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Fairwinds - Rio Rancho

MAY 2012 • ENJOY THE JOURNEY

The Kentucky Derby

The Kentucky Derby is one of the most famed horse races in the world. Aptly named “The Most Exciting Two Minutes in Sports” for its approximate duration, the race is a Grade I stakes race like no other. Visitors flock to Churchill Downs in Louisville, Ky., on the first Saturday in May to watch thoroughbred horses compete along the one and a quarter mile racetrack. Mint juleps and elegant hats line the raceway as fans enjoy themselves and stay cool on race day. The race is the first leg of the United States Triple Crown of Thoroughbred Racing, followed by the Preakness Stakes and the Belmont Stakes.



Kentucky is a major center of horse breeding and racing, tracing its traditions back to the late 18th century. Ever since it was settled, the Bluegrass Region has been noted for its ability to produce superior race horses. Louisville's premier racetrack, Churchill Downs, was founded by Meriwether Lewis Clark Jr., the grandson of William Clark of the Lewis and Clark expedition. Clark organized the Louisville Jockey Club to raise money to build quality racing facilities outside the city. Churchill Downs was the name of the racetrack Clark built, and its name was officially incorporated in 1937.

The first Kentucky Derby race was run at one and a half miles, the same distance as the Grand Prix de Paris. In 1896, the distance was changed to one and a quarter miles and is currently raced at this distance. The first race was held on May 17, 1875, in front of a crowd of 10,000 people. Fifteen horses competed in the inaugural race, and the first winner was horse Aristides and his rider, Oliver Lewis. Derby participants are limited to three-year-old horses, and no horse since Apollo in 1882 has won the Derby without racing at age two.

The Kentucky Derby is host to some of the longest standing racetrack traditions in the U.S. Each year, you will find fans sipping mint juleps (a drink made from whiskey, mint and sugar) and eating burgoo (a meat stew) at the racetrack. Women appear in lavish outfits with big, elegant hats. The University of Louisville marching band plays Stephen Foster's “My Old Kentucky Home” as the horses are paraded before the grandstands.

The Derby is sometimes referred to as “The Run for the Roses,” as a blanket of 554 roses is awarded to the Derby winner each year. This tradition is thought to have started when New York socialite E. Berry Wall presented roses to ladies at a post-Derby party in 1883 that was attended by Churchill Downs founder, Meriwether Lewis Clark Jr.



Our New Librarian

We have a new librarian at Fairwinds! Joyce Chalmers has volunteered to help us take care of the library. She is more than happy to re-shelve the books and put them in alphabetical order. She is requesting a little help from a tall volunteer to help return books to the top shelf. She is also asking for donations to add to the library. We are in need of large print books, CD audio books and DVD movies. If you have any of these items that you would like to donate, you can drop them off at the front desk. Thank you for any contributions you can make to help our library grow, and thanks to Joyce for volunteering to be our librarian!



