



## Celebrating May

### Adopt a Horse Month



**May Day**  
*May 1*



**Cinco de Mayo**  
*May 5*



**Mother's Day**  
*May 14*



**Armed Forces Day (U.S.)**  
*May 20*



**Memorial Day (U.S.)**  
*May 29*



## RESIDENT OF THE MONTH BETTY

Meet Betty. She is one of our newer residents. She hails from Green Bay.

Betty grew up a CODA child (a child of deaf adults) and ASL (sign language) is her first language.

Her family was small as she only has a sister and her parents. As times went by, Betty fell in love and had two children of her own. Now she also had three grandkids.

Betty worked in many places but is most proud of her work as a real estate agent and interior designer.

Her hobbies include sports - she describes herself as a "soccer mom" and she enjoys painting.

Betty is still settling in at APV 1 but so far, she enjoys the food and her fellow residents.

WORDS TO LIFE BY: Work hard and learn new things. So as many different things as you can. Take pride in what you do.





### **Bird of the Month – Nightingale**

The nightingale is a European songbird with a rather plain

appearance but possessing a particularly lovely song. In fact, these special birds, which feast on a diet of invertebrates like beetles and flies, can produce over 1,000 different sounds. This is remarkable considering that many other birds of similar size can make only one-third to one-tenth as many noises. They're able to do this because the part of their brain dedicated to making sound is much larger than is typical. Interestingly, despite their name, nightingales most often sing during the day. They primarily sing at night only during their mating season. Doing so can attract predators, which is why they usually don't risk it unless they have a chance to attract a mate. The light brown birds can be quite aggressive during this time and will defend their territory if they feel threatened or encroached upon. They are shy and elusive birds, preferring thick, tangled habitat.

### **Flower – Lily of the Valley**

May's flower is a lovely, delicate, fragrant plant that is highly prized for making perfume. Lily of the valley water was once considered so precious that it was kept in gold and silver containers. In folklore, it is believed that the scent of this flower in spring air is the signal for the nightingale to begin its seasonal mating song. The lily of the valley is known by several other names, including Our Lady's Tears. According to legend, the tears Mary shed at the cross turned into the flower we know as lily of the valley.



### **SHINING STAR Gaotseng – Carestaff**

Gaotseng has been one of APV's outstanding employees for nine years. She enjoys helping the residents have a better life and the company of her coworkers.

Gaotseng grew up in Green Bay where she lived with her parents, four brothers and a sister.

Some of her hobbies are spending time with family and friends, being outdoors when the weather is nice and reading.

Her favorite place to visit is Chicago, IL. She loves the "city life" and there is always something to do day or night.

In the future, Gaotseng sees herself as an occupational therapist or an esthetician and moving away from Green Bay.

Her favorite meal is pasta, especially shrimp sampi!

Favorite time of year is summer as she loves be outdoors and enjoying family time at her parents' cabin.

If Gaotseng ever won the lottery, she would like to buy her parents their dream home and then she would travel the world. She has always wanted to visit Bali and go island hopping in Greece.

## The Milwaukee Bridge War

Milwaukee, Wisconsin, began as three separate settlements, each named for its founder. Juneautown, east of the Milwaukee River, was settled by Solomon Juneau in 1818. West of the river was Kilbourntown, an area settled by Byron Kilbourn 16 years later in 1834. To the northwest, where the river emptied into Lake Michigan, lay Walker's Point, settled by George Walker in 1834. Each man believed his settlement to be the center of Milwaukee, and tensions between the settlements ran high until the Milwaukee Bridge War erupted on May 3, 1845.

Kilbourn made the first move, against Juneautown in 1835 when he laid out a street grid west of the river that completely ignored the existing grid in Juneautown to the east. Kilbourn's maps showed Juneautown as a blank, undeveloped space, an assertion he continued to make to the steamship captains traveling upriver to deliver vital goods to his west-side outpost. Kilbourn's ploy was clear: isolate Juneautown and make it reliant on a superior Kilbourntown.



Despite Kilbourn's efforts, Juneautown remained the most populous of the three Milwaukee settlements. Hostilities between the neighborhoods persisted even as bridges were built

over the Milwaukee River to connect the competing districts, until May 3, 1845, when a schooner rammed and partially wrecked a Kilbourn-supported bridge at Spring Street.

