

Addington place of Clinton
1701 13th Ave north
Clinton Iowa 52732

Postage
Information

Friends make the best neighbors.

Refer a friend to
Addington place and receive
\$1,000 off your rent. Speak
with Chrissy for details.



Naomi D-2nd
Barb D-7th
Alice F-30th

May 2023

Addington Place News

Director, Jessica Martinez Marketing, Chrissy Peters Phone #563-243-6870



Celebrating May

Older Americans Month

May Day

May 1

Cinco de Mayo

May 5

Nurse's week

May 8-13

Mother's Day

May 14

Craft and lunch at the regency

May 16

International Museum

Day

May 18

Lunch with coordinating team

May 23

Memorial Day (U.S.)

May 29

When I sit and think of you
The person I am today is because of you.
Your listening ears and open mind
Solved all the woes of a world so unkind.
Your hugs healed my broken heart.
Your laughter like a beautiful work of art
All the memories made through the years.
Some of laughter others of tears
Each on greater than the last
You helped me learn from the past.
To become a strong courageous person
I have taken each lesson.
And plotted my course, I hope.
I'll be half as wonderful as you.
Happy Mother's Day





Let’s go fly a kite.
Up to the highest height.



Wildlife Wonderlands

May is Gardening for Wildlife month, offering plenty of time to plant the flowers, shrubs, and trees that are vital habitat for insects, birds, mammals, and more. Whether you have a city balcony or several acres in the country, the first crucial step to providing habitat for wildlife is to plant native species. These are the flowers, trees, and shrubs that are best suited to survive in the local climate. These species often act as invaluable food sources for wildlife. After all, animals have evolved side-by-side with these plant species for millennia. Native plants also provide spaces for animals to hide from predators, take shelter from the elements, and build nests and dens to raise young.

One of the most important contributions native species make is to attract insects. Insects aren’t just a food source for animals; they also play a vital role as pollinators. Equally important to a wildlife garden is a water source. This can be a stream or fountain, but a shallow bird bath is often good enough. If you start planting early, you might even spy the endangered monarch butterfly by May 6, Start Seeing Monarchs Day.



Playing games exercises our bodies and our minds and keeps us young and strong.



Mother’s Peace Day



Anna Jarvis is often credited with founding the first Mother’s Day, in 1908, but it was poet and abolitionist Julia Ward Howe who made the first Mother’s Day Proclamation for Peace, in 1870. Howe was already well known for authoring

“The Battle Hymn of the Republic,” and her fame lent greater weight to her advocacy for peace. As a nurse during the American Civil War, Howe had seen firsthand the ravages of war. When she saw the specter of war rising yet again at the onset of the Franco-Prussian War, she spoke out for an international Mother’s Day where mothers from all over the world would give counsel on how to achieve peace. She wrote: “Arise, then, women of this day! Arise all women who have hearts, whether our baptism be that of water or of tears!” Indeed, Anna Jarvis’ mother had worked with Julia Ward Howe, a relationship that inspired Jarvis’ Mother’s Day.

