



**Engage at Every Age**, emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being. It also celebrates the many ways in which older adults make a difference in our communities.

Participating in activities that promote mental and physical wellness, offering your wisdom and experience to the next generation, seeking the mentorship of someone with more life experience than you—those are just a few examples of what being engaged can mean. No matter where you are in your life, there is no better time than now to start. We hope you will join in and Engage at Every Age!

**May 13- Mother Day** the first official Mother's Day began in 1914 when President Woodrow Wilson declared it a national holiday. It was the brainchild of Anna Jarvis who thought our national holidays were biased towards male achievements. Mother's Day was a way to honor the sacrifices mothers make for their children. The original celebration involved wearing a white carnation and visiting your mother on Mother's Day.

**May 19- ARMED FORCES DAY-** President Harry S. Truman led the effort to establish a single holiday for citizens to come together and thank our military members for their patriotic service in support of our country.

On August 31, 1949, Secretary of Defense Louis Johnson announced the creation of an Armed Forces Day to replace separate Army, Navy, Marine Corps and Air Force Days. The single day celebration stemmed from the unification of the Armed Forces under the Department of Defense.

**May 28- Memorial Day** is a [federal holiday in the United States](#) for remembering the people who died while serving in the [country's armed forces](#)

May 16<sup>th</sup> a special Birthday for our Cook Johnnie Mae celebrating her 83<sup>rd</sup> birthday!!!!

A few changes have occurred in The Title VI Staff, we have a new driver Cindy Carpenter and we say good bye to Guy Kowena (moved to AST Housing Maintenance).

The Grass mowing applications will be handled by the Title VI Department with a few guideline changes: The gas that is provided for cutting Elders grass is purchased by the Title VI Grant, supportive services and with all grants we have to have accurate account of each Elder who is getting their grass cut so this means we will need a current intake form and current utility bill in the applicants name and the grass mowing application, more details on the application.

Any questions or concerns please feel free to call us at 405-275-4030 ext. 6227