

May 2019

# New Haven Assisted Living & Memory Care San Angelo

[www.newhavenassistedliving.com](http://www.newhavenassistedliving.com)

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## Celebrating May



MAY 8<sup>TH</sup>  
*Penny Wood*

MAY 16<sup>TH</sup>  
*Mary Love*



## Road Trip to the Odd and Awesome

May 5–11 is Travel and Tourism Week, and while you could spend all seven days visiting popular destinations such as Niagara Falls, Mount Rushmore, or the Grand Canyon, you could also pile into the car and take the path less traveled to see some of America's odd and awesome roadside attractions.

In Houston, Texas, you'll find the home of John Milkovisch. Back in 1968, he grew tired of mowing the lawn, so he decided to landscape his yard entirely in brick, marbles, concrete, rock, and wood. He didn't stop there: Milkovisch continued to cover his house entirely in siding made from aluminum beer cans. For the next 18 years, he used an estimated 50,000 beer cans to both insulate and decorate his home. The "Beer Can House" is not just a monument to the power of recycling, but it is an artistic center complete with guided tours and a gift shop.

If you're interested in giant-sized sculptures, options abound along America's highways. Thirty-foot-tall dinosaurs loom above Interstate 10 south of Palm Springs, California. An 80-foot-long blue whale rests in a lagoon along Route 66 in Catoosa, Oklahoma. Two giant milk bottles are all that remain of the Benewah Dairy Company of Spokane, Washington. The Longaberger Basket Company of Newark, Ohio, spent \$30 million to build its headquarters in the shape of a seven-story picnic basket with two 150-ton handles. (The Longaberger Company has since vacated the property but the unique building still remains.)

For those with an itch to see the exotic, you can find a replica of the Leaning Tower of Pisa in Niles, Illinois, but it's only half as tall and half as leaning. A small-scale replica of China's Forbidden City exists in Katy, Texas, complete with a miniature army of 6,000 tiny terra-cotta soldiers. You need travel no farther than Lake Havasu City, Arizona, to see the London Bridge. Oil baron Robert McCulloch moved all the pieces of the "fallen down" London Bridge to Arizona and put them together again as a ploy to draw tourists, which it has for almost 50 years.

## Seltzer's Derby Dream

The hard-hitting sport of roller derby will be on full display this May 5, which is celebrated as International Roller Derby Day. Roller derby wasn't always about collisions and falls. One could even argue that the idea of the roller derby was born from the all-night dance marathons of the 1920s.



Many strange pastimes emerged during the Great Depression, including dance marathons. Partners would dance for as long as they could, sometimes for up to 40 days, hoping to outlast the competition and win a cash prize.

Entrepreneur Leo Seltzer attempted to capitalize on the trend by organizing dance marathons (then called "walkathons" since contestants merely ended up shuffling across the floor) across the country. Thanks to ticket sales and entry fees, he made millions before retiring after a couple of years. But Seltzer could not remain idle. He hoped to capitalize on another popular trend—roller skating.

Combining the allure of bicycle "track" races and roller skating, Seltzer envisioned the "roller derby," an around-the-clock roller-skating race around an indoor track. In 1935, Seltzer won praise for his touring Transcontinental Roller Derby, but it was still not enough for him. Over the next many years, he slowly transformed the game from a mere race into a full-contact sport. It wasn't until November 29, 1948—when his fantastic new sport was broadcast on television—that the nation became captivated with roller derby.

Today, roller derby remains a popular amateur sport with over 4,000 clubs worldwide. Most teams are all-female, although male and co-ed clubs are becoming popular. Gameplay is relatively simple, with two teams fielding five players on the track. One player, called a *jammer*, is helped to score by the four remaining *blockers*. A point is scored each time the jammer passes the opposing team's blockers. Alas, despite the game's quick pace and physical play, Seltzer's dream of roller derby becoming an Olympic sport has yet to be realized.

## 4 Tips for Healthy Blood Pressure May is Blood Pressure Education Month

### 1) Walk and Exercise Regularly

By exercising daily for at least 30 minutes can help lower your blood pressure by at least 5-8 mm Hg. By exercising daily it helps make your heart stronger and more efficient at pumping blood, which lowers the pressure in your arteries.

### 2) Eat a Healthy Diet

By eating a diet that is rich in whole grains, fruits, vegetables, and low-fat dairy products can help lower your blood pressure. Also, by reducing your sodium intake can help with lowering blood pressure.

### 3) Get Adequate Sleep

Sleep will help regulate stress hormones and helps your nervous system remain healthy. Over time, lack of sleep will lead to high blood pressure

### 4) Stress Management

Stress is a big aspect of the reason for rising blood pressure. It is important to minimize stress and there are a few ways to help reduce stress. One way to cope with stress is to listen to calming music. Music can help relax your nervous system.

