

# Ferris Hills at West Lake



## Celebrating May

**Clean Car Month**

**Inventors Month**

**Vinegar Month**

**Teacher Day**

*May 2*

**Astronaut Day**

*May 5*

**Kentucky Derby Day**

*May 6*

**International Nurses Day**

*May 12*

**Mother's Day**

*May 14*

**Memorial Day (U.S.)**

*May 29*

## Tokyo in Full Bloom

Japan may be famous for its cherry blossoms, but springtime in Tokyo brings an abundance of other flowers and flower festivals. By the end of April, many of Japan's cherry blossoms have already flowered, but Tokyo's city dwellers still have plenty of blooming flowers to look forward to. The Nezu Shrine is a quiet place for 11 months out of the year, but by the first week in May, its 3,000 azalea plants burst into a palette of bright colors. The Bunkyo Azalea Festival, or Tsutsuji Matsuri, attracts thousands of visitors during Golden Week, its busiest viewing week. The 300-year-old azalea garden is home to rare varieties, such as the black karafune flower, and is complete with a Shinto shrine, bridges running over streams, traditional Torii gates, and women dressed in their best kimonos.

Across town is yet another sacred spot draped in wondrous springtime color: the Kameido Tenjin Shrine. This shrine is home to its famous trellises boasting a sea of cascading purple wisteria vines. The wisteria were planted 300 years ago when the original temple was built. Visitors can stroll over the shrine's beautiful red bridge, spying darting koi and lounging turtles in the pond. The wisteria are so alluring that old Japanese shoguns made pilgrimages to visit the garden. Many of Japan's most celebrated artists have captured the garden's scenic serenity in color prints.

Perhaps the most celebrated of all flower festivals is the Kyu Furukawa Garden Rose Festival. The gardens, sprawled at the foot of a western-style mansion, have been designated a national place of scenic beauty. The roses hit their peak in May with a dazzling array of colors and an intoxicating bouquet of aromas. Over 90 rose varieties can be found, including Princess Michiko, a variety named for Japan's Empress, and Royal Princess, a variety offered as a gift from France and named for Princess Aiko, daughter of Japan's Crown Prince and Princess.

## Polkamania



Put on your dancing shoes for Polka Weekend on May 26–28. Many places will not only be playing Czech polkas in their dance halls but they'll also be serving up traditional Czech fare like kielbasa sausage, sauerkraut, and kolache pastries with a dollop of fruit.

The popularity of the polka is said to have originated with one woman, Anna Slezakova from Labska Tynice, who invented the dance in 1834. Slezakova created a lively dance to the folk song "Uncle Nimra Bought a White Horse." Music teacher Josef Neruda, who witnessed Anna's new and unique dance, transcribed the tune to paper and taught the steps to his students. By 1835, the dance had spread to Prague. By 1839, it was popular in Vienna, and in 1840, it was introduced in Paris, where it became so popular that it created a so-called "polkomania."

The polka sound is immediately recognizable. Accordions, fiddles, clarinets, and tubas whip up a quick beat for happy dancing feet. The main characteristic of the polka is the half-step, or hop. In fact, the word *polka* likely comes from the Czech word *pulka*, meaning "half." Perhaps the easiest way to understand the rhythm of the polka is through a children's nursery rhyme: "Hippety hop, to the barber shop, to buy a stick of candy." The four counts of the phrase "hippety hop" correspond to the four parts of the dance: step, half-step, step, hold.

The polka may have originated in Bohemia (present-day Czech Republic), but it has spread far and wide to Germany, Austria, Poland, Scandinavia, Russia, the United Kingdom, and the United States. As this musical form has traveled, it has evolved into a wide variety of styles. Polkas have even grown throughout South America, where songs praise the gauchos of the pampas. Seeing as the polka is one of the few dances to have maintained its popularity since the 19th century, chances are good that it will remain popular for many years to come.



Your  
Newest  
Neighbors ...

Frances F  
&  
Julie



*Resident Welcome*  
*Monday May 22nd*  
*3:00pm*  
*Vista Lounge*

## Upcoming Events....

### Wellness/Educational:

- 1st Blood Pressure Checks
- 2nd & 9th Healing Pathways
- 5th Japan: Tradition & Culture
- 19th West Lake Legacy: The Road to Onanda
- 26th "The Day Hitler Died"

### Music, Theatre & The Arts

- 17th GEVA Theater:
- 23rd Poetry & Stories presented by  
The Canandaigua Writers Group
- 25th Rochester Philharmonic Performance  
At Kodak Hall (\$)
- 27th "Puccini's La Boheme" by the Rochester  
Philharmonic Orchestra (\$)

### Social:

- 6th **Kentucky Derby Party**
- 11th Men's Breakfast
- 23rd Red Wings Baseball Game in Rochester (\$)
- 26th Pizza Party (\$)
- 29th Memorial Day Parade

### Spiritual:

- 18th Annual Remembrance Service with Guest  
Speaker Rev. Kerr
- Spiritual Care Group Meets every Friday morning in  
the Clark Meadows Multi-Purpose Room



" *The Crown* " Series on  
Netflix will be played again on Tuesdays at  
2:00 pm in the CR. For those of you who  
missed it the first time, we will start with  
Episode 1 again on May 9th.

