

Transitions Times

Transitions Health Care LLC, 8850 Barnes Lake Rd., North Huntingdon, PA 15642



Celebrating May

**Global Health and Fitness
Month**

Gifts from the Garden Month

National Nurses' Week
May 6-12

Wildflower Week
May 7-13

National Nursing Home Week
May 13-19

Mother's Day
May 13

Museum Day
May 18

Armed Forces Day
May 19

Memorial Day (U.S.)
May 28

Victoria, Victorious

Queen Victoria's rule over the United Kingdom was so strong that the time period under her monarchy became known as the Victorian Era. Her 63 years of rule lasted from 1837 to 1901, during which England greatly expanded its empire and became a world leader in both industry and economy. She also survived several assassination attempts and guided Britain through the Great Famine of 1845. Her most lasting contribution may have been establishing the monarchy as a mainstay of English culture. When Victoria ascended the throne at age 18, many believed that England should no longer be ruled by a king or queen. During her rule, Victoria so influenced British society that the monarchy became a permanent fixture. If you, like so many others, adore British royalty, then get ready for Victoria Day on May 22.

Victoria Day was established in Canada in 1845 as a means of unifying English and French Canadians. Both cultures understood and appreciated a monarchy, and loyalty to the queen was an important means for Canadians to distinguish themselves from the Americans to the south, who prided themselves on their revolution against a monarchy. The original date was May 24, the birthday of the queen. Other parts of England's vast Empire celebrated May 24 as Empire Day, but Canadians chose to honor Queen Victoria. She was, after all, Canada's "Mother of Confederation," the leader who urged Canadian unity and independence.

While the date of Victoria Day may have changed to the Monday nearest the queen's birthday, it is still a day to celebrate everything royal. Indeed, *anglophilia* seems to have reached an all-time high now that young royals Princes William and Harry are marrying and starting families of their own. Brits are even conquering the television with hit shows like *Downton Abbey*, *Victoria*, *The Great British Bake Off*, and *The Crown*. It's all enough to make you want to sing "God Save the Queen"!

RECIPE OF THE MONTH

Traditional Toad in the Hole

Ingredients:

- 3 eggs
- 1 cup milk
- 1 cup flour
- 1/2 teaspoon salt
- 4–6 large sausages
- Cooking spray
- Gravy for serving

Directions

1. Preheat oven to 375°F. Place a 9 X 9-inch baking pan in the oven to warm up.
2. Combine eggs and milk in a medium bowl with a whisk. Stir in flour and salt. Allow to stand 10 minutes.
3. Heat sausages in a medium frying pan over medium heat until brown.
4. Carefully remove the hot baking pan from the oven and spray with cooking spray.
5. Place sausages in the pan and pour batter over the sausages.
6. Bake 40–45 minutes.
7. Serve hot with warmed brown gravy.

Makes 4 servings



WE STILL DO

Walter and Marilyn celebrated their 60th wedding anniversary on April 25, 2018 by renewing their vows at Transitions Health Care. Pastor Paul Baer performed the ceremony surrounded by the couple's friends, family, staff and residents of Transitions. Walter sang "And I Love You So" and "If I Had It To Do All Over Again". There were few dry eyes in the room!

They were married on April 25, 1958 in Wilksburg, PA.

Walter and Marilyn have 1 son and 5 grand-children.

Congratulations to a beautiful couple!

Pictures and videos may be seen on our facebook site:

<https://www.facebook.com/transitionshealthcarellcnorthhuntingdon>

May Special Events and Outings

- May 2...Lunch outing at Five Guys
- May 4...Cinco de Mayo Celebration
- May 7...Life Story Boards
- May 8...Military Spouse Celebration
With Vitas Hospice
- May 12...Mother's Day Tea with
Entertainment by Joe Lege
- May 14...Show-N-Tell
- May 15...Ice Cream Social with
Caring Hospice
- May 16...Family Trees
- May 18...Life Stories (Residents will
explain about their boards and tell their life
stories)
- May 23...Resident Birthday Party
- May 25...Memorial Day Celebration with
Joe Marotta
- May 28...Memorial Day
Funny Money Auction
- May 29...Resident Council Meeting
- May 30...Living Treasures Zoo Outing
- May 31...POW/MIA Memorial Dedication
With Vitas Hospice

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YOUR OMBUDSMAN MAY BE CONTACTED AT THE WESTMORELAND AREA ON AGING 724-830-4444

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A COPY OF YOUR RIGHTS AS A RESIDENT OF TRANSITIONS HEALTH CARE MAY BE OBTAINED FROM ANY STAFF MEMBER.



