



A Guide to an in-Home Gathering Place: May 24, 2020

Celebrating Memorial Day

Greetings Gathering Place Friends! CarePartners and our Gathering Places may be on hold through June 30th, but that doesn't mean you can't bring elements of the Gathering Place into your own home! This week, we are going to honor our service members with a Memorial Day Gathering! In this packet you will find everything you need to have a fun, joyful, and active Gathering Place in your own home.

We would love to hear back from you with pictures and stories of how you are enjoying your activities this week! If you have pictures or stories you are willing to share, please send them to KJordan@carepartnerstexas.org or call us at 713-682-5995. We miss you terribly and would love to hear from you!

So, enjoy the jokes! Play the games! Sing the songs! And, above all, have fun!

A Time to Reminisce

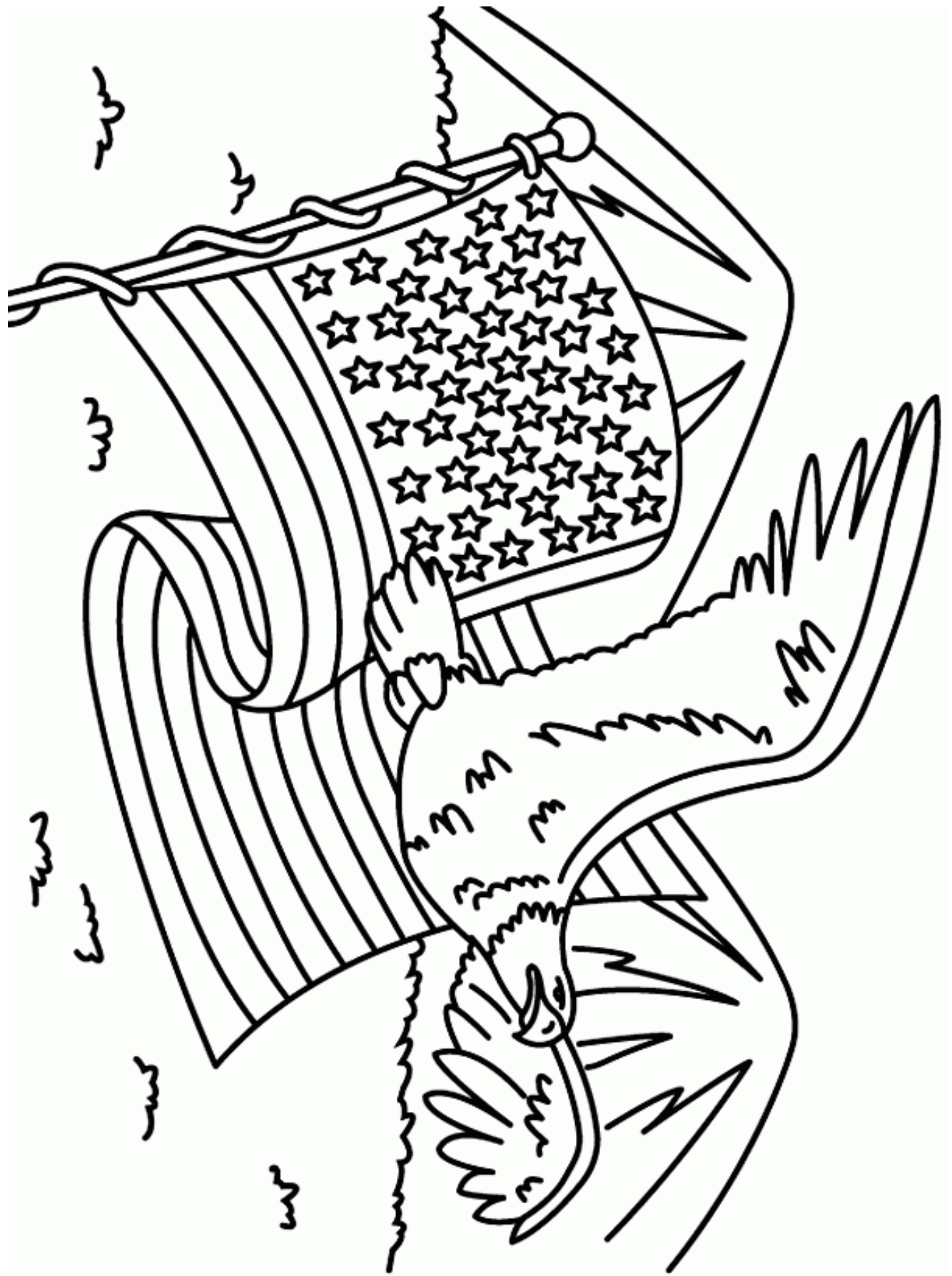
What Season unofficially begins With Memorial Day?