Our Librarian, Joyce Chalmers

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Locations Activity Room, AR Bistro, Bistro Bocce Ball Court, BBC Bus**, Bus** Courtyard, CT Fairwinds Tea Room, FTR Fitness Center, FC Fitness Center Patio, FCP Health & Wellness Office, HW</p>	<p>Horseshoe Pit, HP Library, LIB Lobby, LB Mezzanine, MZ Pub, Pub Red Sky Restaurant, RS Red Sky Restaurant Patio, RSP Room #243, #243 Theatre, TR</p>	<p>9:00 PrimeFit, FC 10:00 Bible Study With Amos, TR 10:30 Blackjack for Snacks, LB 12:15 Bunco, AR 1:00 Trail Walkers, FC 1:30 Bingo Time, MZ 2:30 Balance Builders, FC 3:00 Let's Play Pool, MZ 3:30 Wii Bowling, FC 3:30 Tech Help With Craig, MZ 4:00 Poker, Pub 7:00 Tuesday Travelogues, TR PF</p>	<p>7:30 Mall Walkers, Bus** 9:00 Brain Fitness (9 a.m. to Noon) 9:00 PrimeFit, FC 11:00 ROMEOs, Bus** 12:15 Trivial Pursuits, LIB 1:30 Salty Treats, LB 1:30 Arts & Crafts, AR 2:30 Reach & Stretch, FC 3:30 Wii Bowling: A Strike!, FC 4:00 Dinner at Texas Roadhouse, Bus** 7:00 Wednesday Western, TR PF</p>	<p>9:00 PrimeFit, FC 9:30 Bocce Ball, BBC 10:00 Sing-Along With Gloria, LB 12:15 Scrabble, AR 1:00 Trail Walkers, FC 1:30 Bingo Time, MZ 2:30 Balance Builders, FC 4:00 Poker, Pub 7:00 New Release Thursday, TR PF</p>	<p>7:30 Mall Walkers, Bus** 9:00 Brain Fitness (9 a.m. to Noon) 9:00 PrimeFit, FC 10:30 Putting at Chamisa Hills, Bus** 12:30 Roulette, LB 1:00 Wii Golf, FC 3:30 Happy Hour w/David Alan Staley, MZ 7:00 Friday Action, TR PF</p>	<p>CINCO DE MAYO 9:00 Yoga Chair Exercise With Susan, FC 9:30 Joe & Dough, Bistro 9:30 Creative Art Lessons With Bob, AR 10:00 Current Events, Bistro 1:00 Yahtzee, MZ 2:00 Saturday Matinee, TR 4:00 Kentucky Derby Watch Party, Pub 7:00 Saturday Romance, TR</p>
<p>9:00 Roman Catholic Church Communion, FC 10:00 St. Thomas Aquinas Church 1:30 Bingo Time, MZ 3:15 Church of Christ, FC 7:00 Sunday Comedy, TR</p>	<p>7:30 Mall Walkers, Bus** 9:00 Brain Fitness (9 a.m. to Noon) 9:00 PrimeFit, FC 9:30 Stonecroft Ministries, AR 9:30 Bocce Ball, BBC 10:00 St. Thomas Aquinas Rosary, TR 1:00 Bridge, MZ 1:30 Sweet Treats, LB 2:00 JULIETs, AR 2:30 Reach & Stretch, FC 3:30 Wii Bowling, FC 7:00 Monday Musical, TR PF</p>	<p>9:00 PrimeFit, FC 10:00 High Desert United Methodist Church, AR 10:00 Bible Study With Amos, TR 10:30 Blackjack for Snacks, LB 12:15 Bunco, AR 1:00 Trail Walkers, FC 1:30 Bingo Time, MZ 2:30 Balance Builders, FC 3:00 Let's Play Pool, MZ 3:30 Wii Bowling, FC 4:00 Poker, Pub 7:00 Tuesday Travelogues, TR PF</p>	<p>7:30 Mall Walkers, Bus** 9:00 Brain Fitness (9 a.m. to Noon) 9:00 PrimeFit, FC 10:00 Gospel Music, TR 10:00 Book Club, AR 11:00 ROMEOs, Bus** 12:15 Trivial Pursuits, LIB 1:30 Arts & Crafts, AR 1:30 Salty Treats, LB 2:30 Reach & Stretch, FC 3:30 Wii Bowling: A Strike!, FC 4:00 Santa Ana Casino, Bus** 7:00 Wednesday Western, TR PF</p>	<p>9:00 PrimeFit, FC 9:30 Quilters Group, AR 9:30 Bocce Ball, BBC 10:00 Sing-Along With Gloria, LB 10:00 Something Special With Susan, LB 12:15 Scrabble, AR 1:00 Trail