



# MainStreet Lodge

909 Main Street NE • Minneapolis, MN 55413 • (612) 362-2450  
www.catholiceldercare.org

## History of Memorial Day

Memorial Day, originally called Decoration Day, is a day of remembrance for those who died in our nation's service. It was officially proclaimed on May 5, 1868, by a general. It was first observed on May 30, 1868, when flowers were placed on the graves of Union and Confederate soldiers at Arlington National Cemetery.



## Flag Day History

A Wisconsin schoolteacher in 1885 was the first to suggest a celebration of the birth of our flag. Within a few years, another teacher had joined the cause and eventually their state boards of education joined in, followed by historical groups and several state governors.

In 1894, the American Flag Day Association was formed to promote the holiday. Finally, in 1916, after three decades of state and local celebrations, President Woodrow Wilson proclaimed Flag Day as an unofficial holiday. It wasn't until 1949 that President Harry Truman signed an Act of Congress that designated June 14 as National Flag Day.

## May/June 2012

### Happy Birthday!

On your special day, don't forget: The only difference between the possible and the impossible is attitude! Have a wonderful day, and an even better year. Happy birthday from the staff at MainStreet Lodge!

### Happy Birthday to ...

- |         |              |
|---------|--------------|
| May 8   | Bernice B    |
| May 15  | Mary Jane E. |
| May 18  | Clayton N.   |
| May 22  | Bernice D.   |
| June 12 | James S.     |
| June 18 | Emily B.     |



### Mission Statement

Catholic Eldercare provides the care, housing and services needed by older adults to continue living fully with dignity in an intentionally created caring community.

## Chair Yoga for Seniors Offers Many Benefits

What is Chair Yoga? It's a practice where your body is supported by sitting in a chair and from there you can develop breathing, poses and movement or stillness with meditation.

Some of the many benefits of Chair Yoga are:

- Increasing flexibility of the spine and muscle tone
- Developing a sense of calm or peacefulness
- Increased mobility of the joints
- Improved confidence in the ability of the body

Physical benefits include improved flexibility, balance, strength and posture. In addition, the body receives internal physical benefits of lowering blood pressure, boosting the immune system, aiding relaxation and improving focus.

Mental and emotional benefits include greater self-acceptance, self-control, mind-body connection, social skills and a positive outlook on life. Ultimately, one will gain and improve mood and ability to manage life's journey.

Lynn Penney has taught Chair Yoga at RiverVillage and MainStreet Lodge for the past six years. Lynn also teaches Traditional and Adaptive Yoga at Mind-Body Solutions in Minnetonka.

Ken Firnstahl has been writing most of his life and has received many awards for his poetry. Ken was born in Albany, MN, and moved to the Minneapolis area as a teenager. After high school, Ken joined the military and served in WWII. His duties involved tending to the wounded out in the battlefield. It was there that he began writing some of his greatest poetry about his wartime experiences.

After serving in WWII, Ken met and married the love of his life, Mary, and they began raising a family of five. Ken made a career in radio broadcasting as an advertising salesman, as well as a host of a 3 hour classical music program for the Minneapolis station KEVE.

When asked what inspires him to write, he said "I must capture in writing that which is in my heart."



Ken Firnstahl

## Poet's Heart

There breeds a soul within  
his heart,  
where sunrise lingers longer,  
the color deeper in  
summer sky,  
the music of birds while  
circling high.

Ask the sun, the stars,  
the moon,  
the lonely call of a  
distant loon,  
ask if you hear or  
sight enhance  
or pass the scene with  
careless glance?

The poet's prose paints  
words to lite,  
the starry night, the moon's  
soft glow,  
the rising sun, the  
chanting loon,  
the song of birds in  
joyful flight.

The melancholy of  
setting sun,  
the racing moon when  
day is done,  
the silence creeping  
to your door,  
the lapping sounds of  
waves on shore.

The poet's heart sails  
on a star,  
surveys the untold  
grief below,  
the tears that streak  
the fragile soul,  
of shattered dreams,  
lost love to die,  
like withered blossoms  
from the sky.

*Written by: Ken Firnstahl*

## Memory Loss Support Group

Teri Brustad from Catholic Eldercare has joined with the Alzheimer's Association to create a local memory loss support and education group. Sessions will be held the second Wednesday of every month at 2 p.m. at St. Hedwig Catholic Church, 129 29th Avenue NE, Minneapolis, MN 55418.

Please contact Teri Brustad at (612) 362-2463 for more information.