CONGRATULATIONS!
 Transitions Resident Council
 Recognizes
Nancy Andrus, CNA
 As an outstanding employee for
 May 2018

Walt Kingera, Administrator
 Tammy Stollar, Director of Nursing
 Leslie King, Asst. Director of Nursing
 Pat Wagner, Admissions Director
 Rob Kalas, Social Service Director
 Mark Wargo, Maintenance Director
 Sandy Bertani, Business Office Mgr.
 Kim Bartos, Environmental Services
 Jackie Austin, Dietary Manager
 Marsha Kirker-Bozich, Life Enrichment
 Director

Mother May I?



Sunday, May 13 is Mother's Day in the United States, Australia, and Canada. In Mexico, *Día de las Madres* is Thursday, May 10. In France, *La Fête des Mères* is Sunday, May 27. After Christmas and Easter, Mother's Day is the

third-most celebrated holiday in the world, but the way mothers are honored differs from place to place.

In the United States, the most typical gift given to mom is a Mother's Day card and flowers. It may come as no surprise that the vast majority of Mother's Day cards—80% in fact—are not bought by men but by women. A mother's job is never done, it seems, not even on Mother's Day.

Mother's Day wasn't always celebrated by buying cards, flowers, chocolates, and jewelry. It was Anna Jarvis who fought to establish the national holiday. Jarvis was inspired largely by her own mother, who had organized "Mother's Day work clubs," where women would tend to soldiers wounded during the Civil War and tackle problems that led to infant mortality. Indeed, Jarvis proposed Mother's Day as a day to honor women like her mother, who had played greater political roles for the benefit of society. She was disgusted when her holiday turned into a commercial bonanza for those hawking flowers and candy. Jarvis spent her life fighting what Mother's Day had become.

In most countries these days, Mother's Day is celebrated by showering gifts and attention on mom. In Mexico, it is tradition on *Día de las Madres* to serenade mom in the morning before church and then prepare dinner for her. France's *La Fête des Mères* originated as a way for the French government to honor the mothers of large families with a gold medal. It was a means to encourage French women to have more children and repopulate the country after World War I. By the 1950s, consumer appeal and a rising birth rate transformed the holiday into one more commercially aligned with the United States. And why not take one day out of the year to recognize their vital importance?

May Birthdays

In astrology, those born between May 1–20 are Taurus' Bulls. Bulls are hardworking, ambitious, honest, and dedicated to finishing tasks with a dogged persistence. Once the work is done, a Taurus expects to enjoy the fruits of their labor. Those born between May 21–31 are Gemini's Twins. They have two distinct and alluring sides to their personality: sociable and ready for fun, or serious and thoughtful. Sometimes they feel as if one half is missing, so they forever seek new friends.

Russel E....May 8
Shiley K....May 8
Eleanor H....May 9
Jean A....May 11
Frank M....May 11
Ralph J....May 14
Catherine V....May 20
Sue D....May 23
George W....May 23
Jane (LaRue) S....May 26
Eileen D....May 29
Diane P....May 31

NURSING HOME WEEK

May 13 – 19

"Celebrating Life Stories"

Families and friends are invited to help Residents create their Life Story board on Monday May 7th at 2:30.

Boards, markers, glues and other supplies will be provided.

This board is a personal creation of your life story. Suggestions to help you create your board:

Family pictures

Write your life story and events of your life

Cut pictures of things you like from magazines

Holiday cards

Memorabilia such as pins, buttons, ribbons

Anything that has meaning in your life

Be creative!

Boards will be displayed in our dining room throughout Nursing Home Week and we will tell about our boards on Friday May 18th.