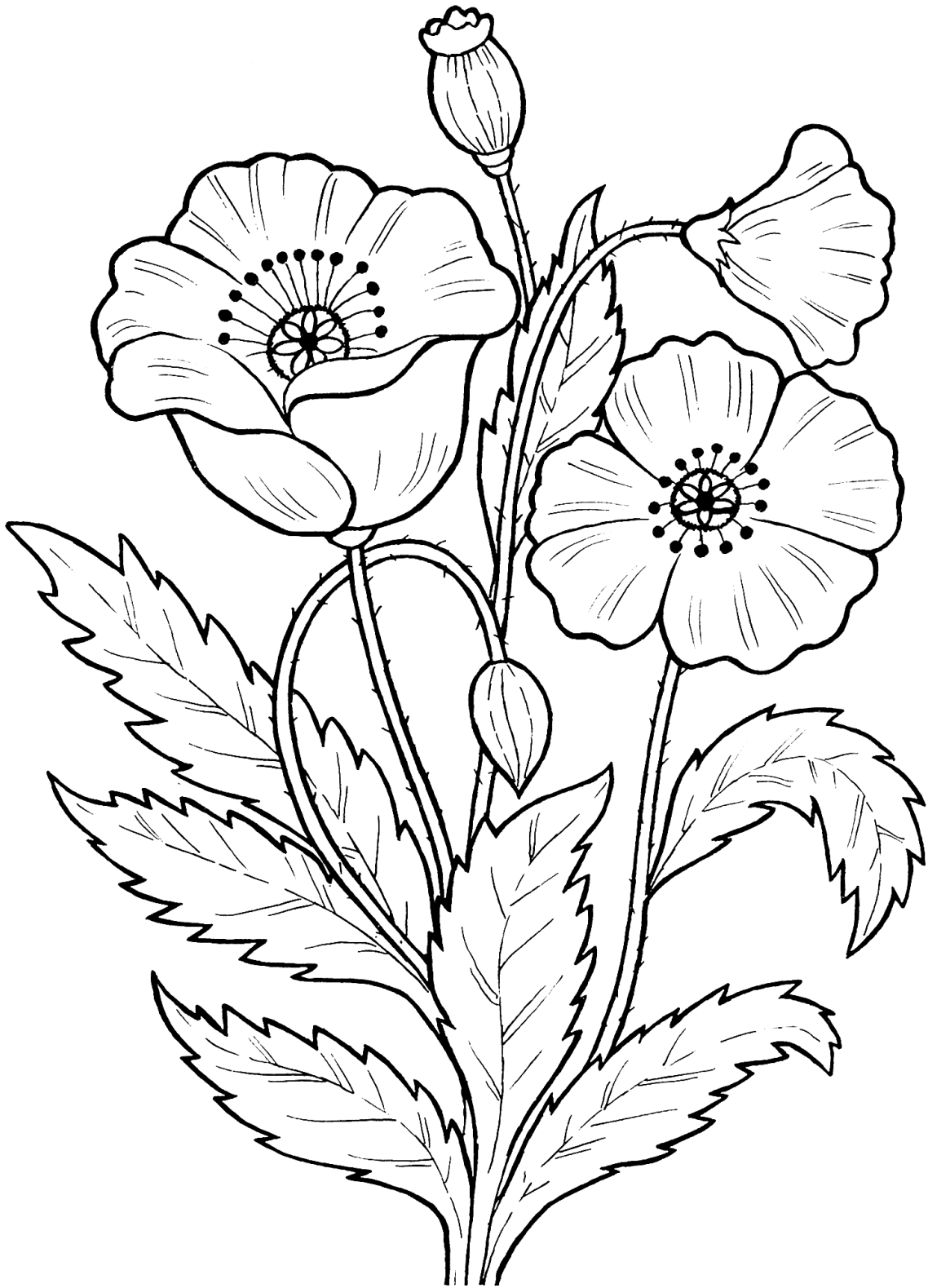
How do you like to celebrate Memorial Day?