Walkers, FC 1:30 Bingo Time, MZ 2:30 Balance Builders, FC 4:00 Poker, Pub 7:00 New Release Thursday, TR PF</p>	<p>7:30 Mall Walkers, Bus** 9:00 Brain Fitness (9 a.m. to Noon) 9:00 PrimeFit, FC 10:00 Just Jewelry w/Jolyn, LB 10:30 Putting at Chamisa Hills, Bus** 12:30 Roulette, LB 1:00 Wii Golf, FC 1:30 Life Documentary, TR 3:30 Happy Hour w/Lenny Pena, MZ 7:00 Friday Action, TR PF</p>	<p>9:00 Yoga Chair Exercise With Susan, FC 9:30 Joe & Dough, Bistro 9:30 Creative Art Lessons With Bob, AR 10:00 Natural History Museum, Bus** 1:00 Yahtzee, MZ 2:00 Saturday Matinee, TR 2:30 Poker, Pub 7:00 Saturday Romance, TR</p>
<p>MOTHER'S DAY Mother's Day Buffet 9:00 Roman Catholic Church Communion, FC 10:00 St. Thomas Aquinas Church 2:00 Mother's Day Concert w/The Four Tune Cookies, LB 3:15 Church of Christ, FC 7:00 Sunday Comedy, TR</p>	<p>7:30 Mall Walkers, Bus** 9:00 Brain Fitness (9 a.m. to Noon) 9:00 PrimeFit, FC 9:30 Stonecroft Ministries, AR 9:30 Bocce Ball, BBC 10:00 St. Thomas Aquinas Rosary, TR 11:00 Juliet's Outing, Bus** 1:00 Bridge, MZ 1:30 Sweet Treats, LB 2:30 Reach & Stretch, FC 3:30 Wii Bowling, FC 7:00 Monday Musical, TR PF</p>	<p>9:00 PrimeFit, FC 10:00 Bible Study With Amos, TR 10:30 Blackjack for Snacks, LB 12:15 Bunco, AR 1:00 Trail Walkers, FC 1:30 Bingo Time, MZ 2:30 Balance Builders, FC 3:00 Let's Play Pool, MZ 3:30 Wii Bowling, FC 3:30 Tech Help With Craig, MZ 4:00 Poker, Pub 7:00 Tuesday Travelogues, TR PF</p>	<p>7:30 Mall Walkers, Bus** 9:00 Brain Fitness (9 a.m. to Noon) 9:00 PrimeFit, FC 11:00 ROMEOs, Bus** 12:15 Trivial Pursuits, LIB 1:30 Salty Treats, LB 1:30 Arts & Crafts, AR 2:30 Reach & Stretch, FC 3:30 Wii Bowling: A Strike!, FC 4:00 Dinner at Padilla's, Bus** 7:00 Wednesday Western, TR PF</p>	<p>9:00 PrimeFit, FC 9:30 Bocce Ball, BBC 10:00 Sing-Along With Gloria, LB 12:15 Scrabble, AR 1:00 Trail Walkers, FC 1:30 Bingo Time, MZ 2:30 Balance Builders, FC 4:00 Poker, Pub 7:00 New Release Thursday, TR PF</p>	<p>7:30 Mall Walkers, Bus** 9:00 Brain Fitness (9 a.m. to Noon) 9:00 PrimeFit, FC 10:00 What's Your Beef? With Chef Brad, RS 10:30 Putting at Chamisa Hills, Bus** 12:30 Roulette, LB 1:00 Wii Golf, FC 1:30 Life Documentary, TR 3:30 Happy Hour w/Joe Tafuro & the Starlighters, MZ 6:00 Adult Night at Explora Museum, Bus** 7:00 Friday Action, TR PF</p>	<p>ARMED FORCES DAY 9:00 Yoga Chair Exercise With Susan, FC 9:30 Joe & Dough, Bistro 9:30 Creative Art Lessons With Bob, AR 10:00 Current Events, Bistro 1:00 Yahtzee, MZ 2:00 Saturday Matinee, TR 2:30 Poker, Pub 7:00 Saturday Romance, TR</p>
