

May 2024

The Periodical

Parsons House on Eagle Run | 14325 Eagle Run Dr. Omaha NE. 68164 | 402-498-9554



Celebrating May

Walking Month

Backyard Games Week

May 20–26

Miniature Golf Day

May 11

Mother's Day

May 12

International Museum Day

May 18

International Tea Day

May 21

Senior Health and Fitness Day

May 29

What's not to like about the month of May? By now, most of nature is in full bloom and the once brown and gray landscape has been transformed by radiant colors! Look around and you'll find people out and about enjoying the great outdoors. The air is full of aromas like fresh cut grass and savory smoke from backyard grill outs. Sounds of children playing and families gathering can be heard throughout the neighborhoods. The sun shines a little brighter and our days stretch a little longer! I think it's safe to say that this time of year brings a smile to most everyone's face!

With the onset of nice weather brings new and exciting opportunities for activities here at Parsons House. For example, the Garden Club will be in full swing soon. Green thumb or not, all are welcome! So please keep an eye out and consider joining us. Another crowd favorite in years past has been taking trips to the park! Last year, we were lucky enough to watch baby ducklings grow up right in front of our eyes! I wonder what this year will bring?

Last but surely not least, May is the designated month to celebrate moms! From all of us at Parsons House, we extend our gratitude and appreciation for all the Mothers throughout our community. Here's to wishing you all a very Happy (early) Mother's Day! Please see the information about our annual Mother's Day brunch on page 3. We look forward to celebrating with you soon!

Wriggle and Roll



On May 11, give your feet a rest and let your belly do the dancing. It's World Belly Dance Day. The term *belly dance* is believed to have been first coined by the French, who called it *danse du ventre*, or "dance of the stomach." Then, in 1893, a dancer known as Little Egypt belly danced at the

Chicago World's Fair. The performance fascinated Americans. Hoping to capitalize on this newfound craze, Hollywood began making movies in which dancers wore elaborate Middle Eastern-inspired costumes. In this way, the popularity of belly dancing was born.

Belly dancing has two Arabic names. *Raqs sharqi* refers to the dance most familiar to Westerners, where a woman improvises a solo dance with relaxed, torso-driven movements. *Raqs baladi* is a more folkloric style of dance performed by both men and women at traditional celebrations such as wedding parties.

The most important body part in belly dancing is actually the hips. Hips can drop, twist, or lift. Other movements include slow and rhythmic figure eights involving the hips and belly, rolling the stomach like a wave from the ribs to the belly, or quickly shaking the hips or shoulders. Each of these movements is designed to accompany a specific beat, melody, or instrument in the music.

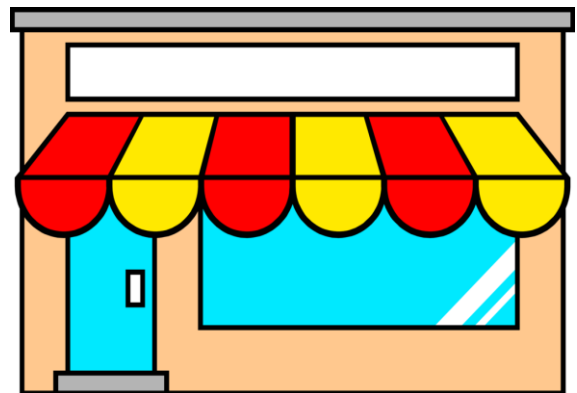
Egypt may be considered the home of belly dancing today, but Turkey, Cyprus, Lebanon, Syria, Jordan, Iraq, and Israel all have dancing traditions that involve using the hips and belly. Belly dancing has spread far and wide from the Middle East and is now a popular form of exercise, artistic expression, and meditative practice. There may be a belly dancing school in your neck of the woods, so stop by this May 11 for a lesson or a show.

From Folklore to Fridge

Why does placing a pillow on top of your fridge bring you good luck? While the answer to the question may be lost in time, many people still perform this ritual on May 29, Put a Pillow on Your Fridge Day.

Long ago, people put cloth in their larders, or cool pantries, for good luck and prosperity. With the advent of the refrigerator in 1927, this tradition evolved into putting a pillow on top of your fridge. Loosely speaking, one could put any type of cloth on top of the fridge: blankets, sheets, or towels. Perhaps you should try them all and see which cloth brings the most wealth and happiness. Just don't confuse this holiday with putting a pillow inside the fridge, which some people enjoy doing on very hot days so that they can sleep better at night.

Corner Store



The Corner Store will be open May 13th and May 27th



Mother's Day Brunch



Celebrating Mothers

May 9th, 2024

11 am to 1 pm

\$14 adult/kids 10 under eat free

Build Your Pancake/ Waffle Station

Build Your Own Omelet Station

Carving Station- Prime Rib

Bacon and Sausage

Scrambled Eggs

Sour Cream Chive Mashed Potatoes

Fresh Fruit

Angel Eggs

Green Beans /Shredded Carrots

Chefs Choice Dessert.

