music from the 50's. Welcome Joann to the Abington Family.

May Birthdays

In astrology, those born between May 1–20 are the Bulls of Taurus. Not only do Bulls work hard with a determined and tireless manner, but they enjoy the payoff, rewarding themselves for a job well done. These stable and reliable types won't finish the job until they are completely satisfied. Those born from May 21–31 are the Twins of Gemini. Gemini's dual nature is expressed through its skillful communication and dynamic sociability. The Twins are energetic, quick-witted, optimistic, and emotionally intelligent.

RESIDENTS:

- 5/6 Carl Kindred
- 5/7 Fred Baer
- 5/8 Cora Hummer
- 5/12 Regina O'Brian
- 5/26 Jean Dutt

- Bing Crosby (singer) – May 3, 1903
- Bea Arthur (actress) – May 13, 1922
- Bob Hope (entertainer) – May 29, 1903

How Does Your Garden Grow?



The Friday before Mother's Day is celebrated as Public Gardens Day to promote awareness of the value of public gardens of all kinds. Many botanic and historical gardens and arboreta will be open for free today.

With cities growing ever larger and populations becoming denser, finding peaceful refuge in public gardens is more vital than ever. Natural spaces are necessary for our health and well-being. Research has proven that being around plants makes humans feel calmer and more relaxed. Urban areas with abundant green spaces also report lower mortality rates, improved mental health, and less cardiovascular and respiratory disease. Public gardens are also centers of scientific research and learning, offering professionals and visitors the opportunity to learn more about the natural world around them. On May 8, take a stroll through a public garden and bask in all its natural beauty.

The Chatterbox

Abington Manor at Morgan Hill Senior Living

Picture Perfect



May is Photography Month, a time to not only enjoy snapping photos and capturing memories, but a time to look at the world differently, through the eyes of a photographer. And with pocket-sized cell phones equipped with powerful cameras that rival the top traditional cameras, it seems as if everyone these days is capable of high-quality photography.

Photography has always seemed a bit magical. After all, photography gives us the ability to freeze a moment in time and cherish it forever. Photographers may record important moments in history, capture the energy and emotion of a single memory, or stage scenes to send political messages or make social or cultural critiques. In the end, however, what makes a photograph special is its subject matter and composition. What is the play between light and shadow? Is color saturated or muted? Are faces joyful and energetic or melancholy and lonely? A simple photograph communicates so much—both a message to the viewer and the self-expression of the photographer. And now that cell phones put cameras in the hands of most everyone, photography has become a part of many peoples' daily lives. In this way, photography has never been more democratic than it is today.

Just as a cell phone is a device used for communicating via voice or text, the cell phone camera is also a mode of communication, but via picture. The first camera phone was unveiled in 1995 to little fanfare. At first, it seemed strange to pair a phone with a camera. Today, cell phones without a camera are both unthinkable and unmarketable. The most powerful cell phone cameras are filled with sensors and meters that allow users to simply point and click to make mini masterpieces. Apps like Instagram, Tumblr, Snapchat, and Pinterest share photos with millions of people instantaneously. We share images of our children, vacations, artwork, and even our food. In Egypt and China, cell phone cameras captured images that broadcast revolutions to the world. In these ways, photography is more than art—it is a means to make your voice heard.

Celebrating May

Global Health and Fitness Month

Gardening for Wildlife Month

Kentucky Derby
May 2

Nurses Week
May 6–12

American Indian Day
May 9

Mother's Day: U.S.
May 10

O. Henry Pun-Off Day
May 15

National Polka Festival
May 22–24

Memorial Day: U.S.
May 25

Let's Hear It for the Birds

International Migratory Bird Day, celebrated on the second Saturday in May, is a day to celebrate the 4,000 different species of birds that migrate around the globe. That's over 40% of all bird species. For these birds, migration means survival. As the seasons change, birds leave areas where resources are scarce and embark on journeys to areas with more resources, such as abundant food sources and protected nesting grounds where they can hatch and raise their young. For many birds, the scale of their migratory journeys is mind-boggling.



The Arctic tern has rightly earned worldwide fame for embarking on the longest migration in the animal world. Each year they fly round-trip from the Antarctic to the Arctic and back again, covering nearly 49,700 miles. Moving back and forth from the south pole to the north has its advantages. These birds enjoy the benefit of two summer seasons, rife with food and warm weather. Arctic terns have 30-year lifespans. Over such a lifetime, the miles add up quickly. One bird may fly the equivalent of three trips to the moon and back.

Not to be outdone is the bar-tailed godwit. This shorebird flies 7,000 miles from New Zealand on its nonstop migration to Alaska. It takes eight days of flying for the birds to reach the tidal flats of the Yellow Sea, which lies between China and the Korean peninsula. This is their only stopover before they continue their journey north. The flight back is just as grueling, a nonstop journey over the open ocean of the Pacific from Alaska back to New Zealand.

Before undertaking such awesome and taxing journeys, birds enter into a state known as *hyperphagia*, where they eat tremendous amounts of food in order to bulk up and store fat that can later be used as energy during their flight. Some birds have been known to double their body weights before migrating. One such bird is the tiny northern wheatear, which typically weighs less than an ounce. This bird swells up to two ounces before setting out on a three-month, 9,000-mile journey from Alaska to Eastern Africa.