<p>9:00 Roman Catholic Church Communion, FC 10:00 St. Thomas Aquinas Church 1:30 Bingo Time, MZ 3:15 Church of Christ, FC 7:00 Sunday Comedy, TR</p>	<p>7:30 Mall Walkers, Bus** 9:00 Brain Fitness (9 a.m. to Noon) 9:00 PrimeFit, FC 9:30 Stonecroft Ministries, AR 9:30 Bocce Ball, BBC 10:00 St. Thomas Aquinas Rosary, TR 1:00 Bridge, MZ 1:30 Sweet Treats, LB 2:00 JULIETs, AR 2:30 Reach & Stretch, FC 3:30 Wii Bowling, FC 7:00 Monday Musical, TR PF</p>	<p>9:00 PrimeFit, FC 10:00 Bible Study With Amos, TR 10:30 Blackjack for Snacks, LB 12:15 Bunco, AR 1:00 Trail Walkers, FC 1:30 Bingo Time, MZ 2:30 Balance Builders, FC 3:00 Let's Play Pool, MZ 3:30 Wii Bowling, FC 4:00 Poker, Pub 7:00 Tuesday Travelogues, TR PF</p>	<p>7:30 Mall Walkers, Bus** 9:00 Brain Fitness (9 a.m. to Noon) 9:00 PrimeFit, FC 10:00 Book Club, AR 11:00 ROMEOs, Bus** 12:15 Trivial Pursuits, LIB 1:30 Salty Treats, LB 1:30 Arts & Crafts, AR 2:30 Reach & Stretch, FC 3:30 Wii Bowling: A Strike!, FC 4:00 Sandia Casino, Bus** 7:00 Wednesday Western, TR PF</p>	<p>9:00 PrimeFit, FC 9:30 Bocce Ball, BBC 10:00 Sing-Along With Gloria, LB 12:15 Scrabble, AR 1:00 Trail Walkers, FC 1:30 Bingo Time, MZ 2:30 Balance Builders, FC 4:00 Poker, Pub 7:00 New Release Thursday, TR PF</p>	<p>7:30 Mall Walkers, Bus** 9:00 Brain Fitness (9 a.m. to Noon) 9:00 PrimeFit, FC 10:30 Putting at Chamisa Hills, Bus** 12:30 Roulette, LB 1:00 Wii Golf, FC 1:30 Life Documentary, TR 3:30 Birthdays & Anniversaries Happy Hour, MZ 7:00 Friday Action, TR PF</p>	<p>9:00 Yoga Chair Exercise With Susan, FC 9:30 Joe & Dough, Bistro 9:30 Creative Art Lessons With Bob, AR 10:00 Outing to the Bosque Del Apache, Bus** 2:00 Saturday Matinee, TR 7:00 Saturday Romance, TR</p>
<p>9:00 Roman Catholic Church Communion, FC 10:00 St. Thomas Aquinas Church 1:30 Bingo Time, MZ 3:15 Church of Christ, FC 7:00 Sunday Comedy, TR</p>	<p>MEMORIAL DAY 7:30 Mall Walkers, Bus** 9:00 Brain Fitness (9 a.m. to Noon) 9:00 PrimeFit, FC 9:30 Stonecroft Ministries, AR 9:30 Bocce Ball, BBC 10:00 St. Thomas Aquinas Rosary, TR 12:00 Isotopes Baseball Game, Bus** 1:00 Bridge, MZ 1:30 Sweet Treats, LB 2:30 Reach & Stretch, FC 3:30 Wii Bowling, FC 7:00 Monday Musical, TR PF</p>	<p>9:00 PrimeFit, FC 10:00 Bible Study With Amos, TR 10:30 Blackjack for Snacks, LB 12:15 Bunco, AR 1:00 Trail Walkers, FC 1:30 Bingo Time, MZ 2:30 Balance Builders, FC 3:00 Let's Play Pool, MZ 3:30 Wii Bowling, FC 4:00 Poker, Pub 7:00 Tuesday Travelogues, TR PF</p>	<p>7:30 Mall Walkers, Bus** 9:00 Brain Fitness (9 a.m. to Noon) 9:00 PrimeFit, FC 11:00 ROMEOs, Bus** 12:15 Trivial Pursuits, LIB 1:30 Salty Treats, LB 1:30 Arts & Crafts, AR 2:30 Residents' Meeting, MZ 2:30 Reach & Stretch, FC 3:30 Wii Bowling: A Strike!, FC 4:00 Dinner at Outback Steakhouse, Bus** 7:00 Wednesday Western, TR PF</p>	<p>9:00 PrimeFit, FC 9:30 Bocce Ball, BBC 10:00 Sing-Along With Gloria, LB 12:15 Scrabble, AR 1:00 Trail Walkers, FC 1:30 Bingo Time, MZ 2:30 Balance Builders, FC 4:00 Poker, Pub 7:00 New Release Thursday, TR PF</p>	<p>Birthdays Anna May Cardon, 2nd Hilliard Taylor, 3rd Helen Weber, 4th Thelma McNutt, 6th Mary Guerrant, 7th Marian Sype, 8th Lois Burditt, 9th Adelina Major, 10th Mary Marsic, 12th Joan Houghteling, 15th Bill Light, 18th Francis Shields, 19th Mert Seward, 20th Frank Johnson, 22nd Mary Rainey, 23rd Sam Parks, 27th Thomas Shinas, 29th Dean Boyers, 29th Anniversaries Scott & Joan Houghteling, 5/12/1956 • Dean & Rita Apt, 5/28/1949</p>	

