

Traditions Newsletter

Traditions of Columbus | 4300 W Goeller Blvd | 812.552.0500 |



Celebrating May

Creative Beginnings Month

Meditation Month

**Physical Fitness & Sports
Month**

Lemonade Day

May 2

Teacher Day

May 4

Cinco de Mayo

May 5

Mother's Day (U.S.)

May 9

International Nurses Day

May 12

Ride a Unicycle Day

May 16

NASCAR Day

May 21

Victoria Day (Canada)

May 24

Memorial Day (U.S.)

May 31

Garden of Weedin'

Weeds. The bane of every carefully manicured lawn and garden. Once weeds take hold, their removal may require hours of backbreaking, frustrating, and never-ending work. Yet some gardeners actually encourage weeds to grow amongst their prize flowers and shrubs. After all, what is considered a weed and what is considered a desirable plant all depends on your point of view. During May, Gifts from the Garden Month, consider the benefits that some weeds bestow upon your garden.

Weeds have been defined as "plants growing in the wrong place." Ralph Waldo Emerson famously stated that a weed is a "plant whose virtues have not yet been discovered." Others take a harsher tone, worrying that weeds are competitive superplants that outcompete and overwhelm the flowers or shrubs we prefer because they grow so vigorously. The truth seems to lie somewhere in the middle. Yes, weeds are aggressive. But it also turns out that some savvy gardeners have uncovered their Emersonian virtues.

Dandelions are often the first weed we learn to recognize. It is one of many weeds that are edible. The plant's leaves, flowers, and roots are not just edible; the root is also considered medicinal. Furthermore, dandelion roots loosen hard-packed soil while accumulating essential nutrients like potassium, phosphorus, and magnesium. White clover acts in a similar fashion, showing up wherever soil lacks nitrogen, a molecule necessary for plant growth. White clover transfers nitrogen from the air to the soil. The flowers of clover also attract pollinators and other insects beneficial to the garden. The broadleaf plantain weed, once called the white man's foot by Native Americans because it seemed to grow wherever European colonists stepped, also accumulates nutrients in the soil. Of course, many of these weeds produce massive amounts of seeds, so while they do benefit the garden, they may soon overrun your more desirable flowers. Weeds have benefits, but they must be managed and cared for, just like any other garden flower.

The Hart of the West

Billy the Kid. Jesse James. Wyatt Earp. America's Wild West has plenty of memorable names, but few of those names belong to women. History has largely forgotten the name Pearl Hart, even though she staged the last stagecoach robbery of the Wild West on May 30, 1899.



Pearl Taylor was born in Ontario, Canada, to a respectable family that provided her with a good education, but not good enough to keep her from falling in love with a gambler named Frederick Hart. She ran away to marry Hart at age

17 and endured years of abuse. The couple's drinking, gambling, and joblessness drew them to the Chicago World's Fair in 1893 in search of work. Instead, Hart found Buffalo Bill's Wild West Show and was enamored of the cowboy lifestyle.

What we know of Hart's life is spotty, but sometime after her experience in Chicago, she ended up in the mining town of Globe, Arizona, where she met another drifter, named Joe Boot. Hart and Boot were both broke, so they decided to rob the Globe-to-Florence stagecoach. Armed with a .38 revolver and dressed like a man, she made off with \$431, after returning one dollar to each traveler so they could buy something to eat once they reached Florence.

After her capture, Hart regaled reporters with a dramatic retelling of her exploits. Her fans begged for autographs, and she obliged them, signing as the "Bandit Queen." Hart was sent to Yuma, the nearest city with jailing facilities for women, but it took just a few days for her to sweet-talk some accomplices into helping her escape. Hart was later found in New Mexico and returned to the Yuma prison. When she became pregnant a year later, Hart was released with a pardon from the Arizona governor, who hoped to avoid a scandal. The rest of Hart's life is a mystery. Some say she may have joined the vaudeville circuit. Others say she settled down with a rancher and lived out her days as a law-abiding citizen. Either way, Hart's wild life story has earned her a place in the fabled history of America's West.

Note from the Executive Director



Hi! We hope everyone is starting to get settled in here at Traditions. Just a friendly reminder that we are still following COVID safety guidelines.

Please have all visitors check in at the front desk to be screened. Our visitation hours are from 8a-7p Monday-Friday, unless otherwise approved. Visitation must be in the resident's apartment or in our conference room. Visitors are not permitted to be in the dining room or other common areas.

We will begin sending out weekly communications via email for COVID updates. We will also begin working with a third party for monthly customer service phone calls. Should you not wish to receive our emails or phone calls please let us know and we can take you off the list. We are so excited to have your loved ones here with us! Please know that I have an open-door policy and welcome visits, calls, emails or texts any time you have any concerns.

With Kind Regards,
Stacey Gallardo, LPN, RCA, CDP
Executive Director

Note from Community Relations Director

I want to say a big, "THANK YOU" to each and every one of you for putting your faith and trust in Traditions to be your new home. I know that a lot of time and consideration was put into that decision and I am beyond grateful that you decided to live here. If you can think of any of your friends or family members that you believe would benefit from the services that we offer, please feel free to connect them with me; I would gladly work with them in finding the best fit for them as well.

Sincerely,
Mimi Walsh

Blasting Off in May

Each May, just before the onset of the rainy season, villages across Thailand celebrate the Bun Bang Fai Rocket Festival, a ceremonial festival that has roots in millennia-old rites.

