

May is Older Americans Month

Around the nation, older adults make their marks every day as volunteers, employees, employers, parents, grandparents, mentors, and advocates. They offer their time, talents, and experience to the benefit of our communities.



For 57 years, Older Americans Month (OAM) has been a special time to recognize these contributions. Led by the Administration for Community Living (ACL) each May, OAM also provides resources to help older Americans stay healthy and independent, and materials to help communities support and celebrate their citizens.

This year’s OAM theme, Make Your Mark, highlights older adults’ unique and lasting contributions to their communities—everything from sharing a story with grandchildren to leaving a legacy of community action. In the spirit of this theme, here are a few ways to make your mark this May and all year long:

Volunteer your time. Local schools, shelters, food kitchens, and hospitals always need support. Help a neighbor by prepping a meal, picking up groceries, or giving them a ride. Or, take time to pass on your knowledge. Why not tutor a student who could use extra help in math, music, or science?

Share your story. There are so many ways to do this, from showing your grandkids around your old neighborhood to writing a book. Take a class and learn how to express yourself with the arts! Or, assemble a photo album of important moments in your life.

Get involved in your neighborhood. Join a homeowner or resident association, organize a block party, or sign up for a book club or other social group. Have a green thumb? Small projects like planting flowers in your yard or cleaning up the community park have a big impact.

Memorial Day is May 25, 2020



The History of Mother’s Day



This year, Mother’s Day will be held on May 10, 2020. But did you know that there is more to Mother’s Day history than meets the eye?

The origin of Mother’s Day as we know it took place in the early 1900s.

A woman named Anna Jarvis started a campaign for an official holiday honoring mothers in 1905,

the year her own mother died.

The first larger-scale celebration of the holiday was in 1908, when Jarvis held a public memorial for her mother in her hometown of Grafton, West Virginia.

Over the next few years, Jarvis pushed to have the holiday officially recognized, and it was celebrated increasingly in more and more states around the U.S. Finally, in 1914, President Woodrow Wilson signed a proclamation making Mother’s Day an official holiday, to take place the second Sunday of May.

Anna Jarvis put Mother’s Day on the calendar as a day dedicated to expressing love and gratitude to mothers, acknowledging the sacrifices women make for their children. That’s why she was determined to keep “Mother’s” a singular possessive, as marked by the apostrophe before “s.” Each family should celebrate its own mother, so that individual women across the country could feel the love, even in the midst of a broad celebration of motherhood.

