May 2022

Golden Age Newsletter

1915 S. 18th St. Centerville, Iowa 52544 Phone # 641-856-2757

I would also like to announce that we have a new Medical Director. Dr. Joshwa Tromblee (not a typo) from Centerville Medical Clinic has accepted the position after the retirement of Dr. Nancy Barton. We thank Dr. Barton for the years she worked with us and look forward to working with Dr. Tromblee for many years to come.

We have had no new cases of COVID-19 in several weeks and pray that this continues. We continue to utilize CDC's infection control procedures to keep residents and staff safe and healthy.

May is the month where we hope for beautiful weather to arrive and stay. We will be working on landscaping around the facility. If anyone has ideas they would like to share, I would love to hear them. Please feel free to email me at boposnow@goldenagecarecenter.com.

We have some great activities planned for this month and hope family and friends will be able to come out and enjoy these with the residents.

"The world's favorite season is the spring. All things seem possible in May."

~ Edwin Way Teale

Becky Oposnow, Administrator

An Inventive Month

May is Inventors Month, a good time to consider where we would be without the ingenuity of inventors. Our everyday life is filled with innovative products. Thanks to internet connectivity, we can speak to smart assistants that both turn on our coffee makers and dial our loved ones for a video chat. In many ways, it seems as if the future is already here, but there are plenty more mindboggling innovations just over the horizon.

One of the hottest technological buzzwords of the moment is *metaverse*. What is the metaverse? It is an alternate online virtual world. Using elements of virtual reality and augmented reality, people will use digital avatars to "live" in an online environment where they can interact, communicate, work, and play. Imagine going on a virtual trip to a faraway country with some friends, or attending a virtual meeting in a digital boardroom with colleagues from all around the country. You can even visit digital clothing stores to buy expensive new clothes for your virtual self. These are just small examples of the burgeoning metaverse.

One arena of invention we often forget about is food. In a fast-growing world with limited food resources, finding new ways of feeding the population is necessary. It is becoming more common for food to be grown in a lab. Steaks have already been grown cell-by-cell. Scientists are also improving methods of replicating milk, ice cream, cheese, and eggs. With the dairy industry responsible for more carbon emissions than air travel and shipping combined, these innovations offer a green alternative.

Concrete is the second-most-consumed material on Earth after water. Scientists have invented a living concrete made of sand, gel, and bacteria. They envision an environmentally friendly concrete that can heal its own cracks, absorb dangerous toxins from the air, and glow on command. While your vision of the future might be filled with flying cars and vacations to outer space, a more accurate version might be one filled with lab-grown food, living buildings, and an expansive virtual world.

Follow the Clues

It is no mystery why mystery novels consistently top bestseller lists and why the genre reliably rakes in hundreds of millions of dollars each year. Curiosity, after all, is one of the most powerful attributes of the human psyche. A good mystery grabs onto our curiosity and doesn't let it go until the wrongs have been righted. Lose yourself in a good mystery during the month of May, which is Mystery Month.

The wonderful thing about a mystery is that it can take place in any setting. Sherlock Holmes chases Moriarty through the streets of London during the Victorian Era. Nancy Drew embodies the Depression Era mindset that all able-bodied people, no matter the age or the gender, have a chance to pitch in and solve problems. There are plenty of science-fiction mysteries that take place in worlds both dominated by new technology or decimated by it. However, at the crux of every mystery are two reliable and familiar tropes: the detective and the mystery itself. In many ways, our love of mysteries stems from our familiarity with the genre. No matter the setting, the stakes are always the same—our protagonist must decode the puzzle before it's too late.

This doesn't mean that every sleuth is working from a place of altruism. In fact, some of the genre's most beloved detectives are seriously flawed, which makes them feel reassuringly human. Sherlock Holmes often lacks empathy and is addicted to opium. Bob Arctor of Phillip K. Dick's novel *A Scanner Darkly* suffers from such severe mental illness that he must both solve the mystery and figure out who he is. Even Agatha Christie's beloved Miss Marple is a nosy gossip despised by friends and neighbors.

Despite their character flaws, these detectives still seek justice and truth. This is what makes even a flawed detective so heroic. We accompany them on a journey from fear and criminality to justice and reassurance. That might be the thing humans desire most of all—the unambiguous reassurance that a wrong has been righted.