**JOIN US TO CELEBRATE...**

May 3<sup>rd</sup>

*Cinco de Mayo Social*

*FREE drinks and snacks*

## A Scent Is Born

On May 5, 1921, Gabrielle “Coco” Chanel introduced the first modern perfume to the world—her famous Chanel No. 5. It was no mistake that she debuted her fragrance on the fifth day of the fifth month, for the number five had long held special significance to Coco Chanel.



When Chanel was just 12 years old, her mother died of tuberculosis and her father sent her to live in an orphanage under the care of the convent of Aubazine. As Chanel walked the pathways of the convent gardens, she discovered that the stones were laid in groups of five. She constantly passed over these stones while making her way to prayers, and they made a lasting impression. While her childhood was stark and frugal, it was amongst the nuns that Chanel learned to sew, a skill that blossomed into a fabulous career in fashion design. But always, the number five stayed with her.

Fashion houses were not interested in the perfume business, yet Coco Chanel was not interested in following traditions. In 1920, she approached the French-Russian perfumier Ernst Beaux and asked him to “create a scent that would make its wearer smell like a woman, and not a rose.” At the time, most perfumes were simple, often mimicking the scent of one flower. Or else they were gaudy and overpowering with musks and jasmine. Chanel wanted something new.

Beaux concocted several scents and presented bottles labeled 1–5 and 20–24. Chanel, of course, selected the fifth vial and named it, simply and accurately, Chanel No. 5. On the fifth day of the fifth month of the next year, Chanel not only presented her latest fashion collection but also her new fragrance, a delicate mixture of jasmine, ylang-ylang, may rose, and sandalwood. It also contained aldehydes, which are chemicals that create longevity in the scent so that women would not need to constantly reapply the perfume. Chanel No. 5 was an instant hit, and women have worn it ever since.

## Monthly Events

Every Tuesday  
BINGO

May 3<sup>rd</sup> & May 17<sup>th</sup>  
ED PLAYS THE PIANO

May 16<sup>th</sup>  
THERAPY DOG VISIT

May 12<sup>th</sup>  
CALVARY CHURCH WORSHIP

## Daily Events

Daily Exercise Class

@ 10:00

Breakfast 8:00

Lunch 12:00

Dinner 5:00

## For the Love of Pugs



Pug lovers of every stripe will flock to Milwaukee on the weekend of May 18–19 for the annual Pugfest. The focus of the festivities revolves around three adorable costume contests, where pug owners parade their dogs for all to see. The costume categories are: “Hand-Crafted,” “Ready-Made,” and “Strollers and Floats.” When visitors aren’t ooh-ing and aah-ing over the cute dogs, they will be watching pug races and allowing Father John Allen to perform the annual Blessing of the Pugs. Why do people love these tiny and, some might say, ugly dogs? They were originally bred as companion animals for Chinese royalty. When the dogs were brought back to Europe in the 16th century, European royalty adopted the practice. Today, anyone can feel like a king or queen with their own pug pup.

## The Big Cheese



Every May a wide field of intrepid contestants converges on Cooper's Hill outside the small village of Gloucester in England. They will throw themselves down the 650-foot hill, risking life and limb, to chase a rolling nine-pound wheel of double Gloucester cheese. This is the extreme sport of cheese rolling.

No one knows how this strange pastime originated. Some say that it came from an ancient pagan rite of spring, where bundles of burning brushwood were rolled down the hillside to represent the rebirth of spring after the dead of winter. After the burning bundle was rolled down the hill, buns, biscuits, and sweets were scattered over the hilltop as an offering to the spirits and to ensure a plentiful harvest. Likewise, no one knows when the rolling bundle of burning sticks became a wheel of cheese. What we do know is that the event was first recorded for posterity in 1826. Notes on that year's cheese rolling were recorded by the town crier, and from those notes, it is understood that even then the event had long been a pastime.

The event is rather simple. Contestants assemble at the top of Cooper's Hill and wait for the master of ceremonies to push the cheese down the slope. A second after the cheese is released, the contestants follow. The first to grab the cheese is the winner. However, the cheese may reach speeds of up to 70 mph, so usually no one catches the cheese. In that case, the first to cross the finish line is declared the winner. As simple as the competition sounds, there is nothing easy about chasing the cheese down the hill. Each year, many people suffer serious injuries. Paramedics wait at the hill's foot, ready to cart the injured off to local hospitals. Chris Anderson, a repeat champion, has suffered bruised kidneys, a concussion, and a torn calf for his victories. In 2013, in an attempt to mitigate the risk, the speeding wheel of cheese was swapped with a foam replica. Not to worry, the grand prize still remains. Winners, of course, get to take home the cheese.

## ? MAY TRIVIA ?

**What national park is a favorite road trip destination for people in Tennessee & North Carolina?**

~ Great Smoky Mountain—It lies in both states

**What is the Griswold family's destination in the 1983 film *National Lampoon's Vacation*?**

~Wally World

**What alliterative scenic byway in New Mexico is named for a semi-precious gem?**

~ Turquoise Trail

**What popular toy in the 1920s helped kids jump higher?**

~ Pogo Stick

Help the butterfly reach the Flower

