



Canterfield of Bluffton

An Independent and Assisted Living Community

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Remember and Appreciate

Memorial Day is a time for remembrance and appreciation. We remember those who have gone before us and appreciate the friends and family who surround us as a new season is set to begin.

Visit Us Online!

Our Website

www.CanterfieldofBluffton.com

Our Facebook Page

www.Facebook.com/Canterfieldblufftonsc

May 2024



Buttoned Up

Many folks have memories of opening up a box or tin at Grandma's house and finding a bunch of buttons! These little accessories are popular items to collect, not only to use in sewing and crafting, but also for their window into history. Like jewelry, buttons were often status symbols, and both the material and style of button can indicate what era it's from and who might have worn it. With buttons in every size, shape and color, plus endless ways to display them, button collecting is a hobby anyone can pick up.

Reasons To Reminisce

Recalling your past achievements can boost your confidence, researchers say. Looking back and remembering how you overcame an obstacle or learned a new skill builds self-esteem and helps you tackle new challenges.

Conservation Comebacks

For over 50 years, the Endangered Species Act has helped make the world a safer place for thousands of wild plants and animals. The third Friday of May is Endangered Species Day, so be inspired by these success stories:

Bald eagle. Habitat loss, illegal hunting and the use of pesticides had reduced this majestic bird's numbers to less than 500 breeding pairs in the contiguous U.S. by 1963. Today, more than 300,000 bald eagles soar across our nation's skies.

American alligator. After more than 200 million years of inhabiting the Earth, the American alligator faced extinction in the mid-1900s. Thanks to protection laws and breeding programs, the gators bounced back and were removed from the endangered species list in only two decades.

Grizzly bear. Before 1800, around 50,000 grizzly bears roamed across America's wilderness. But by 1975, less than 800 bears remained. The creation of six recovery zones has helped grizzlies reach a stable population of 1,900 bears and counting.

Humpback whale. The whaling industry almost brought the population of these mammals screeching to a halt. But their numbers have been rebounding in many parts of the world, with an annual growth rate of 8% in the Pacific Northwest.



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.

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.

Keep cool. Run a small towel under cool water, wring it out and drape it around your neck or on top of your head if you are in the heat.

Influential Asian Americans

May is Asian American and Pacific Islander Heritage Month, an opportunity to recognize this diverse group's accomplishments in many realms. Celebrate by learning more about a few famous names:

Dalip Singh Saund. Born in India, Saund came to the U.S. in 1920 to study at the University of California in Berkeley, where he earned a Ph.D. He later became the first Asian American person elected to Congress, serving three terms as a U.S. Representative for California.

Chien-Shiung Wu. A Chinese immigrant, Wu's scientific studies earned her the nicknames "First Lady of Physics" and "Queen of Nuclear Research." She worked on the famous Manhattan Project during World War II and won several awards throughout her career.

Chloe Kim. Born in the U.S. to South Korean parents, Kim started snowboarding at age 4. At 17, she became the youngest woman to win an Olympic gold medal in snowboarding.

I.M. Pei. A world-renowned architect, Chinese-born Pei famously designed the glass Louvre Pyramid in Paris. His well-known works in the U.S. include the Rock and Roll Hall of Fame in Cleveland and the John F. Kennedy Library in Boston.

The Day To Remember Those We've Lost

Memorial Day, originally known as Decoration Day, began in the 1860s, when people would decorate the graves of soldiers who had fought in the Civil War. Gen. John Logan, leader of a Civil War veterans' organization, officially proclaimed May 30 as Memorial Day in 1868.

After World War I, May 30 became a day to honor fallen soldiers from all wars.

In 1971, Memorial Day became a federal holiday, and Congress declared it to be celebrated on the last Monday in May, ensuring a three-day weekend.

Cities across the country hold Memorial Day parades and other events. American flags are often placed throughout cemeteries for veterans. At other cemeteries, many people choose to decorate the graves of all loved ones.

On Memorial Day, the American flag should be flown at half-staff until noon, then raised to full staff in recognition of those currently serving in the military.