Mother's Day

In the United States, Mother's Day is an annual holiday celebrated on the second Sunday in May. Mother's Day recognizes mothers, motherhood and maternal bonds in general, as well the positive contributions that they make to society.

Although many Mother's Day celebrations worldwide have quite different origins and traditions, most have now been influenced by the American traditions, including churchgoing, the distribution of carnations and family dinners.

First Attempts to Establish a Holiday

The first attempts to establish a "Mother's Day" in the U.S. were mostly marked by women's peace groups. A common early activity was the meeting of groups of mothers whose sons had fought or died on opposite sides of the American Civil War.

There were several limited observances in the 1870s and the 1880s, but none achieved resonance beyond the local level.

In 1868 Ann Jarvis created a committee to establish a "Mother's Friendship Day," the purpose of which was "to reunite families that had been divided during the Civil War." She wanted to expand it into an annual memorial for mothers, but she died in 1905 before the celebration became popular. Her daughter, Anna Jarvis, continued her efforts.

In New York City, Julia Ward Howe led a "Mother's Day" anti-war observance on June 2, 1872, which was accompanied by a Mother's Day Proclamation. The observance continued in Boston for about 10 years under Howe's personal sponsorship, but it then died out.

Several years later, a Mother's Day observance was held on May 13, 1877, in Albion, Mich., over a dispute related to the temperance movement. According to local legend, Albion pioneer

Juliet Calhoun Blakeley stepped up to complete the sermon of the Reverend Myron Daugherty, who was distraught because an anti-temperance group had forced his son and two other temperance advocates to spend the night in a saloon and become publicly drunk. From the pulpit Blakeley called on other mothers to join her. Blakeley's two sons, both traveling salesmen, were so moved that they vowed to return each year to pay tribute to her and embarked on a campaign to urge their business contacts to do likewise. At their urging, in the early 1880s, the Methodist Episcopal Church in Albion set aside the second Sunday in May to recognize the special contributions of mothers.

Frank E. Hering, President of the Fraternal Order of Eagles, made the first known public plea for "a national day to honor our mothers" in 1904.

Holiday Establishment

In its present form, Mother's Day was established by Anna Marie Jarvis, with the help of Philadelphia merchant John Wanamaker, following the death of her mother, Ann Jarvis, on May 9, 1905. A small service was held on May 12, 1907, in the Andrew's Methodist Episcopal Church in Grafton, W.V., where Anna's mother taught Sunday school. But the first "official" service was on May 10, 1908, in the same church, accompanied by a larger ceremony in the Wanamaker Auditorium in the Wanamaker's store on Philadelphia. The next year the day was reported to be widely celebrated in New York.

Jarvis then campaigned to establish Mother's Day first as a U.S. national holiday and then later as an international holiday. The holiday was declared officially by the state of West Virginia in 1910, and the other states followed quickly. On May 8, 1914, the U.S. Congress passed a law designating the second Sunday in May as Mother's Day and requesting a proclamation. On May 9, 1914, President Woodrow Wilson issued a proclamation declaring the first national Mother's Day as a day for American citizens to show the flag in honor of those mothers whose sons had died in war.

In 1934, U.S. President Franklin D. Roosevelt approved a stamp commemorating the holiday.

In May 2008, the U.S. House of Representatives voted twice on a resolution commemorating Mother's Day, the first one being unanimous (with 21 members not voting). The Grafton's church, where the first celebration was held, is now the International Mother's Day Shrine and is a National Historic Landmark.

Carnations

Carnations have come to represent Mother's Day since Anna Jarvis delivered 500 of them at its first celebration in 1908. Many religious services held later adopted the custom of giving away carnations. This also started the custom of wearing a carnation on Mother's Day. Anna Jarvis chose the carnation because it was the favorite flower of her mother. In part due to the shortage of white carnations, and in part due to the efforts to expand the sales of more types of flowers on Mother's Day, florists promoted wearing a red carnation if your mother was living or a white one if she was dead. This was tirelessly promoted until it made its way into the popular observations at churches.

We wish a very happy Mother's Day to all of the mothers here at Fairwinds!



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