



21 N State Street • Dover, DE 19901 • (302) 674-2144

Love Your Years

There are some who wish they could avoid getting older, but a number of polls and studies show that with age comes more happiness. While researchers can't point to a specific reason for this growing contentment, factors may include learning to enjoy life's simple pleasures and having time for personal interests. Celebrate your years during Older Americans Month in May.

Ease Aches With Avocado

Feel free to indulge in guacamole during your Cinco de Mayo celebrations, especially if you suffer from stiff or achy joints. The avocado in the dip contains anti-inflammatory omega-3 fatty acids and a high amount of vitamin E, which can help repair damaged cartilage.

Tomatoes Are Tops

If you or your community is getting its hands dirty planting containers or a garden, chances are you're growing tomatoes. The National Gardening Association says a whopping 86 percent of gardeners plant tomatoes in the spring. Cucumbers, sweet peppers, beans and carrots round out the other top five vegetable picks.



May 2016

Resident Council



NEWLY ELECTED OFFICERS!

PRESIDENT - ANN COGGINS

VICE-PRESIDENT - MARGARET SLAUGHTER

Both of our new officers will be installed at the next Monthly Resident Council Meeting, Monday, May 2nd at 2:00pm.

Please come out and give them a warm welcome.

Just for Fun



YOU MUST HAVE BEEN A BEAUTIFUL BABY!

PLEASE get your baby photos to Karen Hickman for our *Baby Photo guessing contest!* We have extended the deadline as the response was only 2! It is such fun to guess *who is who?*, but we need the PHOTOS! Get your BABY photos to Karen no later than May 31st! Families our residents may need your help digging these up.



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"This Month In History"

MAY

1908: At events in Grafton, W.Va., and Philadelphia, the first Mother's Day celebrations are observed.

1927: The Academy of Motion Picture Arts and Sciences is founded. The organization is best known for its annual presentation of the Academy Awards.

1937: After five years of construction, San Francisco's Golden Gate Bridge opens.

1941: General Mills begins test marketing a new product called Cheerioats. The oat cereal was later renamed Cheerios.

1951: The United Nations moves to its new permanent headquarters in New York City.

1962: Roseville, Minn., becomes the site of the first Target store.

1977: Seattle Slew wins the Kentucky Derby. The thoroughbred racehorse would go on to win the Triple Crown.

1982: The Weather Channel debuts.

1998: A mint in France begins producing the euro, the new single currency of the countries in the European Union.

2004: The National World War II Memorial is dedicated on the National Mall in Washington, D.C.

2008: Due to shrinking sea ice habitats, the U.S. Department of the Interior declares the polar bear a threatened species.

2012: Texas Ranger Josh Hamilton hits four home runs in one game. He was only the 16th player in MLB history to accomplish the feat.