

May 2025

PORT PERRY PLACE



Celebrating May

Clean Air Month



Terry Maxwell

May 8

Mother's Day Special Breakfast

May 7

Wildflower Week

May 4–10

Entertainment with

Yvette

May 10

Mother's Day

May 11

Cheers with Kathy

May 15

Nurses Week

May 12–18

Adelle's Fashion Show

May 30

Wonders of the Great Lakes

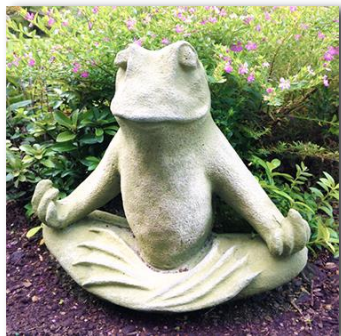
The Great Lakes—Lake Superior, Lake Michigan, Lake Huron, Lake Erie, and Lake Ontario—are not only beautiful but also vital to the environment, economy, and wildlife. These five lakes, which make up the largest freshwater system in the world by total area, are home to more than 30 million people and provide a habitat for countless species. Additionally, they contain about 84 percent of North America's fresh surface water!

Every year, people across the U.S. and Canada celebrate the Great Lakes during events like Great Lakes Awareness Day, observed this year on May 5. This day highlights the importance of protecting the lakes and raising awareness about environmental issues that threaten their health, such as pollution and invasive species.

But the celebrations don't stop there. May 10 marks World Migratory Bird Day. The Great Lakes provide crucial resting areas for birds traveling along their migration paths, making them key to preserving biodiversity. Some of the most notable migratory birds passing through the region include the peregrine falcon, the fastest animal on Earth, and the common loon, which uses the lakes for nesting and fishing. The Great Lakes serve as an essential hub, especially for species traveling from the Gulf of Mexico to breeding grounds in Canada.

The Great Lakes are not only a stunning natural resource but also a treasure trove of history and recreation. Their waters have witnessed countless historic events, such as the sinking of the *Edmund Fitzgerald* in Lake Superior in 1975. The lakes still conceal many sunken vessels, offering a fascinating glimpse into the past. Beyond their historical significance, the Great Lakes are a destination for outdoor recreation. Boating, fishing, kayaking, and hiking are just a few of the activities that draw millions of visitors each year. The picturesque shorelines, sandy beaches, and scenic trails make them a favorite for summer vacations. Whether you're exploring the history beneath the surface or enjoying the natural beauty above, the Great Lakes remain an essential part of the American and Canadian landscape.

Breathe into Balance



Sometimes, contrary to our best interests, the mind has a mind of its own. It is constantly wandering off, distracted, fixated on things that do not calm or soothe us. Like so many things that improve with practice—

playing an instrument, passing a football, doing your taxes—maintaining a calm and clear mind takes practice, too. Just how does one train the mind to remain calm and focused? One way is meditation. As luck would have it, May is also Meditation Month.

What is the goal of meditation? For some, meditation is an important part of spirituality. A calm and open mind creates a space for divine influence, prayer, and worship. For others, meditation reduces stress, builds confidence, and even supports success of personal goals at work or in the home. Still others use meditation for pain relief.

There are a variety of meditation techniques. One method is to repeat a mantra or sound. Some chant the Sanskrit syllable *om*, while others choose to repeat another meaningful phrase. The goal is to be comfortable, focus on the sound, and shut off the intellectual side of our brains. Other varieties, such as Zen Buddhist meditation, focus on the breath. Practitioners may practice in a seated position or lie flat on their backs, breathing deeply and focusing on individual body parts. Yoga, as opposed to exercise, blends breathing with stretching, gentle movement, and sometimes visualization. With “guided visualization,” participants concentrate on a peaceful environment, such as a grassy field or a waterfall.

These are just a few of the many forms of meditation. For anyone interested, it’s important to both check with your physician and, once approved for this activity, try a variety of types to find the one that works best for you. Luckily, there are 31 days in May to explore the options.

INTERNATIONAL NURSES DAY

International Nurses Day (IND) is observed around the world May 12 (the anniversary of Florence Nightingale's birth in 1820). The day is set aside to honor and note the many contributions nurses make to society. Nurses care for our loved ones at some of the most challenging times of their lives. They may run short of time, but not compassion.

#InternationalNursesDay

In Australia, Canada, the United States, and other countries, International Nurses Day often is part of a week-long celebration, usually referred to as National Nurses Week.



A Mom-entous Occasion

Celebrated with great enthusiasm in the United States, Mother's Day falls on Sunday, May 11. And why shouldn't it be celebrated so enthusiastically? Where would we be without our mothers? The fact is we would not *be* at all.