A Look at the Ukulele

Alongside pineapples, hula skirts and leis, the ukulele is a classic symbol of Hawaii.

The story behind the instrument is a sweet one—literally. In the late 1800s, thousands of Portuguese immigrants arrived in the Hawaiian Islands to work in the sugar industry. Many brought with them a small stringed instrument called the *machete* or *braguinha*. According to an

article in the Hawaiian Gazette, the immigrants began "delighting the people with nightly street concerts," playing instruments described as a strange cross between a guitar and banjo that produced "very sweet music."

The people of Hawaii, including the royal family, fell in love with the instrument's light, plucky sound. It's said they called the instrument *ukulele*, meaning "jumping flea" in the Hawaiian language, as a reference to the musician's fast-moving fingers across the strings.

Through the 20th and 21st centuries, the ukulele has been featured in many styles of music.

Wit & Wisdom

"May flowers always line your path and sunshine light your day."
—Irish blessing

"Laughter is magic that dispenses clouds and creates sunshine in the soul."
—Richelle E. Goodrich

"Let there always be a bright spot in your heart for the people around you. They might need a bit of sunshine."
—Ron Baraton

"Wherever you go, no matter what the weather, always bring your own sunshine."
—Anthony J. D'Angelo

"Few of us really appreciate the soothing, strengthening power of sunshine."
—H. Addington Bruce

"Daisies are like sunshine to the ground."
—Drew Barrymore

"Some sunshine is good for the soul, but I always make sure I wear a big hat."
—Miranda Kerr

"To be happy, you must be your own sunshine."
—Charles Edward Jerningham

"Don't let the shadows of yesterday spoil the sunshine of tomorrow. Live for today."
—Nandina Morris



May 2024

- TR Theater Room
- CK Country Kitchen
- AC Arts & Crafts Room(3rd Floor)
- DR Dining Room
- LB Lobby

- BY Back Courtyard
- 🚗 Outing
- Physical Activity
- 📖 Intellectual Activity
- 🍷 Food and Drink
- ★ Games
- 👤 Social