McKinley Health Center Activity Calendar - May 2020

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
KEY										1		2	
CCLR	Comprehensive Care									9:30 AM	Good News—CCLR	9:30 AM	Good News—CCLR
	Living Room									9:45 AM	Move and Groove—CCLR	2:00 PM	Bingo—CCDR
CCDR	Comprehensive Care									10:00 AM	Music Box		
	Dining Room									10:30 AM	Neighborhood Visits		
GR	Great Room									2:00 PM	Dean Martin—CCLR		
MPR	Multi-Purpose Room									5:00 PM	Evening Announcements		
RDR	Rehab Dining Room									6:00 PM	Resident’s Choice-CCAR IA		
CCAR	Comp. Care Activity Room												
3		4		5		6		7		8		9	
10:00 AM	Gospel Music	9:30 AM	Good News—CCLR	9:30 AM	Good News—CCLR	9:30 AM	Good News—CCLR	9:30 AM	Good News—CCLR	9:30 AM	Good News—CCLR	9:30 AM	Good News—CCLR
2:00 PM	Church Service	9:45 AM	Move and Groove—CCLR	10:00 AM	Church	9:45 AM	Move and Groove—CCLR	10:00 AM	Craft—CCAR	9:45 AM	Move and Groove—CCLR	2:00 PM	Bingo—CCDR
		10:00 AM	Memory Tray Game —CCAR	10:30 AM	Gospel Music	10:00 AM	Goodie Cart	2:00 PM	Church Services	10:00 AM	Music Box		
		2:00 PM	Dice Race Game—CCLR	2:00 PM	Cinco De Mayo Party—CCDR	2:00 PM	Bingo—CCDR	5:00 PM	Evening Announcements	10:30 AM	Neighborhood Visits		
		4:00 PM	Stretches—CCLR	5:00 PM	Evening Announcements	4:00 PM	Stretches—CCLR	6:00 PM	Splash of Color—CCAR	2:00 PM	Lawrence Welk Show Remi- nisce—CCLR		
		5:00 PM	Evening Announcements	6:00 PM	Gardening—CCAR	5:00 PM	Evening Announcements			5:00 PM	Evening Announcements		
		6:00 PM	Brain Busters—CCAR IA			6:00 PM	Colorful Creations—CCAR IA			6:00 PM	Word Search Races—CCAR IA		
10 Mother’s Day		11 National Nursing Home Week		12		13		14		15		16	
10:00 AM	Gospel Music	9:30 AM	Good News—CCLR	9:30 AM	Good News—CCLR	9:30 AM	Good News—CCLR	9:30 AM	Good News—CCLR	9:30 AM	Good News—CCLR	9:30 AM	Good News—CCLR
2:00 PM	Church Service	9:45 AM	Move and Groove—CCLR	10:00 AM	Church	9:45 AM	Move and Groove—CCLR	10:00 AM	Grab My Purse Game—CCAR	9:45 AM	Move and Groove—CCLR	2:00 PM	Bingo—CCDR
		10:00 AM	Chatterbox Group—CCAR	10:30 AM	Gospel Music	10:00 AM	Goodie Cart	2:00 PM	Church Services	10:00 AM	Music Box		
		2:00 PM	Traveling Scavenger Hunt	2:00 PM	Lucky Rollers	2:00 PM	Bingo—CCDR	5:00 PM	Evening Announcements	10:30 AM	Neighborhood Visits		
		4:00 PM	Stretches—CCLR	5:00 PM	Evening Announcements	4:00 PM	Stretches—CCLR	6:00 PM	Spring Jingo	2:00 PM	Outdoor Strolls		
		5:00 PM	Evening Announcements	6:00 PM	Laughter is the Best Medicine— CCAR	5:00 PM	Evening Announcements			5:00 PM	Evening Announcements		
		6:00 PM	Colorful Creations—CCAR IA			6:00 PM	A-MAZE ME—CCAR IA			6:00 PM	Word Search Races-CCAR IA		
17		18 National Volunteer Week		19		20		21		22		23	
10:00 AM	Gospel Music	9:30 AM	Good News—CCLR	9:30 AM	Good News—CCLR	9:30 AM	Good News—CCLR	9:30 AM	Good News—CCLR	9:30 AM	Good News—CCLR	9:30 AM	Good News—CCLR
2:00 PM	Church Service	9:45 AM	Move and Groove—CCLR	10:00 AM	Church	9:45 AM	Move and Groove—CCLR	10:00 AM	Craft—CCAR	9:45 AM	Move and Groove—CCLR	2:00 PM	Bingo—CCDR
		10:00 AM	Riddle Me This	10:30 AM	Gospel Music	10:00 AM	Goodie Cart	2:00 PM	Church Services	10:00 AM	Music Box		
		2:00 PM	Card Making	2:00 PM	Trivia	2:00 PM	Bingo—CCDR	5:00 PM	Evening Announcements	10:30 AM	Neighborhood Visits		
		4:00 PM	Stretches—CCLR	5:00 PM	Evening Announcements	4:00 PM	Stretches—CCLR	6:00 PM	Splash of Color—CCAR	2:00 PM	Resident’s Choice—CCLR		
		5:00 PM	Evening Announcements			5:00 PM	Evening Announcements			5:00 PM	Evening Announcements		
		6:00 PM	Word Searches—CCAR IA			6:00 PM	A-MAZE ME—CCAR IA			6:00 PM	Resident’s Choice-CCAR IA		
24/31		25 Memorial Day		26		27		28		29		30	
10:00 AM	Gospel Music	9:30 AM	Good News—CCLR	9:30 AM	Good News—CCLR	9:30 AM	Good News—CCLR	9:30 AM	Good News—CCLR	9:30 AM	Good News—CCLR	9:30 AM	Good News—CCLR
2:00 PM	Church Service	10:00 AM	Music Box—CCLR	10:00 AM	Church	9:45 AM	Move and Groove—CCLR	10:00 AM	Craft—CCAR	9:45 AM	Move and Groove—CCLR	2:00 PM	Bingo—CCDR
		10:00 AM	Pop In Visits—Rehab	10:30 AM	Gospel Music	10:00 AM	Goodie Cart	2:00 PM	Church Services	10:00 AM	Music Box		
		2:00 PM	American Trivia	2:00 PM	Painting—CCDR	2:00 PM	Bingo—CCDR	5:00 PM	Evening Announcements	10:30 AM	Neighborhood Visits		
				5:00 PM	Evening Announcements	4:00 PM	Stretches—CCLR	6:00 PM	Short Stories—CCAR	2:00 PM	Hello Sunshine—CCLR		
				6:00 PM	Gardening—CCAR	5:00 PM	Evening Announcements			5:00 PM	Evening Announcements		
						6:00 PM	Laughter is the Best Medicine— CCAR IA			6:00 PM	Resident’s Choice IA		