Anna Jarvis is known as the mother of Mother's Day, for she so adored her mom that she campaigned for a holiday to celebrate all mothers. Jarvis herself never

married nor had children, but this didn't stop her from lobbying those in power to set aside a day to honor mothers. By 1911, almost every state in America was celebrating Mother's Day, and on May 9, 1914, U.S. President Woodrow Wilson declared the second Sunday in May to be Mother's Day.

In the United Kingdom, a holiday honoring motherhood dates back much further than 1914. In the 1600s, the fourth Sunday of Lent was dedicated as Mothering Sunday. Church services were devoted to the Virgin Mary, and families were encouraged to attend services not at their local parish but to return to their larger "mother" church, or cathedral. Also, in a time when many servants worked in the homes of the rich away from their own families, these servants were allowed time to return home and visit their mothers. The tradition of Mothering Sunday largely died out in the 19th century, but when American servicemen flooded Europe during World War II—bringing their American Mother's Day holiday with them—Mothering Sunday became popular once again.

Whatever the month and whatever the country, many cultures have understood the importance of honoring motherhood. Whether you give the mothers in your life a carnation, a greeting card, or a special simnel cake loaded with fruit, what matters is thanking and honoring all mothers for the miraculous gift of birth.

More Than Margaritas

Cinco de Mayo—which is Spanish for "Fifth of May"—is often a cause for celebration among Mexicans and most anyone else interested in Mexican food, drink, and music. Some less-informed revelers will claim *Cinco de Mayo* as the day of Mexico's independence. Those in the know will tell you it celebrates the Mexican army's 1862 victory over the French at the Battle of Puebla, led by General Zaragoza.

In 1862, Mexico had just gained its independence from Spain. France seized this as an opportunity to expand its empire and launched an assault at Veracruz, a 600-mile march from Mexico City. An underwhelming Mexican militia of 4,500 led by Zaragoza met the 8,000 well-armed French troops at Puebla. Though the French army was considered the greatest fighting force in the world, the Mexicans defeated the French. Six years later, France withdrew its claim on the country. But it was this May 5 David-versus-Goliath moment that instilled a new sense of patriotism and national pride in the young country of Mexico.



Awareness is of utmost importance in building a Canada where people living with early psychosis or schizophrenia achieve their potential.

The Schizophrenia Society of Canada (SSC) promotes acceptance, support, hope, and recovery for people living with or loving someone with early psychosis or schizophrenia. So, May 24 is important to SSC. Some say that is the day in the late 1700's that Drs. Jean-Baptiste Pussin and Philippe Pinel, "liberators of the insane," in France released the patients under their care who were imprisoned and chained to the "asylum" walls. Pinel, especially, is considered a pioneer who helped initiate humane treatment of people with mental illness. *

Three percent of the population will experience psychosis. One in 100 people will be diagnosed with schizophrenia. While attitudes toward mental health have changed, the myths, misunderstandings, and misconceptions surrounding early psychosis and schizophrenia remain stubbornly high.

Awareness leading to understanding and compassionate presence is important in the recovery journey for those striving to live beyond the limitations of their mental illness. I recently heard a mental health advocate say, "We know the bravery it takes to make it through each day managing our mental illness. We want others to understand where we've been, how hard we fight to make it through this thing called life, and how desperately we want to change the way the world views mental illness."

believe in the SSC mission: *Build a Canada where people living with early psychosis and schizophrenia achieve their potential*

May Birthdays

In astrology, those born from May 1–20 have the star sign of the Bull of Taurus. Bulls show steady, dogged persistence. Once goals are reached, they enjoy being rewarded, especially with beauty and peace at home. Those born between May 21–31 are Gemini's Twins. Geminis love conversation, and they are good at it, too! Witty, intellectual, curious, charming, and imaginative, they're often the life of the party.

John A.- May 10th

Rudy R. May 14

Howard B May 18

Ted M May 22

Dorothy W. May 23

Elana I May 23

Deborah M May 26

Beverly s. May 31

Racing Across the Centuries



Each May since 1912, runners have been sprinting from San Francisco Bay to the Pacific Ocean in San Francisco's Bay to Breakers road race, proudly hailed as the oldest footrace in America. But the Thanksgiving Turkey Trot in Buffalo, New York, has been held continuously since 1896—five months longer than the Boston Marathon, which first took place in April 1897. And Buffalo's cross-border neighbors in Hamilton, Ontario, are host to the Around the Bay Road Race—first held in 1894 and canceled only during World War I and from 1925 to 1935. The world's oldest running race may have been at Greece's Olympic Games, kicked off in 776 BC. Other notable races include Italy's Palio del Drappo Verde, first held in 1208 and run for 590 years until the French invaded Italy in 1798, and Scotland's Red Hose Run, which has taken place continuously since 1508, interrupted only by plague and war.