Have you seen or participated in a Memorial Day parade, or fly-over?

Were you or someone you know in the military?







MEMORIAL DAY

word scramble

BREVA _____

REIDP _____

GLAF _____

ESCAPE _____

SETUAL _____

ROWLD _____

YUTD _____

DRSIOEL _____

TYBIREL _____

NOHRO _____

MAYR _____

FREIG _____

DAGUR _____

EPRADA _____

REYMOM _____

VIESL _____



Answers: 1. Brave, 2. Flag, 3. Salute, 4. duty, 5. Liberty, 6. Army, 7. guard, 8. Parade, 9. Memory, 10. Lives, 11. pride, 12. Peace, 13. World, 14. soldier, 15. Honor. 16. Grief.

Red, White and Blue Trivia

1. Which U.S. symbol, first made in 1751, and remade several times since, now sits near Independence Hall in Philadelphia?
2. What is the oldest U.S. military academy?
3. Name at least two nicknames for the U.S. flag.
4. What fictitious man has a beard and wears a red, white, and blue suit and hat?
5. Many students start off their school day by reciting which speech to the flag?
6. Which bugle call, written in 1862, is often played at military funerals?
7. What does the term G.I. stand for?
8. What is the name of the presidential airplane?
9. Which song is sung before most major league baseball games?
10. Name the three branches of government?
11. Name the different branches of the armed forces?
12. Whose faces appear on Mount Rushmore in South Dakota?

Answers: 1. Liberty Bell 2. West Point 3. Old Glory, Stars and Stripes, The Red White and Blue, The Star-Spangled Banner. 4. Uncle Sam 5. Pledge of Allegiance 6. Taps 7. Government Issue or General issue 8. Air Force One 9. The Star Spangled Banner 10. Executive, Judicial, Legislative 11. Air Force, Army, Coast Guard, Marine Corps, Navy 12. Abraham Lincoln, George Washington, Theodore Roosevelt, Thomas Jefferson

Game Time

Memorial Day Activities

Memorial Day is about more than barbecue and the unofficial start of summer. Beyond the sun and fun, the holiday carries a deeper significance: honoring the men and women who have passed while serving in the U.S. Military. Who better to help mark the occasion than beloved grandparents or older friends? Maybe they're a veteran, had friends who served, or simply wish to enjoy some quality family time. With a little advance planning and a quick consult with a healthcare provider, these five Memorial Day ideas can be adapted to suit the needs and comforts of practically anyone.

Flag-Raising and Moment of Remembrance

Seat your loved one front and center by making them Master of Ceremonies of two key Memorial Day rites: raising the flag and observing a Moment of Remembrance. Once you've roped the flag in the morning, invite your loved one to help raise it. Even if you don't have a flagpole, you can make your loved one a part of hanging the flag outside your home. It should fly at half-mast until noon and full mast from noon until sunset. At 3pm, gather everyone for the official Moment of Remembrance. Depending on their level of comfort with public speaking, Ask your loved ones to say a few words or simply initiate the moment of silence.

Town Parade

Since we can't all go to the parade this year, consider asking family and friends to participate in a car parade instead. Ask them to decorate their cars in Red, White, and Blue for the occasion. If your loved one is a veteran, consider posters and signs that thank them for their service. We may not be able to be together in person, but it would be a great way to bring a little joy.

Backyard Games

Horseshoes and bags/cornhole are classic backyard games that almost anyone can play regardless of mobility. All they require is some aim and an easy swing of the arm, so even people in wheelchairs can participate. For something a little more athletic, try badminton or croquet. If the weather isn't agreeable or your loved one has a chronic condition that makes prolonged sun exposure unsafe, puzzles and board games provide an indoor alternative that keeps our minds active.

