

Jefferson City

Nursing and Rehabilitation Center, LLC

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OUR LEADERSHIP TEAM

Victoria Gilbert	Executive Director
Tina Arnold	Director of Nursing
Brandi Britton	Nurse Manager
Brenda Copeland	Facility Liaison
Nikki Heuer	Director of Admissions
Jamila Terkman	Dir. of Rehabilitation
Nicole Heather	Business Office Manager
Kishon Clarke	Social Service Director
Teresa Laster	Memory Unit Mgr. Activity Director
Regina Johnson	Dietary Supervisor
Pamela Barrett	Housekeeping/Laundry Dir.
Kelly Newcomb	Maintenance Director

Remember When: Potholder Looms

At one time, your kitchen drawer may have been stocked with colorful handwoven potholders and hot pads, lovingly made by a child in your life—or even yourself! The type of loom used to craft these squares is called a pin loom, invented during the Great Depression as a way to use scraps of fabric, particularly from socks and stockings. Housewives in the '30s used the looms to make all kinds of housewares, and potholders emerged as a favorite project, especially for children who easily grasped the looping technique. By the 1950s, the looms were primarily sold in craft kits along with “rainbow looms” of colorful, stretchy fabric bands.

Brainteaser

Question: What gets smaller every time it takes a bath?

Answer: A bar of soap.

May 2023



Spring Migration

Grab your binoculars—it's your big chance to view the magnificent spring migration! The beginning of May welcomes the first massive arrivals of migrant birds as they fly from their winter homes in South and Central America to their breeding grounds in the United States, Canada and the Arctic. Although spring migration began in late February, the largest wave of numbers and varieties of birds will arrive this month. Songbirds are especially active in May, so keep an eye on feeders and birdbaths and listen for the songs of our feathered friends.

Superb Solitaire

Over 242 million people in over 200 countries love to play solitaire, so it's no surprise that this card game has its own special day! Celebrate National Solitaire Day on May 22.

A Dash of Derby Details

The first Saturday in May hosts the longest-running sporting event in the country, the Kentucky Derby. Since 1875, jockeys and their horses have been gathering at the Churchill Downs racecourse in Louisville for a 1 1/4-mile dash to the finish line. Saddle up for these fun facts about the competition:

- Thoroughbreds that enter the race must be 3 years old.
- A blanket of roses is draped over the winner, providing the race's famous nickname "The Run for the Roses." Made of more than 400 roses, the blanket weighs about 40 pounds.
- Because of the typical time it takes a horse to run the course, another moniker for the race is "The Most Exciting Two Minutes in Sports."
- Secretariat, who won the race in 1973, still holds the record for the fastest Derby finish at 1:59.4.
- Horse names cannot exceed 18 characters or contain horse terms, such as "filly" or "stallion."
- The current purse for the Derby is \$3 million, with \$1.86 million going to the first-place winner.
- Starting lanes No. 5 and No. 10 are the luckiest. Riders in these posts have won more times than those in other lanes.



The Mystery of Mother Goose

The mother of many famous nursery rhymes, from "Hickory, Dickory, Dock" to "Humpty Dumpty," Mother Goose is a name that's been known for centuries in children's literature. But who was she?

Some theories suggest she was a real woman named Elizabeth Foster Goose or Mary Goose who entertained her grandchildren with funny rhymes. One legend claims the name is based on the wife of King Robert II of France, who was known as Bertha the Spinner or Goose-Footed Bertha. Others believe Mother Goose is simply the name of a character from the traditional poem "Old Mother Goose and the Golden Egg." Both this poem and a pantomime from 1806 depict Mother Goose as a magical figure flying astride a goose, which remains a recognizable version of Mother Goose today.

Though no one is really sure who Mother Goose was, we do know that the first documented mention of her name was by French author Charles Perrault, who published "Tales of My Mother Goose" in 1697.

Get Your Bones in Shape

The adult body has 206 bones that provide structure, protect our organs and allow us to move. Peak bone mass—when bones are strongest and most dense—is reached around age 30. From then on, you begin losing more bone than you build. However, you can take steps to keep your bones strong and healthy.

When thinking of bone health, you'll want to incorporate lots of calcium, vitamins D and K, magnesium, zinc and omega-3 fats into your diet. Calcium is the main mineral found in your bones and is the most important diet choice for bone health. Additionally, vitamin D helps the body use the calcium you're ingesting. Optimal food options include eggs, dairy products, green leafy vegetables, almonds and saltwater fish.

Physical activity not only builds muscle, but also fortifies your bones. Make your bones stronger with weight-bearing exercises, like running, walking, dancing or climbing stairs. Additionally, strength training—such as doing pushups, lifting free weights and using resistance bands—will help your bones grow heavy and dense.