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Inspirational Quote for the Month of May <i>May the month of May be a month of sunshine, happiness, and endless blessings.</i></p>		<p>10:00 Shopping trip to Walmart 🚗 11:00 CK Rummikub Game ★ 12:00 Lunch Time 1:00 CK Hangman ★ 2:30 Golf Game ★ 5:30 DR Family Casino Night</p>	<p>2 Happy Birthday Bob Phillips 9:30 TR Fab, Fit & Fun Exercise Class ● 10:00 BY Walking Club ★ 11:00 TR Chair Yoga ● 1:30 CK Bingo Bash ★ 2:30 CK Corn Hole</p>	<p>3 10:15 TR Passport for Wellness Exercise Class ● 11:00 AC Craft Activity with Katrina 1:00 CK Rummikub Game ★ 2:00 CK Cocktail Hour 🍷 3:00 CK Dominos</p>	<p>4 9:00 CK Gather With Your Neighbors for Coffee and Current Events 11:00 Take a stroll before lunch 1:00 Bingo Bash 2:30 TR Movie and Popcorn on the Big Screen</p>
<p>5 Happy Cinco De Mayo 9:00 DR Coffee Chat 10:30 TR Chair Yoga 1:30 CK Bingo Bash 3:00 Trivia</p>	<p>6 9:30 TR Visit from St. Gregory Catholic Church 🙏 10:00 Publix Shopping Trip 🚗 1:30 CK Bingo Bash ★ 2:30 CK Milkshake Mondays 🍷 3:00 CK Polish me pretty manicures 3:30 CK Game of Cribbage ★</p>	<p>7 9:30 TR Fab, Fit & Fun Exercise Class ● 10:30 TR Dance Class ● 11:00 CK Cooking Class 🍷 12:30 CK Rummikub Game ★ 2:00 AC Craft Activity 4:30 Afternoon Stroll</p>	<p>8 10:00 Shopping trip to Walmart 🚗 11:00 CK Rummikub Game ★ 1:00 CK Hangman Game ★ 2:00 Entertainment with Bill Arno 2:00 CK Wine Down Wednesday 🍷 6:00 CK Scrabble Game 📖</p>	<p>9 9:30 TR Fab, Fit & Fun Exercise Class ● 10:00 BY Walking Club ★ 11:00 TR Chair Yoga ● 1:30 CK Afternoon Bingo for the Men 2:00 AC Mothers day pampering makeover for all our Mothers 2:00 AC Paparazzi Jewelry Show 🙏 2:30 CK Men's Cornhole Tournament</p>	<p>10 10:15 TR Passport for Wellness Exercise Class ● 11:00 AC Craft Activity with Katrina 1:00 CK Rummikub Game ★ 2:00 CK Cocktail Hour 🍷 3:00 CK Dominos</p>	<p>11 Birthday Cheers Beatrice McClary 9:00 CK Gather With Your Neighbors for Coffee and Current Events 11:00 Take a stroll before lunch 1:00 Bingo Bash 2:30 TR Movie and Popcorn on the Big Screen</p>
<p>12 Happy Mothers Day 9:00 DR Coffee Chat 10:30 Chair Yoga 11:30 DR Mother's Day Luncheon 1:30 CK Bingo Bash 3:00 Trivia</p>	<p>13 Happy Birthday Buzz Galbraith 9:30 TR Visit from St. Gregory Catholic Church 🙏 10:00 Publix Shopping Trip 🚗 1:30 CK Bingo Bash ★ 2:30 CK Milkshake Mondays 🍷 3:00 CK Polish me pretty manicures 3:30 CK Game of Cribbage ★</p>	<p>14 9:30 TR Fab, Fit & Fun Exercise Class ● 10:30 TR Dance Class ● 11:00 CK Cooking Class 🍷 12:30 CK Rummikub Game ★ 2:00 Resident and Food Forum Meeting 4:30 Afternoon Stroll</p>	<p>15 10:00 Shopping trip to Walmart 🚗 11:00 CK Rummikub Game ★ 1:30 DR Birthday Party for Residents celebrating their birthdays in May 2:00 Entertainment with Dale 2:00 CK Wine Down Wednesday 🍷 5:30 TR Family Education Night 6:00 CK Scrabble Game 📖</p>	<p>16 9:30 TR Fab, Fit & Fun Exercise Class ● 10:00 Bus Outing to Pinckney Colony visit the horse stables and have a picnic 🚗 11:00 TR Chair Yoga ● 1:30 CK Bingo Bash ★ 2:30 CK Corn Hole</p>	<p>17 10:15 TR Passport for Wellness Exercise Class ● 11:00 AC Craft Activity with Katrina 1:00 CK Rummikub Game ★ 2:00 CK Cocktail Hour 🍷 3:00 CK Dominos</p>	<p>18 9:00 CK Gather With Your Neighbors for Coffee and Current Events 11:00 Take a stroll before lunch 1:00 Bingo Bash 2:30 TR Movie and Popcorn on the Big Screen</p>
<p>19 9:00 DR Coffee Chat 10:30 Chair Yoga 1:30 CK Bingo Bash 3:00 Trivia</p>	<p>20 9:30 TR Visit from St. Gregory Catholic Church 🙏 10:00 Publix Shopping Trip 🚗 1:30 CK Bingo Bash ★ 2:30 CK Milkshake Mondays 🍷 3:00 CK Polish me pretty manicures 3:30 CK Game of Cribbage ★</p>	<p>21 Birthday Cheers Juanita Irving 9:30 TR Fab, Fit & Fun Exercise Class ● 10:30 TR Dance Class ● 11:00 CK Cooking Class 🍷 12:30 CK Rummikub Game ★ 2:00 TR Movie and Popcorn on the Big Screen 4:30 Afternoon Stroll</p>	<p>22 10:00 Shopping trip to Walmart 🚗 11:00 CK Rummikub Game ★ 2:00 CK Wine Down Wednesday 🍷 6:00 CK Scrabble Game 📖</p>	<p>23 9:30 TR Fab, Fit & Fun Exercise Class ● 10:00 AC Painting Class w/Lisa 11:00 TR Chair Yoga ● 1:30 CK Bingo Bash ★ 2:30 CK Corn Hole</p>	<p>24 10:15 TR Passport for Wellness Exercise Class ● 11:00 AC Craft Activity with Katrina 1:00 CK Rummikub Game ★ 2:00 CK Cocktail Hour 🍷 3:00 CK Dominos</p>	<p>25 9:00 CK Gather With Your Neighbors for Coffee and Current Events 11:00 Take a stroll before lunch 1:00 Bingo Bash 2:30 TR Movie and Popcorn on the Big Screen</p>
<p>26 9:00 DR Coffee Chat 10:30 Chair Yoga 1:00 LB St. Luke Methodist Church Service 1:30 CK Bingo Bash following church 3:00 Trivia</p>	<p>27 Memorial Day 9:30 TR Visit from St. Gregory Catholic Church 🙏 10:00 Publix Shopping Trip 🚗 11:30 DR Memorial Day Luncheon 1:30 CK Bingo Bash ★ 2:30 CK Patriotic Milkshake 🍷 3:00 CK Polish me pretty manicures 3:30 CK Game of Cribbage ★</p>	<p>28 9:30 TR Fab, Fit & Fun Exercise Class ● 10:30 TR Dance Class ● 11:00 CK Cooking Class 🍷 12:30 CK Rummikub Game ★ 2:00 TR Movie and Popcorn on the Big Screen 4:30 Afternoon Stroll</p>	<p>29 10:00 Shopping trip to Walmart 🚗 11:00 CK Rummikub Game ★ 2:00 DR Entertainment with Susan and Paul 2:00 CK Wine Down Wednesday 🍷 6:00 CK Scrabble Game 📖</p>	<p>30 9:30 TR Fab, Fit & Fun Exercise Class ● 10:00 BY Walking Club ★ 11:00 TR Chair Yoga ● 1:30 CK Bingo Bash ★ 2:30 CK Corn Hole</p>	<p>31 10:15 TR Passport for Wellness Exercise Class ● 11:00 AC Craft Activity with Katrina 1:00 CK Rummikub Game ★ 2:00 CK Cocktail Hour 🍷 3:00 CK Dominos</p>	<h2 style="font-family: cursive;">Mother's Day</h2>

