

## *Welcome to our New Staff:*



### **Abbey Agra Activities Director**

Starting in June, Abbey will be joining us full time as the Activities Director.

She graduated from SMSU this month, majoring in Finance and English Literature. She was the Newman Club President for 1.5 years.

Originally from North Carolina, she graduated high school in 2019. She came to Marshall in 2021 for college tennis, and quickly fell in love with the close-knit community.

## *Musings from Activities*

~ Abbey Agra

May is the month of warming temperatures, budding flowers, rain, and the start of outdoor activities. This year, however, we have had a mild winter and an early spring with temperatures already rising to 88°. This month's theme is the Great Outdoors. Themed activities will be marked on



your calendar so be sure to join the fun! There are so many great things to do outdoors and help we would love to have your help to fill our display case with items from the activities you like to do or pictures from your favorite outdoor adventures.

At Hill Street Place, some of you like to play bean bags, horseshoes, croquet, and bocce ball. But there is a new activity in town: pickleball. The tennis and basketball courts have been overrun by this frenzy. At the YMCA, pickleball league is hosted Wednesday nights and every court is filled with players with some even having to sit on the sidelines to wait. The courts are available other days for pickleball or other activities, members can rent out paddles & balls from the front desk.

To put it short, pickleball is a mini version of tennis using a wooden paddle and wiffle ball. It uses about half a tennis court with a 2-inch lower net. Games are usually played to 11 points, win by 2. The typical game is about 15 minutes. Pickleball has many health benefits. Playing pickleball for half an hour can burn up to 300 calories, an output similar to that of cycling and jogging. It involves coordination, strategy, and communication. It also has social benefits, because it can be played doubles or singles.

According to the 2023 APP Tour's Pickleball Participation Report, there are 36.5 million pickleball players in the United States. It is the fastest growing sport in America. It attracts players of every age. It can be played indoors or outdoors as long as it's a flat surface. It's an easy, fun activity to play all year round.



## *Welcome to Hill Street Place's Newest Tenants:*



**Clarence & Glenyce Possail  
Apt. 334**



**Helen Pedersen  
Apt. 318A**



**Bud Kraft  
Apt. 124**



# PUT THIS on YOUR CALENDAR!

MLC Library Outreach	2
Open 500 Card Party	3
Water Coloring Fun	6
Virtual Voyage: Hiking the Pacific Northwest Trail	14
BINGO	7,14,21,28
Game Day: Shanghai Rummy	8
Rosary with HRS 3 <sup>rd</sup> Grade	9
Wii Bowling	9
HRS 2 <sup>nd</sup> Grade Readers	10,13
Brain Games	10,17
Mother's Day	12
Reminisce with Hope Harbor	13
Games w/ Lynd 5th & 6th Gr	14
HRS K & 1 <sup>st</sup> Grade Music Stu.	15
PO•KE•NO 50¢ to play	16
Movie Matinee: Free Solo	17
Sunday Sing Along	19
Chautauqua: Andes Mtns	20
Butterfly Garden with the Catholic Daughters	21
Music: Cletus Goblirsch	22
Coffee Club at Boulder Estates	23
Lunch Outing: The Fairway	24
Memorial Day Office Closed	27
Monthly Birthday Party	29
Men's Group	28
Card Makers	30
Fold & Deliver	31
Outdoor Lemonade & Yard Games	31

## Upcoming Events . . .

**Open 500 Card Party** - Invite your friends to join us on the first Friday of the month, May 3<sup>rd</sup>, for our Open 500 Card Party!

**Page Turners Book Club** - Page Turners will be reading *Heartland: A Memoir of Working Hard and Being Broke in the Richest Country on Earth* by Sarah Smarsh. If you would like a copy stop into the Activities Office. Join us for a discussion in the Pool Table Room on Tuesday, June 4th at 11:00 AM.

**Health & Wellness Clinics** - Stepping Stones Foot Clinic is on Weds. May 1<sup>st</sup> & 15<sup>th</sup>. If you are interested talk to Susie. • Hearing Aid Clinics: Guza Hearing Center on Tues. May 14<sup>th</sup> or Hearing & Speech on Tues. May 21<sup>st</sup> at 3:45 PM • Avera offers Lab Draws on Tuesday's, talk to Susie for more information. • Curana Blood Pressure Clinic on Tues. May 28<sup>th</sup> in the Pool Table Room at 11:30 AM. Curana also offers in-home visits.