It's never too early or too late! No matter your age, you can prevent or slow down bone loss through the right choices concerning diet and exercise.



The Tomb of the Unknowns

One of the nation's many Memorial Day observances is the annual wreath-laying ceremony at the Tomb of the Unknowns. The monument overlooking Washington, D.C., is considered the most hallowed resting place at Arlington National Cemetery.

In 1921, Congress approved the burial of one unknown serviceman from World War I in

a tomb at the cemetery's new Memorial Amphitheater. Just over a decade later, the white marble sarcophagus that sits atop the tomb was completed. The face of each side is adorned with engravings, including wreaths and the Greek figures representing Peace, Victory and Valor. Over the years, unknown soldiers from World War II, the Korean War and the Vietnam War were also interred.

Since 1937, the tomb has been guarded around the clock by soldiers of the Army's elite 3rd U.S. Infantry Regiment. A changing of the guard ceremony takes place every half-hour or hour, depending on the time of year.

The Lakes Await

Imagine strolling the shorelines of so many lakes that you could follow the equator halfway around the world and end up traveling the same distance! The coasts around the Great Lakes, which measure nearly 11,000 miles, would allow you to do just that.

Consisting of five freshwater lakes—Superior, Michigan, Huron, Erie and Ontario—the Great Lakes are in the mid-east region of North America, on the border between Canada and the U.S. Sometimes called inland seas because of their rolling waves and strong currents, by surface area they are the largest group of freshwater lakes on

Earth. Together, they're roughly the size of the United Kingdom.

Connected to both the Atlantic Ocean and the Gulf of Mexico, the Great Lakes are a major transportation hub. Close to 200 million tons of cargo move through the lakes every year, shipping bulk goods such as iron ore, coal, limestone and grain.



Wit & Wisdom

"Green is the prime color of the world, and that from which its loveliness arises."
—Pedro Calderon de la Barca

"Nature's first green is gold."
—Robert Frost

"Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon."
—Doug Larson

"Scrub and polish, sweep and clean, fling your windows wide! See, the trees are clad in green! Coax the spring inside!"
—Louise Bennett Weaver and Helen Cowles LeCron

"I just need green. I need to wake up and see grass and squirrels."
—Andre Leon Talley

"Never stay up on the barren heights of cleverness, but come down into the green valleys of silliness."
—Ludwig Wittgenstein

"Keep a green tree in your heart and perhaps the singing bird will come."
—Chinese proverb

"For still there are so many things that I have never seen: In every wood in every spring there is a different green."
—J.R.R. Tolkien



Traveling Through History

Getting from one place to another has become much easier since the early days of human civilization. Travel with us as we tour some of history's major transportation milestones:

Year	Event
3500 B.C.	Humans invent the wheel.
1662	Paris is home to the first public bus system, a network of horse-drawn carriages that operate on a set schedule.
1817	Karl von Drais of Germany invents and rides the first bicycle.
1863	London's Underground Railroad opens. Still in operation, it's the world's first and oldest subway service.
1903	Orville and Wilbur Wright fly the first powered aircraft.
1908	With the debut of the Ford Model T, automobiles become more affordable and accessible to the American public.
1933	The Boeing 247 airliner revolutionizes air transportation with a sleek design that aims for safety and speed.
1971	Amtrak begins operations, merging numerous U.S. passenger railroads into one streamlined service.
1986	German engineer Ernst Dickmanns successfully tests the first driverless automobile.

"This Month In History"

MAY

1907: John Wayne is born on May 26. An American patriot and cowboy legend, Wayne spent three decades as one of the top box-office draws, appearing in over 170 films.

1919: Tired of burnt toast, Charles Strite comes up with the idea for the pop-up toaster. Heating both sides of a slice of bread at once and ejecting it when it's done, the toaster is now the most common kitchen appliance.

1927: Charles "Lucky Lindy" Lindbergh is the first pilot to fly a solo nonstop flight from New York City

to Paris. Ushering in a new era of air transportation, the 3,600-mile flight took 33 1/2 hours.

1940: The first McDonald's opens in California. As of 2021, there are more than 40,000 locations worldwide.

1954: In the *Brown v. Board of Education* case, the Supreme Court rules that racial segregation in public schools is unconstitutional. A cornerstone of the civil rights movement, this decision set the precedent for ending "separate but equal" laws.

1978: Users on ARPANET, an early version of today's internet, are annoyed when they receive an electronic sales ad—the first spam email—from Digital Equipment Corporation.

1980: The video game *Pac-Man* premieres in Japan. Having sold nearly 48 million copies of the game, the franchise has grossed over \$14 billion.

2004: After 10 seasons, the 236th and final episode of the sitcom "Friends" airs on NBC.