

Meet the Team

Executive Director
Kristy Lavey

klavey@tierraseniorliving.com

Wellness Director
Frances Poole

fpoole@tierraseniorliving.com

Business Office
Stacy Kelly

skylinebom@tierraseniorliving.com

Jesse Singh

jsingh@tierraseniorliving.com

Activity Director
Andrew Carlson
Skylineact@tierraseniorliving.com

Maintenance Director
Lea Boling

skylinemt@tierraseniorliving.com

Director of Dining Services
Carlene Howard
choward@tierraseniorliving.com

May Horoscopes and Birthdays

In astrology, those born from May 1–20 have the star sign of the Bull of Taurus. Bulls show steady, dogged persistence. Once goals are reached, they enjoy being rewarded. Those born between May 21–31 are Gemini's Twins. Geminis love conversation, and they're good at it, too! Witty, intellectual, and curious, they're often the life of the party. Celebrities born in May include:

Tony Starr - 5/8 - BR
Myra Maloney – 5/14 - AS
Carmen G – 5/19 – MC
Dorothy J – 5/20 – MC
Gary E – 5/23 - BR

Martha Graham – May 11, 1894
Perry Como – May 18, 1912
Joan Collins – May 23, 1933
Bob Dylan – May 24, 1941
Sam Snead – May 27, 1912



Skyline Estates

May 2025

**Celebrating
May**

**Clean Air
Month**

**Military
Appreciation
Month**

**May Day/
Lei Day
May 1**

**Kentucky Derby
May 3**

**International
Firefighters Day
May 4**

**Wildflower Week
May 4–10**

**Mother's Day
May 11**

**International
Coaching Week
May 12–18**

**Receptionist's
Day
May 14**

**World No-
Tobacco Day
May 31**

2861 Mountain St. Carson City. NV 89703
(775) 885-9223



Wonders of the Great Lakes

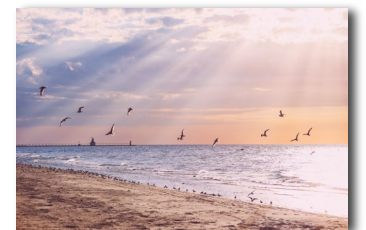
The Great Lakes—Lake Superior, Lake Michigan, Lake Huron, Lake Erie, and Lake Ontario—are not only beautiful but also vital to the environment, economy, and wildlife. These five lakes, which make up the largest freshwater system in the world by total area, are home to more than 30 million people and provide a habitat for countless species. Additionally, they contain about 84 percent of North America's fresh surface water!

Every year, people across the U.S. and Canada celebrate the Great Lakes during events like Great Lakes Awareness Day, observed this year on May 5. This

day highlights the importance of protecting the lakes and raising awareness about environmental issues that threaten their health.

But the celebrations don't stop there. May 10 marks World Migratory Bird Day. The Great Lakes provide crucial resting areas for birds traveling along their migration paths, making them key to preserving biodiversity. Some of the most notable migratory birds passing through the region include the

(cont. on pg. 4)



A Mom-entous Occasion

Mother's Day falls on Sunday, May 11 this year in the U.S. Anna Jarvis, known as "the mother of Mother's Day," so adored her mom that she campaigned for a holiday to celebrate all mothers. Jarvis herself never married nor had children, but this didn't stop her from lobbying those in power to set aside a day to honor mothers. In 1914, President Wilson made the second Sunday in May Mother's Day.

Meanwhile, in the U.K., a holiday honoring motherhood dates back to the 1600s, when the fourth Sunday of Lent was dedicated as Mothering Sunday. The tradition largely died out in the 19th century, but when American servicemen flooded Europe during World War II—bringing their American Mother's Day holiday with them—Mothering Sunday became popular once again.

Breathe into Balance



A frog garden ornament models one of the poses used for meditation.

Sometimes, contrary to our best interests, the mind has a mind of its own. It is constantly wandering off, distracted, fixated on things that don't calm or soothe us. But, like so many things—playing an instrument, passing a football, doing your taxes—a calm and clear mind is easier to achieve with practice. Just how does one train the mind to remain calm and focused? One way is meditation. As luck would have it, the month of May is Meditation Month.

