

May 2021 Newsletter

Acclaim Health- Activity Newsletter



From All of your Friends at Acclaim Health Adult Day and Caregiver Support we want to wish you an amazing May!

Special Dates in May

- May Day (May 1 2021)
- World Fair Trade Day (May 1 2021)
- National Brothers and Sisters Day (May 2 2021)
- Cinco de Mayo (May 5 2021)
- National Day of Prayer (May 6 2021)
- National Nurses Day (May 6 2021)
- National Coconut Cream Pie Day (May 8 2021)
- Mother's Day (May 9 2021)
- National Apple Pie Day (May 13 2021)
- Victoria Day (May 24 2021)

Famous May Birthdays

Glenn Ford, Actor- May 1



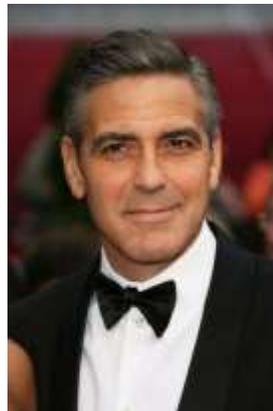
Englebert Humperdinck, Singer -May 3



Rudolph Valentino, Actor -May 6



George Clooney Actor, Director, producer- May 6



Famous May Birthdays Continued

Henry Dunant, Founder of the Red Cross -May 8



Don Rickles, Comedian/actor- May 8



Yogi Berra, Baseball Player, Manager-May 12



Joe Louis, Boxing Champion- May 13



Gladys Knight, Singer- May 28



Benny Goodman, Bandleader, Musician- May 30



Happy Birthday to all of our club members Celebrating their Birthdays in May!

Fun Facts on May

- The zodiac signs for the month of May (April 20-May 20) is Taurus and Gemini (May 21-June 21)
- May in the northern hemisphere is similar to November in the southern hemisphere
- Blue Jeans were officially invented in May of 1873 after Levi Strauss and Jacob Davis obtained a patent for the pants on May 20th!



- The birthstone for May is the emerald which represents love and success



History on Victoria day

For many Canadians, the Victoria Day holiday weekend is the time to start thinking about summer. Bonus: It's a day off school! But why do we celebrate the birthday of Queen Victoria, who died nearly 115 years ago?

Until 1956, the birthday of the monarch—that's the king or queen—of Great Britain was also celebrated in Canada, sometimes on his or her own birthday, sometimes around that time and sometimes on Victoria Day.

She was queen when Canada became its own country in 1867, and she was the one who chose Ottawa as our capital. After she died in 1901, the Canadian government declared that May 24 would be a holiday in her honour. (If the 24th fell on a Sunday, the holiday would be May 25.)

In 1957, Victoria Day was named the official birthday in Canada of Queen Elizabeth II. (In Great Britain, her birthday, which is actually April 21, is celebrated in June.) And Victoria Day is officially held on the Monday right before May 25.



History of Mother's Day

American author and poet Julia Ward Howe, who wrote “The Battle Hymn of the Republic,” became the editor of *Woman's Journal*, a widely-read suffragist magazine, in 1872. During that time, she wrote an “Appeal to womanhood throughout the world,” which would become known as the Mother's Day Proclamation. The document asked women to fight for world peace following both the Civil War and the Franco-Prussian War. Howe then launched a failed attempt to start a “Mother's Day” celebration on June 2. Two decades later Howe suggested a Mother's Day celebration every July 4. This also failed to take hold, but set the stage for a future attempt. Anna Jarvis successfully initiated Mother's Day after her mother, Ann Reeves Jarvis, died in 1905. Jarvis noted that Mother's Day should contain a “singular possessive,” (hence the apostrophe) so each family might honor its own mother — as opposed to all mothers. Jarvis, who neither married nor had children, organized the first official Mother's Day celebration in May 1908. A Philadelphia department store owner named John Wanamaker lent his financial support to the cause. That same month thousands of people attended a Mother's Day event at one of Wanamaker's stores. Jarvis soon lobbied to make Mother's Day a national holiday — urging prominent Americans to join the effort. By 1912 many states, towns, and churches had adopted Mother's Day as an annual event. Jarvis also started the Mother's Day International Association. President Wilson would soon establish the second Sunday in May as Mother's Day in 1914. Hallmark began selling Mother's Day cards in the early 1920s.

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Jarvis' love affair with the holiday she worked so hard to start did not last, and she eventually grew to resent its commercial appeal. As florists and greeting card companies began to cash in, she soured on the idea of a national day — urging people to stop buying flowers, cards and candies. Jarvis spent most of her personal wealth hiring attorneys to file lawsuits against groups using the term “Mother’s Day.” She even tried to persuade the federal government to remove it from the calendar.