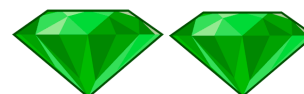
Kilbournians accused the Juneaus of bribing the captain. They retaliated by damaging a bridge important to Juneautown. The Kilbournians also dismantled another Juneautown bridge for spare parts to fix their own, causing that bridge to collapse. In less than a month, four of the town's five bridges were destroyed. Throughout the summer, both sides armed themselves and prepared for battle. Miraculously, tensions calmed. Three new bridges were built under armed guard, and in January of 1846, the city of Milwaukee was formed.

## In It for the Long Haul



The second Saturday in May is celebrated as World Migratory Bird Day. When you get to know some of the world's more impressive migratory birds, you'll understand why this is a worldwide celebration. Consider the Arctic tern, a small bird that flies from pole to pole each year, logging 30,000 miles. To survive this epic journey, terns must find many places to stop along the way throughout Europe, North and South America, and Africa, making it crucial for countries all around the world to provide habitat for these long haulers. With these remarkable birds living up to 30 years, the total life journey of a tern is equivalent to flying round trip three times to the moon and back. That is an accomplishment worth celebrating.

### Birthstone – Emerald



Emeralds are considered the gemstone of spring due to their rich green color, but officially, they are the birthstone of May. These beautiful stones have long been a favorite of royalty; Cleopatra favored them and had them mined extensively during her reign. Shah Jahan, the builder of the Taj Mahal, wore an emerald talisman inscribed with holy text for luck and protection. Emeralds are the gift associated with a couple's 55th anniversary and are said to symbolize enduring love.

## The Animal in You: Birthday Critters

May 1–7: Dog You are loyal, loving, and fiercely protective of your friends and family. You have the uncanny ability to know how to cheer people up. While you love to be active, you're also a pro at relaxing.

May 8–16: Monkey You love having a fast-paced lifestyle; even a bit of boredom drives you crazy. You tend to enjoy being the center of attention but can also laugh at yourself. Always upbeat, your personality wins people over every time.

May 17–23: Turtle Your happy-go-lucky approach keeps you centered no matter what life throws your way. Even when times get tough, you are upbeat and spread joy wherever you go. You are a very good listener and are known to give good advice.

May 24–31: Lion With your peaceful but intense nature, you feel most at home when you are outside. You exude strength and kindness. A born leader, your gentleness helps you earn others' trust. You make friends easily.

## May Birthdays

In astrology, those born from May 1–20 are Taurus' Bulls. Bulls are reliable workers who take a slow-and-steady approach to finishing tasks. They do expect a reward for their hard work and love little indulgences. Those born from May 21–31 are the Twins of Gemini. Energetic and spontaneous, Geminis are great at connecting with others, making them ideal candidates for networking and sales.

Dwayne Johnson (actor) – May 2, 1972  
Frankie Valli (singer) – May 3, 1934  
Audrey Hepburn (actress) – May 4, 1929  
Bob Seger (singer) – May 6, 1945  
George Clooney (actor) – May 6, 1961  
Don Rickles (comedian) – May 8, 1926  
Fred Astaire (dancer) – May 10, 1899  
Stevie Wonder (musician) – May 13, 1950  
Malcolm X (activist) – May 19, 1925  
Cher (singer & actress) – May 20, 1946  
Mr. T (actor) – May 21, 1952  
Patti LaBelle (singer) – May 24, 1944  
Sally Ride (astronaut) – May 26, 1951  
Ian Fleming (novelist) – May 28, 1908  
Brooke Shields (actress) – May 31, 1965  
Clint Eastwood (actor) – May 31, 1930

**PLEASE JOIN US FOR A FREE**

**SPECIAL DEMENTIA CLASS**

**Our Aging Brain:**

**What is typical and when to be concerned?**

Wednesday, June 21, 2023 1:30 - 3:00 PM

Special guest presenter: Sheri Fairman

RSVP Today! (920) 660-0835

Presentation Held At: Allouez Parkside Village

1901 Libal St, Green Bay, WI 54301

**Happy Birthday**

**5/10 – Gloria**

**5/10 – Doris**

**5/29 - Karen**

