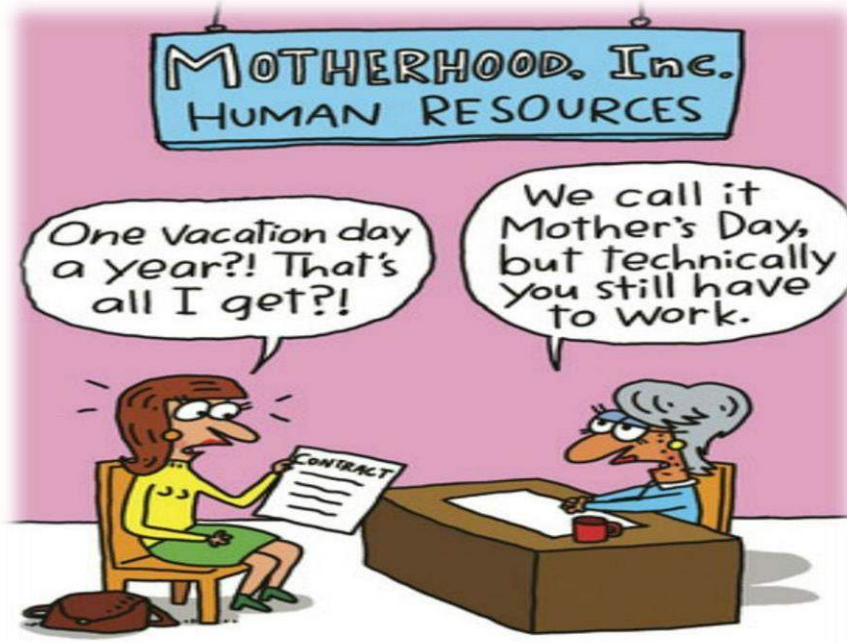
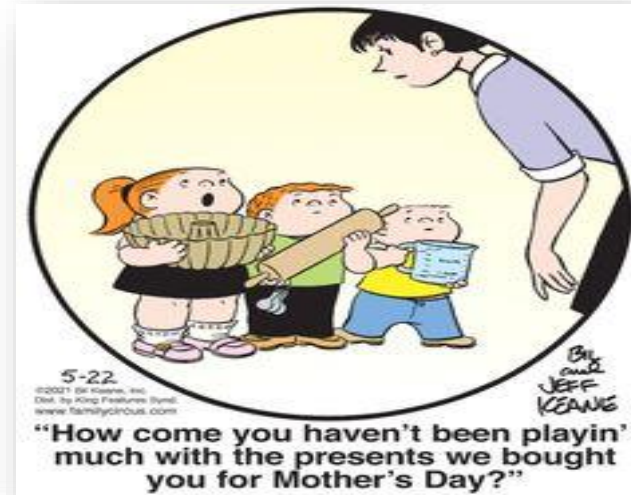
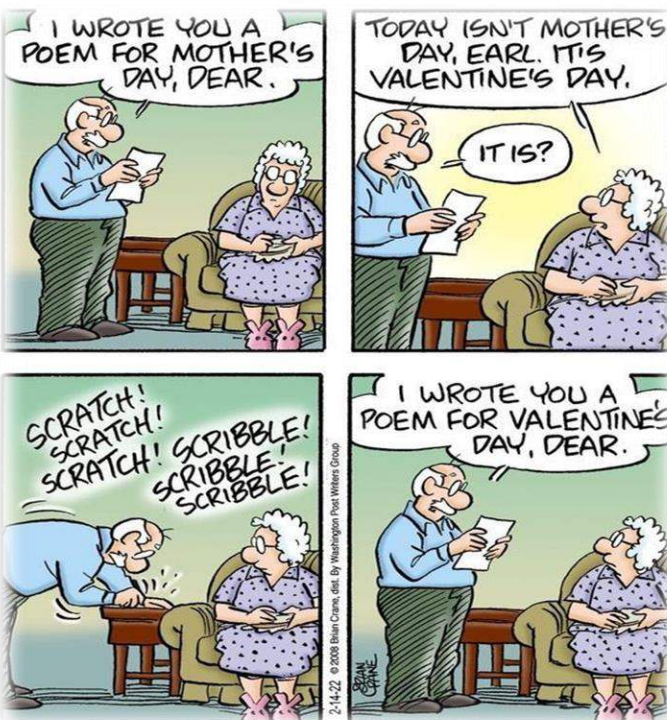
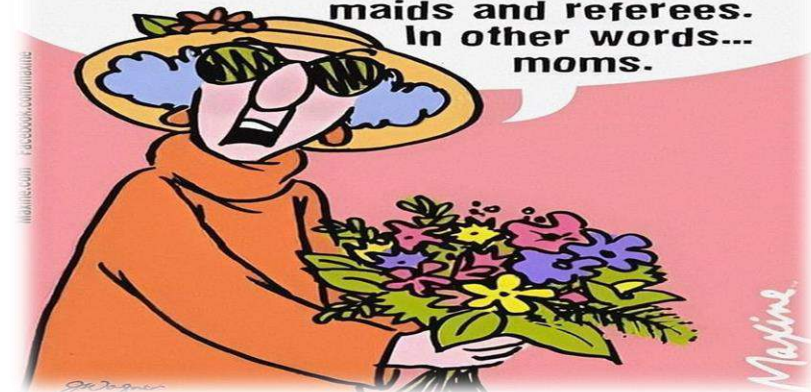


# What it means to be a Mom



Today we honor cooks, nurses, chauffeurs, counselors, teachers, maids and referees. In other words... moms.