For some, meditation is an important part of spirituality. A calm and open mind creates a space for divine influence, prayer, and worship. For others, meditation reduces stress, builds confidence, and even supports success of personal goals. Still others use meditation for pain relief. There are a variety of meditation techniques. One method is to

repeat a mantra or sound. Some chant the Sanskrit syllable *om*, while others choose to repeat another meaningful phrase. The goal is to be comfortable, focus on the sound, and shut off the intellectual side of the brain.

Other varieties, such as Zen Buddhist meditation, focus on the breath. Practitioners may practice in a seated position or lie flat on their backs, breathing deeply and focusing on individual body parts. Yoga blends breathing with stretching, gentle movement, and sometimes visualization. With “guided visualization,” participants concentrate on a peaceful environment, such as a grassy field or a waterfall.

These are just a few of the many forms of meditation. Luckily, there are 31 days in May to explore all the options.

More Than Margaritas

El Cinco de Mayo—Spanish for “The Fifth of May”—has become known as the day of Mexico’s independence. But it actually celebrates the Mexican army’s 1862 victory over the French at the Battle of Puebla, led by General Ignacio S. Zaragoza. In 1862, Mexico had just gained its independence from Spain. France seized this as an opportunity to expand its empire and launched an assault at Veracruz, a 600-mile march from Mexico City. An

underwhelming Mexican militia of 4,500 led by Zaragoza met the 8,000 well-armed French troops at Puebla. Though the French army was considered the greatest fighting force in the world, the Mexicans defeated them in this battle.

Six years later, France withdrew its claim on the country. It was this May 5th David-versus-Goliath moment that instilled a new sense of national pride in the young country of Mexico.



Papel picado, colorful cut-paper banners, are a hallmark of Mexican celebrations like Cinco de Mayo.

The Sock That Got Away



Unmatched socks pile up, just waiting for Lost Sock Memorial Day.

Do you have a spot for old, unmatched socks? Do you hold out hope of someday reuniting those single socks with their lost matches? Chances are you may never see those lost socks again, since many fall over the top of washing machine tubs and are sucked into the drain. So, on May 9—Lost Sock Memorial Day—take the time to say goodbye to those missing socks, wherever they may be.

Take this day to hunt for socks in drawers and under furniture and then match them up.

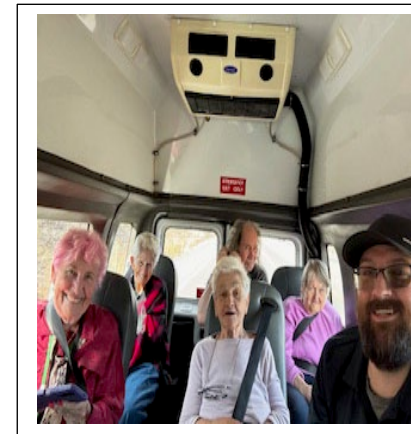
But perhaps the best way to celebrate this strange holiday is to take those unmatched socks out of the back of the drawer and wear them! This May 9, restore your mismatched socks to their former glory, and go unmatched for a day.

Cache Me If You Can

Geocaching is an activity that combines treasure hunting and technology. The very first geocache consisted of a five-gallon bucket filled with a map, two CD-ROMs, a cassette recorder, a VHS movie tape, a book, four \$1 bills, a slingshot handle, and a can of black-eyed peas. While this does not sound like a very glamorous treasure, it has gone down in history—amongst geocaching fans—as the “Original Stash.”

The bucket was partially buried in the ground by Dave Ulmer of Beavercreek, Oregon. He then posted its whereabouts on a website on May 3, 2000. He did not include a treasure map or directions; instead he listed the GPS coordinates of N 45° 17.460 W 122° 24.800. In this way, anyone with a handheld GPS device could find his stash. And geocaching was born.

This hobby is now practiced worldwide. Millions of caches are hidden all over the world, just waiting for someone to find them. All one needs is a GPS device and the cache’s coordinates. Typically, a geocache consists of a waterproof container—Tupperware, a plastic canister, a military ammunition box—concealed in some way and containing a logbook, pencil, and “treasures.” Once the cache is discovered, the finder logs their name in the logbook and is free to take whatever they wish from the cache. Often, the finder adds something new to the treasure. In this way, geocache hunters share and interact without ever meeting each other. Participants also record their experiences on the website where they first found the GPS coordinates, such as www.geocaching.com.



The O.C.B., or Original Can of Beans, is kept safe in this case by Geocaching Hall of Famers TEAM 360.