Just For Fun

Family Quiz Show

How well do you *really* know your loved ones? This fun spin on “The Newlywed Game” mixes nostalgia and personality questions to help bring family members closer together.

Questions for Your Kids To Answer About You:

- When did your parents meet? Where did they go on their first date?
- Who were some of your parents’ childhood heroes or favorite celebrities?
- Did either parent ever meet anyone famous?
- What was each parent’s first car? First job?
- If your parent could be any animal, what would it be?

Questions for You To Answer About Your Kids:

- When they were young, what did each child want to be when they grew up?
- Did your kids have any imaginary friends?
- What was their favorite homecooked meal? Has it changed as they’ve gotten older?
- Was there a special stuffed animal, toy or blanket they had as a child? If so, do they still have it?
- What is your child’s favorite pizza topping?

The Serenity of Zen Gardens

Imagine a quiet, calm place where you can focus on the sights and sounds of nature. That serenity is at the heart of a Zen garden.

Also called rock gardens or dry landscape gardens, Zen gardens originated centuries ago in Japan with Buddhist monks, who built the gardens as peaceful places to spend time and contemplate their studies.

A Zen garden can be an outdoor space or a small section of a garden. Miniature versions, made to sit on a table or desk, are also common. No matter the size, there are shared elements. Groupings of stones are the focal

point and represent different facets of nature such as earth and fire. Sand or gravel fills the base of the garden, and a rake is used to create lines and patterns around the stones to symbolize the movement of water.

Some Zen gardens include plants and statues, but they are never cluttered. The simplicity and symmetry of the garden’s features promote relaxation and reflection.



A Tour of American Barbecue

Barbecue is enjoyed throughout the country, but several regions are known for it.

Kansas City. This centrally located metropolis smokes chicken, pork spareribs and beef brisket low and slow. However, it’s the thick tomato-based sauce laced with molasses that makes Kansas City’s barbecue a go-to American staple.