Cherry Pie Contest

If you've got bakers in the family, invite them to whip up their best cherry pie ahead of your party. Barring any food allergies or restrictions, ask your loved one to serve as judge of the best pie. Outfit them with blindfolds and score cards to give the contest an air of formality, then give silly prizes to the winning chefs to carry on the fun.

Arts and Crafts

Greeting Cards for Veterans

Crafting can foster mindfulness and bolster cognitive ability. Cardmaking, in particular, is an activity that enables people to enjoy these benefits and show their appreciation for veterans and military personnel. All you need is construction paper, markers, glue sticks, and stickers.



Popsicle Stick Stars Door Hanger¹

- 15 Popsicle Sticks – These are really cheap at the dollar store
- Red, White, and Blue Paint – any acrylic paint will work
- Twine
- Hot Glue Gun and Glue – Or super glue – or other glue

The first step to make this patriotic door hanger is making the stars. You need 5 popsicle sticks for each star. Paint 5 sticks in each color (red, white and blue) and let them dry.

Using glue attach the 5 sticks together in a star shape by overlapping the ends with glue and making it into a star.

Attach the stars together with twine. My stars are about 4 inches apart. Make a loop of twine and attach it to the top star and you're done!

¹ <https://thekeedeal.com/popsicle-stick-stars-door-hanger/>

Red, White, and Blue Windsock²

[This craft is a bit more involved. Be sure to practice safety with your can and hot glue!]

What you need:

1. Large Can of Soup or veggies, emptied (any size will work)
2. Red, white and blue acrylic paint
3. Foam Brushes
4. Red, white and blue bandanas (You can get these at Walmart or the dollar store)
5. Kitchen sponge
6. 2 feet of Jute, ribbon, twine, yarn, whatever you have around the house
7. Mod Podge (you can use watered down glue)
8. Glue Gun
9. Scissors

Directions:

- To get started with this 4th of July craft, gather all of your supplies so they are easily accessible.
- Start by opening both sides of your large can and cleaning it out well. Make sure to dry it completely before starting your craft.
- Once your can is dry, paint most of it blue, and the top strip red (see image to the right). It may take a few coats to cover completely.
- Use a pair of scissors to cut a kitchen sponge in the shape of a star. Draw the star on first so that you can judge size and shape.
- Dip your sponge into the white paint and press lightly onto the can. [The original directions add glitter at this step. Glitter can be tough to control, but if you like the idea, go for it! Sprinkle the glitter onto the wet, white paint.
- Once the white paint on your can is completely dry, dip sponge brush into Mod Podge and cover entire can.
- Allow to completely dry and add the jute for the hanger using a drop of hot glue.
- Next, cut your bandanas into one-inch strips. It took us about 4 strips of each color to go all the way around the rim of the can
- Using the glue gun, place a drop of glue on the bottom inside of the can. Place one of the red bandana strips onto the glue. Keep repeating steps alternating the Red, White, Blue color pattern until full. [You can partially overlap the strips to make sure you cover the gaps.]
- And you're done!



² <https://mommymadethat.com/diy-4th-of-july-windsock-craft/>

Music

Music is a great way to engage different areas of your brain. There are some lyrics to songs below, but if you don't know the tune, you can play your favorite songs on YouTube and search for the lyrics online.

Pro Tip: You can put rice, beans, or something similar inside several of those plastic Easter eggs or an empty water bottle, seal them with some tape, and use them as noise makers for while you are singing!

God Bless the U.S.A.

By: Lee Greenwood

If tomorrow all my things were gone
I'd work for all my life.
And I had had to start again,
With just my children and my wife.
And I'd think my lucky stars to be livin' here today,
Cause the flag still stand for freedom and they can't take that away

[Chorus]

And I'm proud to be an American
Where at least I know I'm free
And I won't forget the ones who died who gave that right to me
And I'll gladly stand up next to you and defend her still today
Cause there ain't no doubt I love this land, God Bless the USA.