**Happy Mother's Day!**  
"A mother's love for her child is like nothing else in the world." —Agatha Christie

Mother's Day is set aside to honor and celebrate mothers, grandmothers and mothers-to-be. Shower the special women in your life with love, hugs and maybe a card or a beautiful bouquet! From all of us at MainStreet Lodge, we wish all the moms who call our community home a very happy Mother's Day!



Picnic @ Minnehaha Falls



Betty and her girls!



Dick Jonckowski  
"Voice of the Gophers"

Over 75 people at Catholic Eldercare had the pleasure to meet Dick Jonckowski, nicknamed the "Polish Eagle," on March 8, 2012. Dick has been the PA voice of the Gopher baseball and basketball since 1986 with his motto "Laugh and Live Longer."

## Beautiful Blooms

Enjoy the colorful flowers of May.



## Just for Dads

Happy Father's Day to all you dads out there! We appreciate all that you do!



Music soothes the soul!



Anne, Ann and Ginny

# Flower of [May]

**Botanical name** | Convallaria majalis

**Other names** | May Bells, Our Lady's Tears

**Description** | Small bell-like blooms on a short delicate stem

**Colors** | White, pink

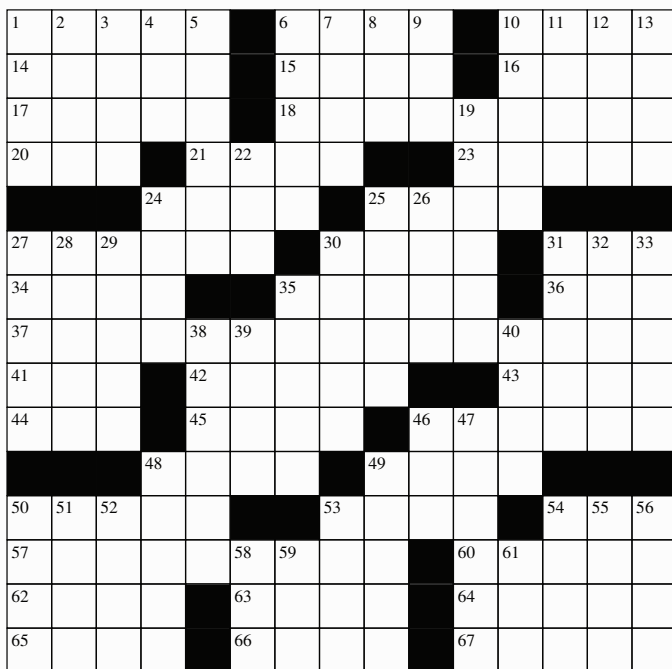
**Facts** | All parts of the plant are poisonous if ingested. This flower is popular for weddings because of its delicate and romantic shape.

# [Lily of the Valley]

**Meaning** | Sweetness, return of happiness



## Crossword Puzzle



### ACROSS

1. Beverage container
6. Room in Acapulco
10. Preposition
14. Electronic servant
15. Not up
16. Fruit holder
17. Sports \_\_\_
18. Awe
20. Still
21. Ring
23. Spinning
24. Pearl Buck heroine
25. Glove compartment items
27. Series of light, quick taps
30. Prefix for skilled or circle
31. Animal enclosure
34. He was: Lat.
35. Bitter
36. Excessively
37. "\_\_\_, all covered with..."
41. Never, in Nuremberg
42. Think the world of
43. Blue Bonnet, for one
44. "Certainly!"
45. Ending for love or for
46. Poplar trees
48. Song subject that "ain't what she used to be"
49. French dairy export
50. Traditional peasant's shoe
53. Orange-red jewelry
54. Tumor: suff.
57. Grover, for one

### DOWN

1. Hair color
2. Learning
3. Help a burglar
4. Family member
5. Metal fastener
6. Transparent covering
7. Early murder victim
8. Third biblical book: abbr.
9. Beverage
10. Declares formally
11. Utensil part
12. Formerly
13. Part of an apple
19. Section of a river
22. Kernel holder
24. Director Preminger
25. Late actress Oberon
26. Surrounded by
27. Showy flower
28. \_\_\_ Palmer
29. Late actress Sharon and others
30. Contempt
31. Shoplifted
32. Symbol

### ACROSS

33. Things that go up & down
35. Prefix for mentioned
38. Taste
39. Garlic's giveaway
40. Feel sorry for oneself
46. Departure's opp.
47. Moves in a stealthy way
48. Flick
49. Half of a German city?
50. Operation memento
51. Additionally
52. Risky transactions
53. Large knife
54. Neglect
55. Manufactured
56. Greek deity
58. Science student's milieu
59. Foamy liquid
61. Heavyweight

