

# Lorien Bel Air

## May 2020



# A TIME TO TURN TO GOD IN PRAYER

National Day of Prayer  
May 7, 2020

You are invited to join with others  
& volunteer to be a part of the  
National Day of Prayer  
praying for our country  
& your community.

SUCCESSFUL  
*Mothers*

ARE NOT THE ONES THAT  
HAVE NEVER STRUGGLED  
THEY ARE THE ONES  
THAT NEVER GIVE UP,  
DESPITE THE STRUGGLES

SHARON JAYNES



*Happy Mother's Day!*

**History has taught us over and over again that  
freedom is not free. When push comes to shove, the  
ultimate protectors of freedom and liberty are the  
brave men and women in our armed forces.**

**Throughout our history, they have answered the call  
in bravery and sacrifice. By**

*-Tim Pawlenty*

**Thank you and Happy Armed  
Forces Day!**



National Skilled Nursing Care Week  
May 10–16, 2020



# Sharing our Wisdom

[ahcancal.org/NSNCW](http://ahcancal.org/NSNCW) | #NSNCW

## MEMORIAL DAY



Waterloo, N.Y. is considered to be the birthplace of **MEMORIAL DAY**



**1971** Year that Memorial Day was established as an official holiday

NOW CELEBRATED ON THE LAST MONDAY IN MAY

IN 2010, CONGRESS PASSED AND THE PRESIDENT SIGNED AN ACT CREATING A

**NATIONAL MOMENT OF REMEMBRANCE**

WHICH ENCOURAGES PEOPLE TO STOP AT 3 P.M. FOR A MOMENT OF SILENCE



Memorial Day pays tribute to those

**U.S. SERVICE MEMBERS WHO LOST THEIR LIVES**



**1,196,793**

Total war casualties, over 300,000 of which are buried at Arlington National Cemetery in Washington, D.C.



An average of **28** burials occur each weekday at Arlington – **6,900** annually



**220,000**  
FLAGS PLANTED  
AT ARLINGTON  
FOR MEMORIAL  
DAY IN 2012



U.S. ARMY INFANTRY REGIMENT, OR THE "OLD GUARD," HAS PLACED FLAGS ON ARLINGTON GRAVES SINCE 1948

# May is Mental Health Month

Good mental health is essential to living a full, productive, and happy life.

## Your Pathways To Wellness

### Healthy Diet



Nutritious food at every meal



Don't skip breakfast



Avoid excessive amounts of caffeine



Keeps your body energized, focused and productive

### Regular Exercise



Improves alertness and creativity



Improves your physical and mental well-being



Keeps you active and social



Elevates your mood, reduces stress, increases energy, and raises your endorphin levels

### Relaxation



Listen to music or read a book before bed to help promote restful sleep



Avoid using alcohol to relax – especially before bed



Get a good laugh! Laughing decreases pain, promotes muscle relaxation, and can reduce anxiety.



Quality relaxation helps you disconnect from your problems and offers a sense of competence.

### Rest



Proper sleep will help you stay attentive and active



A lack of sleep will cause you to have to work harder to get daily tasks done.



A continued lack of sleep can lead to mood changes, anxiety, and lowered resistance to illness

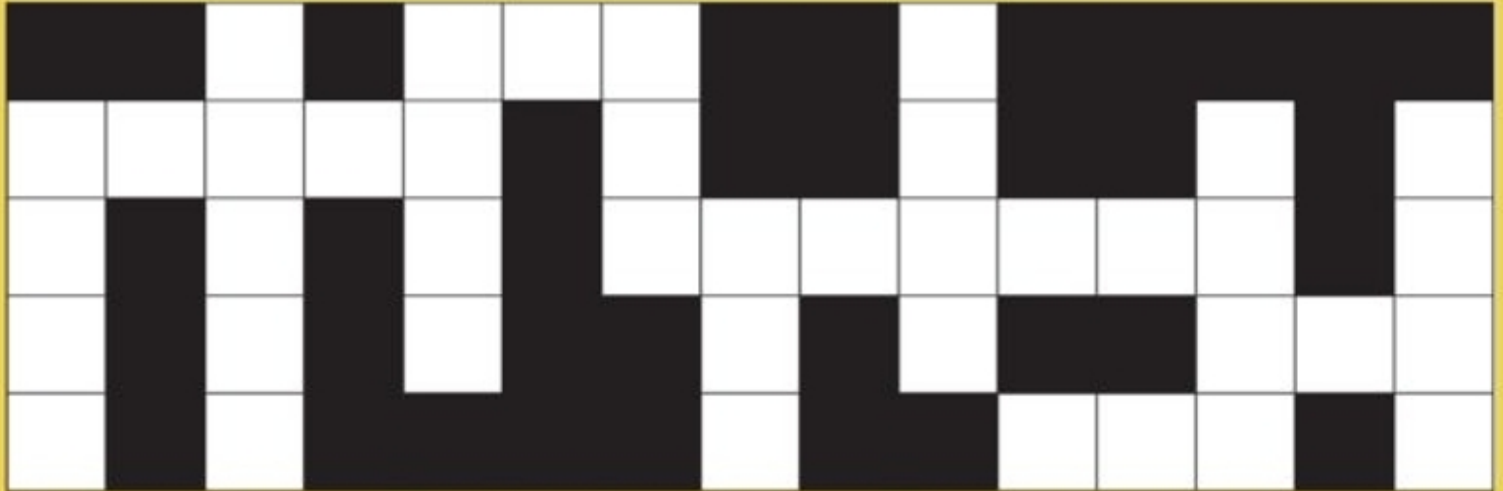


Adequate sleep allows you to cope with the psychological and physical stressors of daily life



# Brain Games

$$5 \square 7 \square 3 \square 9 \square 4 = 32$$



ALT ALTO BLUES GIG GROUPIE JAZZ

JIG LEAD PAD RIG SALSA SOUL SPIN

## Answers:

$$5 + 7 \div 3 \times 9 - 4 = 32$$





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
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