From the lakes of Minnesota, to the hills of Tennessee,
Across the plains of Texas, from sea to shining sea.
From Detroit down to Houston and New York to LA,
Well there's pride in every American heart and it's time we stand and say

[Chorus]

'Cause there ain't no doubt I love this land
God bless the USA!

America the Beautiful

O beautiful for spacious skies
For amber waves of grain
For purple mountain majesties
Above thy fruited plain

America, America
God shed his grace on thee
And crown thy good with brotherhood
From sea to shining sea

O beautiful for pilgrim feet
Whose stern, impassioned stress
A thoroughfare for freedom beat
Across the wilderness

America, America
God mend thine every flaw
Confirm thy soul in self control
Thy liberty in law

O beautiful for heroes proved
In liberating strife
Who more than self their country loved
And mercy more than life

America, America
May God thy gold refine
Till all success be nobleness
And every gain divine

O beautiful for patriot dream
That sees beyond the years
Thine alabaster cities gleam
Undimmed by human tears

America, America
God shed his grace on thee
And crown thy good with brotherhood
From sea to shining sea

O beautiful for spacious skies
For amber waves of grain
For purple mountain majesties
Above thy fruited plain

America, America
God shed his grace on thee
And crown thy good with brotherhood
From sea to shining sea

The Star Spangled Banner

Oh, say can you see by the dawn's early light
What so proudly we hailed at the twilight's last gleaming?
Whose broad stripes and bright stars through the perilous fight,
O'er the ramparts we watched were so gallantly streaming?
And the rocket's red glare, the bombs bursting in air,

Gave proof through the night that our flag was still there.
Oh, say does that star-spangled banner yet wave
O'er the land of the free and the home of the brave?
On the shore, dimly seen through the mists of the deep,
Where the foe's haughty host in dread silence reposes,
What is that which the breeze, o'er the towering steep,
As it fitfully blows, half conceals, half discloses?
Now it catches the gleam of the morning's first beam,
In full glory reflected now shines in the stream:
'Tis the star-spangled banner! Oh long may it wave
O'er the land of the free and the home of the brave!
And where is that band who so vauntingly swore
That the havoc of war and the battle's confusion,
A home and a country should leave us no more!
Their blood has washed out their foul footsteps' pollution.
No refuge could save the hireling and slave
From the terror of flight, or the gloom of the grave:
And the star-spangled banner in triumph doth wave
O'er the land of the free and the home of the brave!
Oh! thus be it ever, when freemen shall stand
Between their loved home and the war's desolation!
Blest with victory and peace, may the heav'n rescued land
Praise the Power that hath made and preserved us a nation.
Then conquer we must, when our cause it is just,
And this be our motto: "In God is our trust."
And the star-spangled banner in triumph shall wave
O'er the land of the free and the home of the brave!
Songwriters: David L Brunner, Francis Scott Key

Exercise

Exercise: Laughter Yoga Health Craze Sweeping the World

Have you heard about Laughter Yoga? Laughter Yoga is not a comedy. It is an exercise program for Health and Wellbeing. The yoga part of Laughter is the combination of Laughter Exercises with yoga breathing techniques (Pranayama). Laughter Yoga is both preventive and therapeutic. It is like an aerobic exercise and best cardio workout. It is like a breathing exercise for those suffering from bronchitis and asthma. Laughter Yoga releases endorphins which are natural pain killers, that can help those suffering from arthritis, spondylitis, chronic migraine headaches, chronic pains, fibromyalgia, autoimmune and chronic inflammatory diseases. It unwinds the negative effects of stress and strengthens your immune system.³

Practicing Laughter Yoga on Your Own (3 Options)⁴

Warm up by clapping your hands. Most laughter yoga sessions begin with warm-up exercises that involve clapping and synchronizing your movements. Begin by clapping with your hands parallel to each other, which will stimulate the acupressure points on your hands and increase your energy level.