## Did You Know?

May 5 is Hoagie Day, but this may mean nothing to anyone outside of Philadelphia, where this term is used for a big sandwich loaded with meat and cheese. Legend has it that the first version of this mega-sandwich appeared in Connecticut near a Navy submarine base. Italian shopkeeper Benedetto Capaldo served up loaded sandwiches he dubbed "grinders." Once the Navy yard began ordering 500 grinders each day, his creation was renamed the "submarine sandwich." In New York City, the sandwich is called a "hero," which many believe evolved out of a mispronunciation of the Greek "gyro" sandwich. Where did hoagie come from? Another mispronunciation. Shop owner Al De Palma created a massive sandwich fit for a "hog." The Philadelphia accent warped his "hoggie" into the "hoagie."



## Don't Miss our Kentucky Derby Party!



When: Saturday May 6th  
3:30-4:30pm

Where: Vista Lounge

What: Mint Juleps, wine, beer, & bourbon  
Wooden Horse Racing...with prizes!

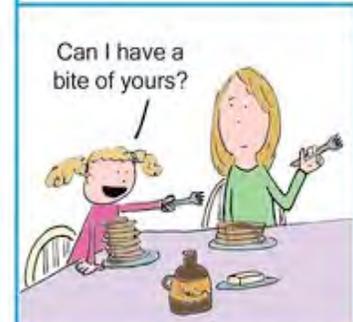
Place your bets on the real race as well!  
**Derby Hats Welcome & Encouraged!!!**



# Breakfast with the Easter Bunny!



*Happy Mother's Day  
From one Mom to  
another...*



## Screened Out

In our modern world, more and more things are being digitized, and more and more people are spending time in front of screens: televisions, cell phones, computers, tablets, even cars and refrigerators are now being made with interactive screens. Some consider these computerized screens to be harmful enough to declare the first week in May Digital Detox Week, a week spent free of the influence of these screens in our lives.



Is “screen time” truly harmful? Some scientists have found screen time to have greater negative influences on kids. One study showed that kids separated from their screens for a week did a better job of reading emotions on other people’s faces than those who spent their days watching TV or playing computer games. This shows that too much screen time perhaps reduces childrens’ abilities to empathize with each other. Kids are not the only ones under the influence of screens. Adults who are on their computers or cell phones before they fall asleep have been shown to suffer through the night. The light from the screen disrupts the brain’s sleep-wake cycle, causing insomnia-like symptoms and sleep deprivation.

We must accept that computers and media such as television and games are a fact of modern living. But how do we strike a healthy balance with these digital devices? One researcher advises that if the sun is shining, then screen time should be limited. There is no digital substitute for a walk outdoors or a visit to the playground. Another suggestion is to strike a balance between the more passive, consumptive nature of sitting in front of screens with active creativity. For every minute spent in front of the TV or a computer game, balance that with cooking, knitting, building a fort, doing a puzzle, or creating an art project. In our digital world, where our every whim seems catered to, it is important to stay engaged and curious with the world beyond our electronic screens.

## May Birthdays

In astrology, those born between May 1–20 are Bulls of Taurus. Bulls are stable, reliable, and committed in both work and family. Bulls also appreciate love, beauty, and creativity, making them true romantics and lovers of the good life. Those born between May 21–31 are Gemini’s Twins. Twins have two distinct and alluring sides to their personality: sociable and ready for fun, or serious and thoughtful. Sometimes they feel as if one half is missing, so they forever seek new friends.

### Associates:

- May 5<sup>th</sup>: Isaac Davis (Dining Services)
- May 8<sup>th</sup>: Darcy Cafiero (Resident Services)
- May 8<sup>th</sup>: Paul Dowd (Dining Services)
- May 13<sup>th</sup>: David Burgess (Maintenance)
- May 15<sup>th</sup>: Kevin Oberer (Maintenance)
- May 23<sup>rd</sup>: Second Worwor (Dining Services)



## Cola Cure-All

People have been drinking Coca-Cola since May 8, 1888, when the soft drink was first served by Dr. John S. Pemberton at Jacob’s Pharmacy in Atlanta, Georgia. Yes, Coca-Cola was first marketed as a medicinal cure-all beverage for ailments such as headaches, nerve disorders, addictions, and indigestion. By 1900, sales of Coca-Cola had reached 100 million annually. Perhaps this surge in popularity had to do with Coca-Cola’s brilliant marketing strategy of issuing tickets that could be redeemed at any location for a free glass—these tickets are considered the first coupons ever invented. Today Coca-Cola is as popular as ever. And it is still marketed as a medicinal cure for stomach blockages. Apparently, Coca-Cola’s chemical ingredients can cure a condition called gastric phytobezoar with a 90% success rate.





# Flower Power



ASTER	HONEYSUCKLE	ORCHID
CROCUS	LAVENDER	PANSY
DAFFODIL	LILAC	SUNFLOWER
DAISY	LILY	TULIP
GERANIUM	MARIGOLD	VIOLET