**Intergenerational Fun** - On May 9<sup>th</sup> HRS 3<sup>rd</sup> grade will be leading 10:30 AM Rosary. Join them at Holy Redeemer for the May Crowning on May 1st. • The school year is almost done and the Holy Redeemer Second Grade Readers will be coming for the last time this year. Mrs Rettey's class is here on Friday, May 10<sup>th</sup> and Mrs Klaith's class on Monday, May 13<sup>th</sup> at 8:30 AM. • HRS Kindergarten & First Grade music students will be singing at 8:30, May 15<sup>th</sup> • The Girls of Hope Harbor will be here on Monday, May 13th at 3:30. Join them for Nails & Coloring. •

**Religious Opportunities** - All are welcome! • Bible Study with Gracia 9:30 AM on Wednesdays • Sunday Morning Worship 9AM • Catholic TV Mass & Communion 10AM Sundays • United Women of Faith Wed., May 8 at 1PM • First Lutheran at 10AM Thurs., May 2 • Catholic Mass 10:30AM Friday, May 3 & 17 • Baptist Service 5PM Sun., May 12 • Rosary 10:30 AM Mon-Fri

**Helping Hands at Hill Street Place** - During the month of March we recorded a total of **51** volunteer hours. Thank you to everyone who recorded their hours.

## Last Month at a Glance . . .





# MEMORIAL DAY WORD SEARCH

AMERICAN  
ARLINGTON  
BANDS  
CEREMONIES  
FLAGS  
FLOWERS  
HALF-MAST  
LEGION  
MARCHING  
MAY  
MEMORIAL  
MONDAY  
PARADES  
REMEMBRANCE  
SPEECHES  
TAPS  
WAR  
WREATH

E	L	A	Y	B	A	N	D	S	S	S	O	U	P	C
P	C	A	M	A	P	D	O	E	S	E	N	A	B	S
X	Z	N	I	E	D	A	I	Y	T	I	E	N	H	E
T	F	V	A	R	R	N	R	G	R	R	I	Q	T	H
A	H	L	M	R	O	I	O	A	J	S	C	C	A	C
P	Y	A	A	M	B	M	C	M	D	T	P	L	E	E
S	Y	B	E	G	O	M	E	A	Y	E	F	Y	R	E
R	O	R	W	O	S	O	E	M	N	M	S	A	W	P
D	E	T	K	U	J	I	W	M	A	E	K	S	U	S
C	F	L	O	W	E	R	S	S	E	X	R	V	N	B
Q	A	R	L	I	N	G	T	O	N	R	A	A	C	A
G	N	I	H	C	R	A	M	O	I	I	L	N	K	H
N	O	I	G	E	L	S	Z	N	V	R	E	T	S	V
V	A	Q	C	D	E	G	F	A	B	G	S	Y	L	U
N	U	T	R	A	W	S	R	U	J	X	X	Y	V	

## "In Flanders Fields"

John McCrae

In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields

### A Poppy To Remember . . .

### ~ Activity Connection

The red poppy, also known as the Remembrance poppy, symbolically honors the sacrifices made by fallen soldiers and veterans. It emerged as a symbol of remembrance following the First World War and remains a tribute to those who sacrificed their lives to protect others. In the United States, artificial poppies are part of the Memorial Day celebration.

The red common poppy was immortalized in the poem "In Flanders Fields," written by Canadian physician, soldier, and poet John McCrae. He served as a physician on the front lines during the Boer War and on the Western Front during World War I. In April 1915, he was in the trenches in Flanders near Ypres, Belgium, where some of the heaviest fighting of the war occurred. The Allied troops fought heroically despite deadly chlorine gas used against them by the Germans. McCrae was surrounded by death and dying, and the day before McCrae wrote "In Flanders Fields," one of his closest friends was killed. McCrae helped bury him under the cover of darkness in a makeshift grave with a simple wooden cross. Despite the damage to the fields from the fighting and shelling, poppies flourished. The red flowers growing between the graves were symbolic to McCrae of the lives lost.