- Continue to clap with a 1-2-3 rhythm, moving your hands up and down and swinging them from side to side as you clap.
- You can then try your first chant, in rhythm with your hands. Say “ho ho, ha-ha-ha”, breathing from your belly with deep inhales and exhalations.
- You can continue clapping and chanting as you move around the room in a circle or from side to side. Make sure you are breathing from your diaphragm with deep inhales and exhales as you clap and chant.
- Do lion laughter exercise. Another warmup you can try is lion laughter, which is derived from the Lion Posture. Stick your tongue out fully and keep your mouth open. Stretch your hands out like the paws of a lion and roar, then laugh from your belly. You should feel a nice stretch in your facial muscles, your tongue and your throat. It will also help you to loosen up and play around.

Practice deep breathing exercises with laughter. Another key element of laughter yoga is stimulating deep breathing to help you release big belly laughs. You should practice deep breathing throughout your entire laughter yoga session to allow you to access deep laughs.

- Activate your breath in your diaphragm, which is located just below your ribs. Place your hands on your diaphragm and focus on taking full inhales and exhales through your nose, expanding and contracting your diaphragm.
- Inhale deeply for the count of four and then exhale through your nose to the count of four. As you exhale, release one to two big belly laughs. Continue to do this, deepen your breath equally on your inhales and your exhales with an even breath cycle, with laughter at the end of every exhale.

Do playful exercises. Loosen up by trying playful exercises to encourage laughter and joy. The idea is to motivate yourself to laugh for no reason other than out of joy and fun.

³ <https://laughteryoga.org/>

⁴ <https://www.wikihow.com/Do-Laughter-Yoga>

- Sing a playful song that goes “Every little cell in my body is happy/ Every little cell in my body is well/ Feel so good ... feels so swell”. As you do this, tap your head, shoulders, knees, and toes. You can also add a deep laugh after you sing each line.
- Try the electric shock laughter exercise by pretending every surface and object you touch gives you a shock of static electricity, from touching a wall to touching a part of your body. Jump back every time you touch something, smiling and laughing as you do this.
- Chant “Very good” and “Yay” after every exercise to cultivate playfulness and joy. You can also swing your arms in a V shape as you say these chants.

Devotion

A Meditation / A Prayer / A Thought

Meditation

Close your eyes and picture God being there with you and your loved one.

See the look of love on God’s face.

Let yourself feel the love God has for you and your loved one.

A Prayer

Joy-filled Presence,

there are many days

when the last thing I want to do

is smile or have a good laugh.

This caring for my loved one

is tough.

It takes its toll on the human spirit.

Help me to find moments

in the day

when I can smile.

Help my loved one and me

to laugh together,

to find the little joys of life

that sustain and uplift us.

Remind us often

that we are not alone.

A Thought

I’ll let my eyes smile even if my face can’t.

I’ll listen closely to see if there are a few things

we can enjoy together

even if it is a difficult day.

I’ll try not to feel guilty if I laugh with others.

And I will remember that you are with each of us, God.

Source: May I Walk You Home? By Joyce Hutchison and Joyce Rupp

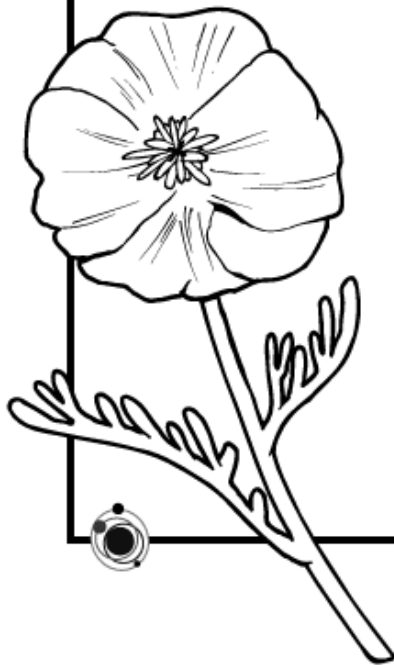
In Flanders' Fields

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders' fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, tho poppies grow
In Flanders' fields.

Liet. -Col. John McCrae



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Written by Canadian doctor John McCrae, "In Flanders Fields" may well be the most famous poem to have come out of World War I. But it almost didn't make it into print.

McCrae was no stranger to the battlefield, having served in the South African War before he was called upon to serve in World War I. Yet seventeen days of brutal fighting in the Ypres Salient took their toll ... particularly when McCrae saw his friend and former student Lt. Alexis Helmer killed by an exploding shell.

