

The Origin of Mother's Day

The present-day celebration of Mother's Day began in the year 1908 when Anna Jarvis organized a memorial for her mother, also named Ann Jarvis who was a peace activist and cared for the wounded soldiers of the American Civil War. The event was held at the St Andrew's Methodist Church in Grafton, West Virginia, which currently holds the International Mother's Day Shrine.

Daughter Anna began the task of getting support for the celebration of Mother's Day in the United States in 1905 after her mother died that same year. She wanted to honor all the mothers of the world who had done a lot for their family and society.

Due to her continuous efforts, most of the US states by 1911 started celebrating Mother's Day as a local holiday and the West Virginia, the home state of Jarvis, became the first state to declare it a holiday in 1910. Finally, the second Sunday of May was officially designated as Mother's Day in the USA and was declared a national holiday after Woodrow Wilson, the 28th President of United States of America, signed the proclamation in the year 1914. In this way, the present Mother's Day came into existence in the USA and the same date is also selected by countries like India, Bangladesh, Pakistan, Italy, Singapore, Belgium, and a lot more other countries.

Why do we celebrate Mother's Day?

Mother's Day is celebrated in various parts of the world to express respect, honor and love towards mothers. It is a day to honor the contribution of mothers, acknowledge the efforts of maternal bonds and the role of mothers in our society. Although, different countries celebrate the occasion on different dates, the common months of the celebrations are March or May. Mother's Day is a similar effort like other celebrations like Father's Day, Siblings Day, Grandparents Day and others.

It is a day which makes people remember the importance and significance of mothers in their life and is observed as a day to give special emphasis to the motherly figures around the world.

<https://www.fnp.com/article/mothers-day>

KIRKLAND CROSSINGS NEWS

Spiritual Care

The miracles of May are spectacular. It is a month where we say goodbye to the depths of winter and hello to the awakenings of spring. Joy is in the air as tulips break through the earth, budding trees produce a florescent green and their flowers an intoxicating perfume.

Some of my favorite moments every year are walking on a trail lined with apple trees. Often I will stop along the way, close my eyes and meditate on the beauty of it all. Today I am reminded how the fragrance of flowers develops into the fruits of fall and how the Holy Spirit ripens the life of every believer.

Scripture actually uses the image of fruit to define our spiritual growth, “the fruit of the spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control,” Galatians 5:22. This causes me to ask, what fruit is most bountiful in your life? It is important to celebrate and thank God for this work.

On the other hand, just like a tree must drink water and cultivate nutrients for fruit production, we must nourish and work to develop the spiritual fruit of our lives. So, what fruit do you want to develop most? As you drink from the Holy Spirit, read scriptures, worship and pray, your love for the Lord will grow and God will mature it in you.

This May, as we watch the flowers break through the earth, might we pray for a breakthrough of faith. My encouragement for you is to choose one fruit you want to develop. Let someone know, then pray and read scriptures about that fruit. In June, return to your friend and celebrate your produce together.

In case you're wondering, I plan to grow the fruit of peace.

by Marcia Rosa, Lake Minnetonka Shores Campus Pastor

The Importance of Minerals in Our Diet

Minerals aren't just some fancy rocks that you can dig up, they are also a necessary part of our diet! Minerals in our diet include calcium, phosphorous, potassium, magnesium, sodium, chloride, sulfur, iron, manganese, copper, iodine, zinc, cobalt, fluoride, and selenium. That's a lot of minerals, but we'll only focus on a few.

Sodium plays several vital roles in our body, but too much can be detrimental to our health. It is recommended people ages 51 years and older should eat about 2300 mg each day. Most of the sodium you eat is already in the food you eat and not added with a salt shaker, so make sure you check those food labels for sodium levels!

Calcium is an extremely important mineral when it comes to bone and teeth health. As we get older, our bones become more brittle. We need more calcium to keep our bones and teeth nice and strong. Men and women aged 71 years and older are recommended to eat 1200 mg per day, but don't exceed more than 2000 mg a day!

