

# The Trumpeter

May 2024

## Celebrating May Birthdays

### Resident Birthdays

**Steve Raines**  
May 1  
**Malcolm Romine**  
May 2  
**Jeffrey Belton**  
May 6  
**Brandi Sitton**  
May 7  
**Mary Ellen  
Huggard**  
May 15  
**Sandra Lotz**  
May 17  
**Kim Gillam**  
May 22  
**Jerry Boller**  
May 23  
**Carl Singer**  
May 26

### Staff Birthdays

**Linda Cox**  
May 4  
**Caleb Walker**  
May 4  
**Melinda Downing**  
May 5  
**Jeanne Shillings**  
May 6  
**Kristen Turner**  
May 9  
**Janet McDonald**  
May 12

Asbury Towers Retirement Community  
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## Celebrating Mother's Day in May

Mother's Day is a holiday in honor of mothers that is celebrated in countries throughout the world. In its modern form the holiday originated in the United States, where it is observed on the second Sunday in May. Many other countries also celebrate the holiday on this date, while some mark the observance at other times of the year.

Anna Jarvis of Philadelphia, whose mother had organized women's groups to promote friendship and health, originated Mother's Day. On May 12, 1907, she held a memorial service at her late mother's church in Grafton, West Virginia. Within five years virtually every state was observing the day, and in 1914 U.S. Pres. Woodrow Wilson made it a

national holiday.

Although Jarvis had promoted the wearing of a white carnation as a tribute to one's mother, the custom developed of wearing a red or pink carnation to represent a living mother or a white carnation for a mother who was deceased.

Over time the day was expanded to include others, such as grandmothers and aunts, who played mothering roles. What had originally been primarily a day of honor became associated with the sending of cards and the giving of gifts, however, and, in protest against its commercialization, Jarvis spent the last years of her life trying to abolish the holiday she had brought into being.

## 'Greatest Spectacle in Racing'

The Indianapolis 500, formally known as the Indianapolis 500-Mile Race, and commonly called the Indy 500, is an annual automobile race held at Indianapolis Motor Speedway. The event is traditionally held over Memorial Day weekend, usually the last weekend of May. It is contested as part of the IndyCar Series, the top level of American open-wheel car racing, a formula colloquially known as "Indy car racing". The track itself is nicknamed the "Brickyard", as the racing surface was paved

in brick in the fall of 1909. One yard of brick remains exposed at the start/finish line. The event, billed as *The Greatest Spectacle in Racing*, is considered part of the Triple Crown of Motorsport along with the 24 Hours of Le Mans and the Monaco Grand Prix. The inaugural race was held in 1911 and was won by Ray Harroun. The IMS complex was built in 1909 as a gravel-and-tar track. Owner Carl G. Fisher spent \$155,000 on repaving the track with 3.2 million bricks.

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**Executive Director**

**Rod Jackson**  
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**Medical Director**

**Dr. John Savage**  
**Dr. Craig Johnson**

**Director of Nursing**

**Audra Rose, DON**  
**arose@asburytowers.com**

**Assistant Director of Nursing**

**Nancy Richardson, ADON, IP**  
**nrichardson@asburytowers.com**

**Business Office**

**Glee Brinkman**  
**gbrinkman@asburytowers.com**

**Chaplain**

**Jim Staggers**  
**jstaggers@asburytowers.com**

**Dining Services**

**Tony Hart**  
**thart@asburytowers.com**

**Environmental Services**

**Ashley Dickerson**  
**adickerson@asburytowers.com**

**Human Resources**

**Kris Beck**  
**kbeck@asburytowers.com**

**Life Enrichment**

**Marty Flatt**  
**mflatt@asburytowers.com**

**MDS**

**Michelle Case, RN, MDS**  
**mcase@asburytowers.com**

**Maintenance Supervisor**

**Darby King**  
**dking@asburytowers.com**

**Social Services**

**Lisa Smith**  
**lsmith@asburytowers.com**

**When you have questions, these folks can answer them**

AL residents need to go to Second Floor Nursing for questions about appointments, transportation, medication, help finding lost things (glasses, remotes, keys), help making their beds, etc.	
Contact Activities to reserve space for private gatherings, like birthday parties, in the First Floor South Dining Room or on the Patio.	
Rod Jackson	Executive Director- Over all the building. Questions or concerns about the building in general.
Glee Brinkman	Business Office- Medicare, Medicaid, billing questions
Kris Beck	Human Resources- Hiring process, insurance, workman's comp, 401K
Audra Rose	Director of Nursing- Questions about medical related issues.
Nancy Richardson	Assistant Director of Nursing and Infection control. Questions on medical related issues, vaccines, flu shots, etc.
Darby King	Maintenance Director. Maintenance, Wi-Fi or television issues
Ashley Dickerson	Housekeeping and Laundry services. Questions about cleaning, deep cleaning, or laundry. If you need paper towels, hand soap, etc.
Marty Flatt	Life Enrichment Director. Activities, activity schedules, and works with the transportation department.
Tony Hart	Dietary Manager- Dietary issues, meal concerns, Menu
Jim Staggers	Chaplain- Spiritual Counseling or concerns
Lisa Smith	Social Service Director- Sign up or change ancillary services (podiatry, audiology, optometry and dental), grievances (missing items, concerns), Home Health, Palliative Care or Hospice Services, Psych Services, Issues or concerns with other residents or staff or general questions
Admissions/Marketing	Admissions to the condos, assisted living and skilled unit