The popularity of the poem "In Flanders Fields" led to the adoption of the poppy as "The Flower of Remembrance" by Britain, France, the United States, Canada, and other Commonwealth countries. In 1918, American humanitarian Moina Michael, so moved by McCrae's poem, wrote one of her own titled "We Shall Keep the Faith." The last stanza reads, "And now the Torch and Poppy Red we wear in honor of our dead. Fear not that ye have died for naught; we'll teach the lesson that ye wrought in Flanders Fields." She became known as the "Poppy Lady" because of her vigorous campaign to make the poppy the symbol of remembrance for the casualties of war.

In 1921, artificial poppies were first sold in Britain to raise funds to support ex-servicemen and the families of those who had died in conflict. Originally created by Anna Guérin of France to benefit war orphans, the poppy project became so popular that, in 1922, the British Legion founded a factory staffed by disabled servicemen to produce their own. Today, artificial red poppies, typically placed on the left side over the heart, are worn on occasions including Veterans Day or Remembrance Day (November 11), Memorial Day (last Monday in May), and National Poppy Day, as declared by the American Legion and supported by Congress (the Friday before Memorial Day).



# PEANUT BUTTER APPLE ENERGY COOKIES

Makes 2 dozen

## INGREDIENTS -

- Cooking spray
- ½ cup shortening
- ½ cup peanut butter
- ½ cup sugar
- ½ cup brown sugar
- 1 egg
- ½ teaspoon vanilla
- ½ cup grated raw apple
- 1 ¾ cups flour
- ½ teaspoon salt
- ½ teaspoon baking soda
- ½ teaspoon cinnamon

## INSTRUCTIONS

1. Preheat oven to 375F. Spray a cookie sheet with cooking spray.
2. In a large bowl, cream together shortening and peanut butter. Stir in sugars, egg, vanilla, and apple.
3. Sift together flour, salt, baking soda, and cinnamon. Add flour mixture a little at a time to peanut butter mixture and stir.
4. Drop dough by tablespoonful onto the prepared cookie sheet. Flatten each with a fork in a crisscross pattern, dipping the fork in flour each time to prevent sticking.
5. Bake 10–12 minutes.



## Sound Choices

~ Activity Connection

Hearing loss is the number one disability in the world, affecting 1.5 billion people, both young and old. Hearing decreases as we age, and more people living longer means more people experience hearing loss. However, the main culprit of hearing loss is too much noise. This May 31, Save Your Hearing Day, follow these tips to give your ears a rest.

In many cases, our ears' worst enemies are everyday appliances that make our lives easier: hair dryers, lawn mowers, and portable music players. Work-related noise is also a culprit. So how do we fight hearing loss? Search out peace and quiet for one. And don't be afraid to protect your ears with earplugs or other types of ear protection. Other methods to save hearing may surprise you. Some doctors stress a diet rich in nutrients that slow the aging process. Exercise is just as important. It stimulates circulation, which is greatly beneficial to a healthy auditory system. Now that's advice worth listening to!

## Green Gold

~ Activity Connection

A great use of your time on May 29 is to learn about the many benefits of composting. It is, after all, Learn About Composting Day.

One of the best ways to maintain a healthy garden is to feed it fresh compost. Most soils are sandy, rocky, or compacted—less than perfect in some way. Adding compost improves a soil's fertility, thanks to a dose of energy-giving nutrients and microorganisms. Plus you can forego harsh and costly chemical fertilizers.



The trick to a healthy compost pile is a good carbon-to-nitrogen ratio. Different types of matter provide carbon (branches, dead leaves, peels, wood, straw) and nitrogen (food scraps, green grass clippings, green leaves, stems). Rainwater, worms, and other microorganisms in the ground do the rest. Simply turn the compost with a pitchfork once a week, and watch as the perfect soil additive develops before your eyes.

Friendship is like the shade of  
a tree, providing comfort and  
respite on the journey of life.  
- Samuel Taylor Coleridge