Joyce Gladfelder
27th

Linda Sapp
30th

Our thoughts and prayers go out to the family and friends of Mandy Anderson

Meditate on This

Take a deep breath and relax. May is Meditation Month. Meditation might have gone mainstream thanks to popular practices like yoga and tai chi, but meditation is a practice that dates back many millennia.

While some archaeologists date meditation back to 5000 BC, and some anthropologists speculate that even our Neanderthal ancestors might have meditated, the earliest written records referencing meditation date to around 1500 BC in India. The Hindu tradition of Vedantism included the practice of *Dyana*, a pursuit of enlightenment that emphasized "the training of the mind." The word *meditation* comes from the Latin *meditatum*, meaning "to ponder." The notion that meditation is closely linked to the mind has persisted across various cultures for thousands of years.

Specifically, meditation is a technique used to calm and clear the mind. The Buddha, although he did not invent meditation, used it as a means to achieve enlightenment. Lao Tzu, the Chinese sage and author of the *Tao Te Ching*, wrote, "Be still. Stillness reveals the secrets of eternity." Meditation has long served as a valuable tool during humanity's relentless search for the meaning of life.

Today, modern science shows us that meditation benefits the body just as much as it benefits the mind. In 1967, Dr. Herbert Benson of Harvard's Medical School found that people who meditated used 17% less oxygen, lowered their heart rates, and increased brain waves that aided sleep. He called these effects "the relaxation response." Studies now confirm that meditation reduces anxiety, promotes emotional health, enhances self-awareness, improves sleep, controls pain, and can even make you more kind. Meditation isn't a miracle or magic. All it takes is deliberate practice. Dr. Benson might have put it best when he said, "All I've done is put a biological explanation on techniques that people have been utilizing for thousands of years."

Punny Business

The O. Henry Museum in Austin, Texas, holds one of the punniest events of the year on May 22. The O. Henry Pun-Off gathers 32 of the country's mightiest "punslingers" and challenges them to a competition sure to elicit plenty of good-hearted groans. The Pun-Off showcases two main events. The first is "Punniest of Show," where contestants deliver a 90-second pun-filled monologue that judges rate on a scale of 1–10. The showstopper comes in the afternoon with a no-holds-barred, one-on-one competition in which punslingers must barrage each other with puns. The slightest tongue-tied slip-up or strike (a failed pun attempt) leaves a punslinger disqualified.

Would O. Henry be proud of such a competition held in his name? O. Henry, born William Sydney Porter, was a prolific short story writer at the turn of the 20th century. He was known for his wit, humor, and love of language, and his stories often ended with a surprise twist. The fact that O. Henry has inspired such a competition might be the biggest twist ending of all.

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Postage Information

Motherhood: Priceless

How will you show Mom that you care on this Mother's Day, May 8? In its early days, Mother's Day was celebrated by attending church and sending mom a handwritten letter. Today, Mother's Day is a $28 billion industry. As well it should be! After all, if we were to pay Mom for the various tasks she performs, that salary would be over $116,000 a year. The least we can do is shower her with gifts! Mothers aren't the only ones who look forward to the holiday. It is the busiest day of the year for restaurants, with 80 million people dining out. Jewelry stores make out big, too. Shoppers spend $5 billion on new bling for Mom. When Mother's Day began in 1914, the floral industry declared that carnations were the best way to honor mothers: red carnations for moms still living, and white for those who had passed. Today, the tradition of gifting flowers lives on. Mother's Day is the number one day for floral sales, which total $2.66 billion.

May Birthdays

In astrology, those born May 1–20 are Bulls of Taurus. Like bulls in a pasture, Taureans enjoy relaxing in serene environments. They also work hard and expect a reward for their efforts. Those born from May 21–31 are Twins of Gemini. Perhaps because twins are born with a companion, Geminis love to communicate with others. They are flexible and clever extroverts who can make persuasive arguments.

Dwayne Johnson (actor) – May 2, 1972
Frankie Valli (singer) – May 3, 1934
Audrey Hepburn (actress) – May 4, 1929
Don Rickles (comedian) – May 8, 1926
Stevie Wonder (musician) – May 13, 1950
Janet Jackson (singer) – May 16, 1966
Malcolm X (activist) – May 19, 1925
Mr. T (actor) – May 21, 1952
Bob Dylan (musician) – May 24, 1941
Sally Ride (astronaut) – May 26, 1951
Betty Shabazz (activist) – May 28, 1934
Brooke Shields (model) – May 31, 1965