## The Irresistible Iris

What is it about the iris that is so alluring? Van Gogh often painted the beautiful flowers. The fleur-de-lis, a stylized iris, is a symbol associated with France, New Orleans, and Florence. Perhaps it should come as no surprise that this popular flower enjoys its own holiday on May 8, holiday

The word *iris* comes from a Greek word meaning “rainbow,”

fitting since irises come in shades of purple, yellow, white, pink, and blue. In Japan, iris flowers are believed to ward off evil spirits, and the leaves are put in bathwater to prevent illness.

With Mother’s Day fast approaching, perhaps May 8 is the perfect occasion to buy a bouquet of these colorful beauties.



*Three types of irises are beardless, bearded, and crested.*

## Wriggle and Roll

On May 11, give your feet a rest and let your belly do the dancing. It’s World Belly Dance Day. The term *belly dance* is believed to have been first coined by the French, who called it *danse du ventre*, or “dance of the stomach.” Then, in 1893, a dancer known as Little Egypt belly danced at the Chicago World’s Fair. The performance fascinated Americans. Hoping to capitalize on this newfound craze, Hollywood began making movies where dancers wore elaborate Middle Eastern-inspired costumes. In this way, the popularity of belly dancing was born.

Belly dancing has two Arabic names. *Raqs sharqi* refers to the dance most familiar to Westerners, where a woman improvises a solo dance with relaxed, torso-driven movements. *Raqs baladi* is a more folkloric style of dance performed by both men and women at traditional celebrations, like weddings.

The most important body part in belly dancing is actually the hips. Hips can drop, twist, or lift. Other movements include slow and rhythmic figure eights involving the hips and belly, rolling the stomach like a wave from the ribs to the belly, or quickly shaking the hips or shoulders. Each of these movements is designed to accompany a specific beat, melody, or instrument in the music.

Egypt may be considered the home of belly dancing today, but Turkey, Cyprus, Lebanon, Syria, Jordan, Iraq, and Israel all have dancing traditions that involve using the hips and belly. Belly dancing has spread far and wide from the Middle East and is now a popular form of exercise, artistic expression, and meditative practice.

There may be a belly dancing school in your neck of the woods, so stop by this May 11 for a lesson or a show.

### Celebrating May

**Arthritis Awareness Month**

**Older Americans Month**

**Be Kind to Animals Week**  
May 5–11

**Backyard Games Week**  
May 20–26

**Miniature Golf Day**  
May 11

**Mother’s Day**  
May 12

**International Tea Day**  
May 21

**Senior Health and Fitness Day**  
May 29



### Notable Quotable

“The only achievement I am really proud of is the friends I have made in this community.”

~ Gary Cooper (born May 7, 1901)



The starting field of the 2007 Indianapolis 500 in formation before the start

## May Horoscopes and Birthdays

Those born between May 1–20 are Bulls of Taurus. Bulls show a steady persistence in both professional and personal endeavors. After working hard, they like to reward themselves for a job well done. If you were born between May 21–31, you are a Twin of Gemini. Geminis make communicative and lively companions. Intellectual and imaginative, they are the ones to sit near at a party.

- Sarah Hughes – May 2, 1985
- Golda Meir – May 3, 1898
- James Brown – May 3, 1933
- Gary Cooper – May 7, 1901
- Don Rickles – May 8, 1926
- Joe Louis – May 13, 1914
- Tori Spelling – May 16, 1973
- Reggie Jackson – May 18, 1946
- Cher – May 20, 1946
- Mary Cassatt – May 22, 1844
- Ian Fleming – May 28, 1908
- Mel Blanc – May 30, 1908
- Brooke Shields – May 31, 1965

### Derby Day

Look at these crafty folks! Lori’s crafting group has made Derby Day Hats to celebrate the annual Kentucky Derby and the “Run For The Roses” at Churchill Downs on Saturday, May 4. Stylish and elaborate hats are the fashion for Derby Day. If you would like to make your own to wear for fun, talk to Lori. There might also be some mock Mint Juleps as refreshments for a Derby watch party.



Friends making hats for friends

**REMINDER: Please check your mailbox regularly so you don’t miss appointment notices and other community announcements.**

### Racing continued from page 1

The race is the most prestigious event of the IndyCar calendar, and one of the oldest and most important automobile races. It has been reported to be the largest single-day sporting event in the world. Likewise, the Indianapolis Motor Speedway itself is regarded as the world’s largest sporting facility in terms of capacity. The total purse exceeded \$13 million in 2011, with over \$2.5 million

awarded to the winner, making it one of the richest cash prize funds in sports.

There have been nine female drivers to qualify, starting with Janet Guthrie in 1977. Sarah Fisher has competed nine times, the most of any woman. Danica Patrick holds the best finish (3rd) for a woman and is the only woman to have led laps during the race.