Texas. Slow-smoked beef brisket is what’s big in Texas. The simply seasoned brisket, pork ribs and link sausages are tasty enough on their own. However, feel free to spice things up with the Lone Star State’s thin, vinegary

tomato-based sauce.

Memphis. Pork is king in Memphis, where the pit-cooked smoked ribs are served dry or wet. Dry ribs are cooked in a spice rub that often includes chili, onion and garlic powders, plus paprika, oregano and celery seed. Wet ribs come in a thin, zesty tomato-based sauce.

Carolinas. The eastern half of North Carolina goes whole hog—finely chopped and served with a vinegar-based sauce. Head west and you’ll find a tomato-based sauce over shredded pork shoulder. South Carolina prefers its barbecued meats served with a tangy concoction of vinegar, mustard and brown sugar.



Gators and Crocs

The Florida Everglades are one of the few places in the world where you'll find both alligators and crocodiles.

What's the difference between these ancient reptiles? Though they look similar, they have several distinctions:

Snout. An alligator's snout is wider and more rounded, resembling the letter U, while a croc's snout is narrow and pointed, like a V.

Teeth. The reptiles' mouths give a major clue to their identity. Gators have a bit of an overbite—when they close their jaws, only the upper teeth are visible. But crocodiles are known for their "toothy grins," showing both sets of chompers at all times.

Color. You may think of both of these reptiles as having a green hue, but take a closer look. Alligators are usually a dark gray, though algae in the water can give them a greenish tinge. Crocodiles tend to be tan or olive in tone.

Habitat. Both gators and crocs love the water. Generally, you'll find alligators in fresh water. Crocodiles are less picky and enjoy both fresh and saltwater environments.

Spelling Showdown

In 1925, 11-year-old Frank Neuhauser of Louisville, Ky., correctly spelled the word "gladiolus" to win the first National Spelling Bee. Since then, millions of youngsters have made it their goal to spell their way into the winner's circle at the annual competition.

The bee was started by a group of nine U.S. newspapers hoping to encourage interest in spelling and vocabulary. The idea was a success, and the contest grew in size and popularity, with media company E.W. Scripps taking over sponsorship in 1941.

Today, it's estimated that 11 million children across the country and around the world participate, many studying for the event year-round. After winning regional level bees, around 200 super spellers earn spots as finalists in the two-day competition, held outside Washington, D.C. Public interest in the match is so high that the letter-by-letter action is broadcast live on TV and online.

It's no surprise that contestants take the spell-off seriously; the champion takes home a suite of prizes, including \$50,000 and an engraved trophy.



Happy Birthday, Batman!

In May 1939, DC Comics introduced a new superhero. Celebrate 85 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.
- 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.
- 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.
- Six actors have put on the bat suit for the big screen: Michael Keaton, Val Kilmer, George Clooney, Christian Bale, Ben Affleck and Robert Pattinson.
- Copies of the 1939 comic book in which Batman first appeared have sold for more than \$1 million in multiple auctions.

FLOWER OF THE MONTH | MAY

Lily of the Valley

*Sweetness
and humility*



"This Month In History"

MAY

1922: The Lincoln Memorial is dedicated. It took eight years to build the statue of U.S. President Abraham Lincoln and its surrounding building on Washington, D.C.'s National Mall.

1939: The caped crimefighter Batman makes his debut in issue No. 27 of "Detective Comics." The superhero was an instant hit with readers.

1945: Celebrations erupt worldwide after Allied leaders announce the end of fighting in Europe in World War II.

1963: High school junior Lesley Gore performs her first single, "It's My Party," on TV's "American Bandstand." The next week, the song topped the U.S. pop music chart.

1971: Merging 20 of America's passenger railroad services into one, Amtrak begins service.

1994: Nelson Mandela is inaugurated as South Africa's first Black president.

2001: Thousands line up to be the first customers when tech company Apple opens its first retail stores in Virginia and California.

2019: New York City officially renames the intersection of West 63rd Street and Broadway to Sesame Street to honor the 50th anniversary of the kids' TV show.