Potassium has a unique role in our bodies. Potassium helps our nerves function properly as well as make our muscles function properly. We also need potassium to maintain a normal heartbeat. If you have a diet rich in potassium, you can help offset the effects of too much sodium and increasing blood pressure. It is recommended men aged 51 years and older eat 3400 mg a day, and females the same age at 2600 mg a day.

As you can see, minerals are very important for our health, especially as we get older. If you have any questions about minerals and the role they play in your body, talk with your primary care physician.

Source: <https://www.nia.nih.gov/health/vitamins-and-minerals-older-adults>

KIRKLAND CROSSINGS NEWS

Meditation Month

May is National Meditation Month. As part of a healthy lifestyle, our Wellness Team would like to share the importance of meditation and how meditation benefits our bodies and our minds.

Meditation looks different for everyone. To relax our bodies, we first need to clear our minds. This can be done in several ways; yoga classes, reading, going on walks, starting your day with a daily devotional and/or prayer or finding a quiet space in your home or nature to find stillness.

Our challenge to you this month is to meditate each day for a set amount of time. Schedule it out whether it'd be in the morning or evening; make sure it works for you and your schedule.

Benefits of meditation:

- Encourages relaxation and reduces stress
- Reduces inflammation
- Improves quality of life
- Helps relieve anxiety and depression
- Could promote sleep quality and chronic pain
- Improves flexibility and balance
- Promotes healthy eating habits
- Increases strength

Resource: <https://www.healthline.com/nutrition/13-benefits-of-yoga#section14>



Facts about May:

- The birthstone of May, the emerald, symbolizes success and love
- May in the Northern Hemisphere is similar to November in the Southern Hemisphere
- The Indianapolis 500 auto race is held annually this month. The Kentucky Derby, the world's most famous horse race, is also held on the second Saturday of this month.
- The month of May is devoted to the Virgin Mary in the Roman Catholic Church
- The United Kingdom celebrates May as National Smile Month.
- In Old English, May is called the "month of three milkings" referring to a time when the cows could be milked three times a day.



Q: If April showers bring May flowers, what do May flowers bring?

A: Pilgrims.

Q: What goes up when May rain comes down?

A: An umbrella.

Q: Why are oak trees so forgiving?

A: Every May they "turn over a new leaf".

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PHS Spiritual Care: Our Mission in the Margins

Many senior living communities offer beautiful buildings, attractive amenities, lively activities, and employees who care. However, PHS alone has a mission statement that begins, “To honor God...” Spiritual care within PHS carries that mission and weaves it into the tapestry of everyday living. Under normal circumstances during a normal year, the worship gathering, Bible studies and a variety of groups that bring residents together to grow their faith invigorate a PHS community. These activities and events are open to all and, with great delight, many are able to enhance their experience by getting to know their neighbor through the gatherings.

That is part of doing our mission in open spaces. However, during pandemic times and also in normal times, spiritual care happens “in the margins” or shadows of life. A resident may not have attended a worship gathering, a Bible study or any hymn sing but that person might knock softly on a campus pastor’s door and say, “Uh, I know you’re probably really busy but...” and then fills in the blank with such

words as, “my husband has been gone for five months now and I feel so alone,” or “I saw something about eternity of TV and wanted to ask you about it,” or “I’m feeling guilty that I fall asleep when I pray, is that a sin?”

These real questions and concerns are met with compassion and understanding and are of the highest priority for any campus pastor to address. For when a community member stands before us and asks a question, that person becomes our number one priority. So, we “honor God” both by coming together to know one another and be known. Spiritual care fills these gaps in open spaces and in the shadows.

If you would like personal spiritual or emotional support or want to participate in the spiritual programs at your community, reach out to your Campus Pastor. Every PHS resident is important to us and we will extend our full attention and care to you.

*Dr. Mark Triller, Campus Pastor
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