Canadian Tulip Festival

Since 1953, Canada's capital has been hosting the Canadian Tulip Festival, which is now the largest of its kind in the world. This popular annual event attracts hundreds of thousands of visitors from around the globe who long see over a million tulips blanketing the Ottawa region.

Ottawa's connection to tulips dates back to World War II. Following the Nazi Invasion of the Netherlands, Princess Juliana of the Netherlands took refuge in Ottawa along with her two young daughters, Princess Beatrix and Princess Irene. While in exile in Canada, Princess Juliana gave birth to her third daughter, Princess Margriet. At the time of the baby's birth, part of the Ottawa Civic Hospital was declared Dutch soil, to allow the new princess to hold Dutch nationality exclusively. Ottawa also helped to celebrate the princess' birth by flying the Dutch flag at the top of the iconic Peace Tower and playing Dutch music on the tower's carillon. Ottawa was home to these Dutch royal family members until they could finally return to a liberated Netherlands in 1945. Canadian troops played a pivotal role in the liberation as well.

Upon returning to the Netherlands, Princess Juliana sought to thank Ottawa and the Canadian people with several gifts, including 100,000 tulip bulbs. Since then, the Dutch royal family has sent tulip bulbs to Canada's capital each year – a lasting gift known as the "Tulip Legacy" which inspired the festival. 2020 marks the 75th anniversary of this Gift of Tulips, and the end of World War II. In honour of this landmark year and lasting friendship, a special Liberation75 tulip was created to represent the relationship between Canada and the Netherlands.



Apple Pie Recipe

Ingredients

- 1/2 cup sugar
- 1/2 cup packed brown sugar
- 3 tablespoons all-purpose flour
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg
- 6 to 7 cups thinly sliced peeled tart apples
- 1 tablespoon lemon juice
- Dough for double-crust pie
- 1 tablespoon butter
- 1 large egg white
- Additional sugar



Directions

- Preheat oven to 375°. In a small bowl, combine sugars, flour and spices; set aside. In a large bowl, toss apples with lemon juice. Add sugar mixture; toss to coat.
- On a lightly floured surface, roll one half of dough to a 1/8-in.-thick circle; transfer to a 9-in. pie plate. Trim even with rim. Add filling; dot with butter. Roll remaining dough to a 1/8-in.-thick circle. Place over filling. Trim, seal and flute edge. Cut slits in top. Beat egg white until foamy; brush over crust. Sprinkle with sugar. Cover edge loosely with foil.
- Bake 25 minutes. Remove foil; bake until crust is golden brown and filling is bubbly, 20-25 minutes longer. Cool on a wire rack.
- Serve and Enjoy!

For More Information you can go to the Taste of Home website- [Here](#)

History of Ramadan

Why Is Ramadan Celebrated? - Ramadan is celebrated as the month during which Muhammad received the initial revelations of what became the Quran, the holy book for Muslims, from God.

The Quran states:- *“The month of Ramadhan [is that] in which was revealed the Qur’an, guidance for the people and clear proofs of guidance and criterion. So whoever sights [the new moon of] the month, let him fast it.”*

The Rules of Ramadan- During Ramadan, Muslims fast from dawn to dusk each day. They are supposed to avoid eating, drinking, smoking, as well as unkind or impure thoughts and words and immoral behavior.

Ramadan is a time to practice self-restraint and self-reflection. Fasting is seen as a way to cleanse the soul and have empathy for those in the world who are hungry and less fortunate. Muslims go to work and school and take care of their usual activities during Ramadan; however, some also read the entire Quran, say special prayers and attend mosques more frequently during this time.

All Muslims who have reached puberty and are in good health are required to fast. The sick and elderly, along with travelers, pregnant women and those who are nursing are exempt, although they are supposed to make up for the missed fast days sometime in the future or help feed the poor.

The first pre-dawn meal of the day during Ramadan is called “suhoor.” Each day’s fast is broken with a meal known as “iftar.” Traditionally, a date is eaten to break the fast. Iftars are often elaborate feasts celebrated with family and friends. The types of foods served vary according to culture.

Eid al-Fitr- The conclusion of Ramadan is marked with a major celebration known as Eid al-Fitr (or Eid ul-Fitr), the Feast of Fast-Breaking. It starts the day after Ramadan ends and lasts for three days.

Eid al-Fitr includes special prayers and meals with friends and relatives, and gifts are often exchanged.