Please purchase tickets at the front desk. Thank you!



Sound Choices

Hearing loss is the number one disability in the world, affecting 1.5 billion people, both young and old. Hearing decreases as we age, and more people living longer means more people experience hearing loss. However, the main culprit of hearing loss is too much noise. This May 31, Save Your Hearing Day, follow these tips to give your ears a rest.

In many cases, our ears' worst enemies are everyday appliances that make our lives easier: hair dryers, lawn mowers, and portable music players. Work-related noise is also a culprit. So how do we fight hearing loss? Search out peace and quiet for one. And don't be afraid to protect your ears with earplugs or other types of ear protection. Other methods to save hearing may surprise you. Some doctors stress a diet rich in nutrients that slow the aging process. Exercise is just as important. It stimulates circulation, which is greatly beneficial to a healthy auditory system. Now that's advice worth listening to!

Winds of Change



When you picture a windmill, you might imagine a quaint wooden structure overlooking a field of tulips or a peaceful farm scene. Windmills aren't just a nostalgic piece of the past, however. Although most no longer mill flour or help saw wood, today's sleek, powerful

windmills and wind turbines harness wind power to create energy.

More and more, windmills towering over 200 feet tall, with blades longer than 100 feet, can be spotted on seashores and hilltops. These spinning giants provide an important source of clean energy in many countries worldwide. Embracing Windmill Day, May 11, honors the ingenuity of our ancestors and underscores the importance of renewable energy sources in our present and our future.

Swinging Through Time



What is jazz music without the Lindy Hop? Born in Harlem, New York, in the 1920s and '30s, the Lindy Hop combined jazz, tap dancing, and the Charleston to become one of the most beloved forms of swing dancing in the world. On May 26, World Lindy Hop Day, aficionados from all around the

world will spread the message that the Lindy Hop is not only alive and well but is also one of the world's most joyous and enduring dance styles.

On June 17, 1928, a famed dancer named "Shorty" George Snowden was performing in a dance marathon at the Manhattan Casino ballroom in Harlem. The event was captured on film, and afterward someone asked Shorty to describe his dancing style, which involved breaking away from his partner, flinging her out, and improvising a few steps on his own. Shorty called it the "The Lindy."

Whether Shorty intended it or not, his "Lindy" was forever associated with Charles Lindbergh's flight across the Atlantic Ocean. Lindy, as Lindbergh was called, completed his "hop" in 1927, and the name stuck.

The dance, however, continued to evolve along with jazz music. During the big band era in New York, bandleaders like Count Basie, Chick Webb (at his world-famous Savoy Ballroom), and Benny Goodman led orchestras that encouraged dancers to Lindy Hop. And dancers didn't just dance—the best competed both formally and informally for bragging rights.

The Lindy Hop made the jump from Harlem's fabulous ballrooms to the mainstream thanks largely to Hollywood. Actor Dean Collins danced the Lindy Hop across the silver screen. Then, when World War II broke out, American servicemen took the Lindy Hop across the globe. In 1943, *Life* magazine called the Lindy Hop America's national folk dance.

May Birthdays

Those born between May 1–20 are Bulls of Taurus. Bulls show a steady persistence in both professional and personal endeavors. After working hard, they like to reward themselves for a job well done. If you were born between May 21–31, you are a Twin of Gemini. Geminis make communicative and lively companions. Intellectual and imaginative, they are the ones to sit near at a party.

Barbara B. 5/2
 Joe P. 5/31
 Michael G. 5/23
 Andy S. 5/13
 Roger A. 5/27
 John C. 5/15
 Margaret B. 5/6
 Linda T. 5/2
 Kay D. 5/13
 Marge W. 5/14
 Mary T. 5/8
 James T. 5/5

Carol M. 5/28
 Ann S. 5/27
 Lois G. 5/8
 Donna H. 5/22

The Irresistible Iris



What is it about the iris that is so alluring? Van Gogh often painted the beautiful flowers. The fleur-de-lis, a stylized iris, is a symbol associated with France, New Orleans, Florence, and even the Cub

Scouts, Boy Scouts, and Girl Scouts. Perhaps it should come as no surprise that this popular flower enjoys its own holiday on May 8.

The word *iris* comes from a Greek word meaning "rainbow," which is fitting since irises come in shades of purple, yellow, white, pink, and blue. In Japan, iris flowers are believed to ward off evil spirits, and the leaves are put in bathwater to prevent illness.

With Mother's Day fast approaching on May 12, perhaps May 8 is the perfect occasion to run to the flower shop and buy a beautiful bouquet of irises.