Anthropologists believe that long before the introduction of gunpowder in the ninth century, it was common for villages to welcome the arrival of the rainy season with rites and rituals. Legend tells of how the god of rain, Phaya Thaen, grew upset and withheld rain for seven years. The Toad King, a mythological spirit, went to war against Phaya Thaen, and the rains returned only with his victory. In the town of Nai Mueang, a gargantuan five-story toad statue overlooks the Chi River. It is not just a statue but inside is a museum dedicated to Thai folklore, and its open mouth acts as a viewing platform so that visitors can watch the many rockets that the festival is named for.



The festival's rockets are absolutely massive, with some measuring up to 30 feet long and weighing over 200 pounds. Traditional rockets are made from hollow stalks of bamboo filled with black powder, but PVC piping is also common. The rockets are ornately decorated and paraded through the streets on large floats while local musicians play folk music and lead dances in traditional costumes. Some men even cover their bodies in white powder and wear frog masks to honor the Toad King.

At last, the moment arrives to launch the rockets into the heavens, an annual reminder to Phaya Thaen to bless the earth with nourishing rain. The higher the rockets fly, the more auspicious the weather will be for the coming farming season. Betting often accompanies the launches, with locals placing wagers on which rockets they think will reach the highest heights. Losers (and sometimes innocent bystanders) are thrown into giant puddles of mud. There are often so many rockets that the launches last all day, leaving ears ringing from the massive booms, a visceral reminder of the age-old ritual.

Note from the Move-In Coordinator

Thank you for being a part of Traditions! I have enjoyed working with each of you and helping you get settled in. Remember that I will be checking up on you for 14 days after you move in to make sure everything is going smoothly for you and to answer any questions you may have!

Thank you,
Laura Donovan

Note from the Activity Director

Remember to be checking out your Activity Calendars, there is fun things you can be apart of and build friendships in the process. I have been trying to include a little bit of everything in these calendars so everyone can partake. I am always open to hearing your suggestions! Hope to see more of you in the Activity Room & thank you to those that have come!

Sincerely,
Jordan Spencer

Note from the Culinary Director

Reminder to all residents eating in the dining room. Our hours are from 7AM – 6PM. We ask that all residents please be seated in the dining room by 5:30PM each evening. Beginning May 1st, we will begin charging for room tray deliveries per the resident handbook. They will cost \$5 per room tray. If you have any questions, please do not hesitate to ask.

Sincerely,
Andrew Ardapple

Note from Business Office Manager

If you have not signed up for ACH and you are interest, stop by my office for more information!

Thank you,
Jessica Olson

Not the End of the World



In May of 1910, much of the world was in a panic. Halley's Comet—the celestial nomad that passes Earth every 76 years or so—was right on schedule to make its appearance. But its 1910 pass was forecasted to be especially close, so close that Earth would pass right through the comet's tail. Comets have long been considered harbingers of the end of the world, and 1910 was no different despite advancements in scientific thought and reason.

Much of the blame for the doomsday predictions has fallen on the French astronomer Camille Flammarion. When he spotted the comet in September of 1909, he published his observations thus: "The comet's tail is composed of deadly cyanogen and other gases, including hydrogen. If the earth should pass through his tail, either the hydrogen will ignite, blasting earth asunder in a gigantic explosion, or the comet gases will sweep aside our own atmosphere, reacting with the nitrogen to form the familiar laughing gas, nitrous oxide, and suffocating all animal life in a ghastly parody of death."

Flammarion was not alone in his dire predictions. Another astronomer worried that the comet "would cause the Pacific to change basins with the Atlantic, and the primeval forests of North and South America to be swept by the briny avalanche over the sandy plains of the Sahara, tumbling over and over with houses, ships, sharks, whales, and all sorts of living things in one heterogenous mass of chaotic confusion."

Of course, when Halley's Comet did make its closest approach to Earth between May 14 and 22, none of these fantastic catastrophes manifested. Instead, telescope sales skyrocketed, and Earthlings enjoyed spectacular views of the famous comet. One misfortune that did occur was the uncanny death of Mark Twain. Born under the appearance of Halley's Comet in 1835, he predicted his own death with the reappearance of the comet in 1910. Sadly, on April 21 of that year, his morbid prognostication came true.

May Birthdays

In astrology, those born from May 1–20 are Bulls of Taurus. While Taureans enjoy the comforts of luxury, they are unafraid of hard work and dedicate themselves to the tasks at hand. Their steadfast nature makes them reliable. Those born from May 21–31 are Twins of Gemini. With a feeling that something or someone is always missing, Twins forever seek new friends and opportunities. They are curious, intelligent, and sociable communicators, which makes them valuable colleagues and empathetic friends.

Jeffery Nierman – 5/1

Jane Nierman – 5/7

Gene Thomas – 5/10

Nichole Stainbrook (Server) – 5/19

Ray Matlock – 5/22

Andrew Ardapple (Culinary Dir.) – 5/22

Kim Watts (LPN) – 5/23

Note from the Memory Care Director

The 3rd Thursday of the month is our Dementia support group. We plan on doing a meet and greet. I also would love to take suggestions from the attendees on what topic they would like to discuss in further support groups. Cannot wait to see you all!

Sincerely,
Jill West

Note from Director of Wellness

Stay healthy and safe! Contact me, if you have any questions about your health or the therapy, we can have provided to you through a company we partner with!

Thank you,
Michael Keller