The Magical Mile

On May 6, 1954, the weather in Oxford, England, was not ideal for running. Roger Bannister, while working his shift at a local hospital as a medical student, even considered not running in a meet due to rain and strong winds. By the afternoon, however, the weather had cleared and Bannister decided to race. He had competed in the 1952 Helsinki Olympics, placing fourth in the 1500 meters, a disappointing finish both personally and for his country. After that bitter defeat, he resolved to do the hitherto unthinkable: run a mile in under four minutes. Many believed such a time to be humanly impossible. But as a medical student, Bannister believed he had the knowledge he needed to create a unique training regimen that would allow him to achieve University's Iffley Road Stadium, Bannister became the first human to run a sub-four-minute mile. His lurch across the finish line hit the front page of newspapers all over the globe. He became a symbol of perseverance and of pushing the limits of human endurance. He became a hero overnight.

The Administrator's Note:

May!! So what happened to March & April? Sadly it seems as though we woke up one day and our lives just stopped. I sincerely want to take this opportunity to thank everyone for your kindness, patience, and understanding during this scary and stressful time. We realize how difficult this is for you not being able to spend 1:1 time with your loved ones, just to laugh together, hug and feel the love and closeness that we all get from our families. Over the past month we've been trying to "Facetime" but not everyone has an iPhone, so this month we're going to set up a Zoom account so we can reach out to as many families as we can via your computer.

If your interest, please let us know so we can send you an "invite" via email of the date and time we're able to meet with you, feel free to reach out to us with any questions. Stay healthy, stay safe and positive thoughts for a beautiful summer ahead Covid-19 free.

Mary Ann Smolenyak, Campus Executive Director

Celebrate Cinco de Mayo



Cinco de Mayo enjoys widespread popularity across the United States, despite many Americans mistaking the holiday as Mexico's Independence Day. Cinco de Mayo revelers take note! Mexico's Independence Day is held on September 16. It commemorates the day in 1810 when a Catholic priest known as Father Hidalgo made a speech in the town of Dolores calling for independence from Spain. Hidalgo's speech has since been called the "Cry of Dolores," and the town is now known as Dolores Hidalgo. Cinco de Mayo commemorates a very different event on a date over 50 years later.

In 1861, Benito Juárez was elected the new president of Mexico, but the country he was elected to run was bankrupt after decades of civil war. Juárez was forced to put off repaying all debts to Europe for two years, a decision that angered France, Britain, and Spain. These countries responded by sending their naval fleets across the Atlantic to collect their due. Juárez negotiated a deal with Britain and Spain. France, however, saw an opportunity to invade Mexico. Napoleon III ordered the landing of French troops at Veracruz, and the French forces chased Juárez and his government out of the city.

French General Charles Latrille de Lorencez soon marched his force of 6,000 upon the town of Puebla de Los Angeles. Juárez was desperate. He rounded up a group of 2,000 locals and fortified the town under the command of General Ignacio Zaragoza. On May 5, 1862, Lorencez surrounded Puebla and began shelling the town with heavy artillery. Yet by nightfall, the French were forced to retreat, having lost 500 soldiers. Zaragoza's victory at the Battle of Puebla was not a major one, but it was symbolic. Juárez's government used the victory to rally support against the French. Five years later, the United States sided with Mexico against the French and put an end to the war. Americans celebrating Cinco de Mayo are not celebrating America's successful intervention. It is more a general celebration of Mexican culture, fueled by the marketing influence of the beverage industry.

Cycling Through History

The third week of May is Unicycle Week, with Ride a Unicycle Day falling on May 17. So who exactly thought it would be a good idea to create a one-wheeled cycle? No one really knows. The best guess that historians have is that the unicycle was inspired by the *penny-farthing*, those early bicycles invented by Frenchman Eugène Meyer of Paris with one massive wheel in front and the tiny wheel in back. Of course, the one major disadvantage of the penny-farthing was its instability and the likelihood of injury after a fall from atop its tall front wheel. Drivers of the penny-farthing were quick to notice how they could ride perfectly well atop the front wheel without the need for the rear. This is how we believe the unicycle was born. Soon, unicycles were popular all across Western Europe. Today, unicycles are most often seen at circuses or festivals where entertainers use them to wow a crowd. But, with improvements in unicycle design and durability, unicycles are now used on commutes to work, on mountain trails, to do tricks at parks, and even to play sports like unicycle hockey.

Pages Out of Time



The oldest book ever printed in the world, China's *Diamond Sutra*, was published by a block printer on May 11, 868. How do we know when it was made? The book is dated and inscribed with the words, "Reverently made for universal free distribution by Wang Jie on behalf of his two parents." The *Diamond Sutra* was discovered in 1900 by a Chinese monk. The scroll was just one of 40,000 different documents hidden in the Cave of a Thousand Buddhas, a secret library that had been sealed up around the year 1000 in order to save the writings from invaders. The *Diamond Sutra* itself is very short, just 6,000 words, able to be chanted in 40 minutes. It is called the *Diamond* because its teachings are as sharp as a diamond blade, cutting through worldly illusions, a worthy message to stand the test of time.