# Words to remember

## A MOTHER'S DAY POEM FOR YOU

### Her Hands

By: Maggie Pittman ©2006

Her hands held me gently from the day I took my first breath.  
 Her hands helped to guide me as I took my first step.  
 Her hands held me close when the tears would start to fall.  
 Her hands were quick to show me that she would take care of it all.

Her hands were there to brush my hair, or straighten a wayward bow.  
 Her hands were often there to comfort the hurts that didn't always show.  
 Her hands helped hold the stars in place, and encouraged me to reach.  
 Her hands would clap and cheer and praise when I captured them at length.

Her hands would also push me, though not down or in harm's way.  
 Her hands would punctuate the words, just do what I say.  
 Her hands sometimes had to discipline, to help bend this young tree.  
 Her hands would shape and mold me into all she knew I could be.

Her hands are now twisting with age and years of work,  
 Her hand now needs my gentle touch to rub away the hurt.  
 Her hands are more beautiful than anything can be.  
 Her hands are the reason I am me.



# Potomac Place word find

## ♥ Mother's Day ♥

### WORD SEARCH

H	W	F	A	J	B	K	S	P	E	C	I	A	L	X
L	O	L	D	B	G	K	G	R	A	T	E	F	U	L
O	F	O	T	T	E	B	O	H	Y	E	F	J	W	F
V	Q	W	F	X	E	A	O	O	O	C	I	X	K	A
E	A	E	K	Y	D	G	U	U	M	L	C	R	C	M
Y	E	R	F	K	L	T	J	T	Q	O	I	F	I	I
G	D	S	A	J	I	E	C	C	I	U	T	D	K	L
U	J	F	T	W	H	S	H	E	X	F	E	H	A	Y
S	P	J	N	S	D	W	S	L	V	P	U	T	E	Y
V	F	C	T	Z	Q	K	X	E	O	A	M	L	X	R
J	V	Y	F	R	V	F	D	B	S	R	H	D	M	T
C	H	I	L	D	R	E	N	R	P	E	U	G	A	V
J	Y	C	A	R	I	N	G	A	U	N	G	D	L	E
T	P	M	K	T	E	H	M	T	Q	T	S	Q	M	G
G	F	T	P	X	P	K	R	E	F	P	E	B	T	T

BEAUTIFUL  
BOUQUET  
CARING  
CELEBRATE  
CHILDREN

FAMILY  
FLOWERS  
GRATEFUL  
HOLIDAY  
HUGS

KISSES  
LOVE  
MOTHER  
PARENT  
SPECIAL

WWW.PJSANDBOARD.COM

# Did you know?

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**"We never miss an opportunity to make your experience better"**



*Friends & Family*

*Mother's Day Brunch*

*May 11, 2025, 11:00*



### Birthday Blessings!

Judith Q. 05-18

Kay F. 05-18

Zena T. 05-14



**FREEDOM**  
is never more than one generation away from extinction. -RONALD REAGAN

(Cont. on pg 1)



### Notable Quotable

“The only achievement I am really proud of is the friends I have made in this community.”

~ Gary Cooper (born May 7, 1901), shown above in a 1940 publicity photo for *The Westerner*



## 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:

- Joseph Heller – May 1, 1923
- Pete Seeger – May 3, 1919
- Gary Cooper – May 7, 1901
- Melissa Gilbert – May 8, 1964
- 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
- Henry Kissinger – May 27, 1923
- Joe Namath – May 31, 1943

## Wonders of the Great Lakes (cont. from pg. 1)

peregrine falcon, the fastest animal on Earth, and the common loon, which uses the lakes for nesting and fishing. The Great Lakes serve as an essential hub, especially for species traveling from the Gulf of Mexico to breeding grounds in Canada.

The Great Lakes are not only a stunning natural resource but also a treasure trove of history and recreation. Their waters have witnessed countless historic

events, such as the sinking of the *Edmund Fitzgerald* in Lake Superior in 1975. Beyond their historical significance, the Great Lakes are a destination for outdoor recreation. Boating, fishing, kayaking, and hiking are just a few of the activities that draw millions of visitors each year. Whether you’re exploring the history beneath the surface or enjoying the natural beauty above, the Great Lakes remain an essential part of the American and Canadian landscape.

## Tapping Through Time

Put on your tap shoes and get ready to do the old-school Shim Sham Shimmy on May 25, Tap Dancing Day.

Centuries ago, cultures collided in the New World when two distinct dances became one: Irish and Scottish immigrants brought wooden-clogged step dances, and West African enslaved people brought stomping and slapping juba. Tap dancing emerged as a hybrid, as African

styles became more formal and were tapped with hard-soled shoes, and European dancing forms became more fluid, rhythmic, and dynamic.

In 1925, iron was introduced to the toes and heels of tap shoes, allowing dancers (and their audience) to more easily hear their rhythm. Now dancers could tap a *cappella*, clacking out their own beats without the traditional musical accompaniment.

# Potomac Place Tribune

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

Potomac Place | 2133 Montgomery Avenue,  
Woodbridge, VA 22193 |  
(703) 494-3817 | Tours and Move-ins Contact: Brie &  
Matilda



## 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. 8)



## 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



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

*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.



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

## The Sock That Got Away

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."

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](http://www.geocaching.com).

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.



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