In lieu of a chaplain, McCrae himself performed Helmer's funeral service. Then, the weary doctor sat down to vent his frustrations with pen and paper. The end result? "In Flanders Fields." McCrae had spent less than half an hour scribbling out the now-famous words and deemed them an insufficient expression of battlefield sentiment. He ultimately tossed the work aside as rubbish. Another officer, however, stumbled upon the poem, believed it worthy of publication, and mailed copies off to various British newspapers.

On December 8, 1915, London's Punch chose to publish it. From there, the poem that almost didn't make it into print made its way around the world and into the hearts of millions.

Recipes

Cherry Pie⁵

By Beth Campbell

- Ingredients
- 2 cups all-purpose flour
- 1 cup shortening, chilled
- ½ cup cold water
- 1 pinch salt
- 2 cups pitted sour cherries
- 1 ¼ cups white sugar
- 10 teaspoons cornstarch
- 1 tablespoon butter
- ¼ teaspoon almond extract

Directions

Step 1: Cut the shortening into the flour and salt with the whisking blades of a stand mixer until the crumbs are pea-sized. Mix in cold water by hand just until the dough holds together. Divide the dough in half and form it into two disks. Wrap in plastic and refrigerate until chilled through, 30 minutes to 1 hour.

Step 2: Roll out one disk of dough into a 11-inch circle. Line a 9-inch pie pan with pastry. Refrigerate until needed. Roll out the dough for the top crust, transfer it to a plate or baking sheet, and refrigerate.

Step 3: Preheat the oven to 375 degrees F (190 degrees C). Place a baking tray in the oven to preheat.

⁵ <https://www.allrecipes.com/recipe/12701/cherry-pie-iii/?internalSource=hub%20recipe&referringContentType=Search>

Step 4: Place the cherries, sugar, and cornstarch in a medium-sized non-aluminum saucepan. Allow the mixture to stand for 10 minutes, or until the sugar draws out the cherries' juices. Bring to a boil over medium heat, stirring constantly. Lower the heat; simmer for 1 minute, or until the juices thicken and become translucent. Remove pan from heat, and stir in butter and almond extract. Allow the filling to cool to lukewarm. Pour the filling into the pie shell. Cover with top crust, crimp the edges to seal, and cut vents for steam.

Step 5: Bake in a preheated 375 degree F (190 degree C) oven on the baking tray for 45 to 55 minutes, or until the crust is golden brown. Allow to cool for several hours before slicing.

Tip: You can always use a premade crust instead of making one yourself.

Zesty Slow Cooker Chicken Barbecue⁶

Use your slow cooker to prepare this great twist on basic barbecue chicken. Throw the chicken breasts in frozen and serve with baked potatoes.

By Zanne

Ingredients

- 6 frozen skinless, boneless chicken breast halves
- 1 (12 ounce) bottle barbeque sauce
- ½ cup Italian salad dressing
- ¼ cup brown sugar
- 2 tablespoons Worcestershire sauce

Directions

Step 1: Place chicken in a slow cooker. In a bowl, mix the barbecue sauce, Italian salad dressing, brown sugar, and Worcestershire sauce. Pour over the chicken.

Step 2: Cover and cook 3 to 4 hours on High or 6 to 8 hours on Low.

BONUS

Memorial Day: A History

Memorial Day, originally called Decoration Day, is a day of remembrance for those who have died in our nation's service. In 1865, Henry C. Welles, a druggist in the village of Waterloo, NY, mentioned at a social gathering that honor should be shown to the patriotic dead of the Civil War by decorating their graves. In the spring of 1866, he again mentioned this subject to General John B. Murray, Seneca County Clerk. General Murray embraced the idea, and a committee was organized to plan a day devoted to honoring the dead. Wreaths, crosses, and bouquets were made for each veteran's grave. The village was decorated with flags at half-mast and draped with evergreen boughs and black mourning streamers. On May 5, 1866, civic societies joined the procession to the three cemeteries and were led by veterans marching to martial music. At each cemetery, there were impressive and lengthy services including

⁶ <https://www.allrecipes.com/recipe/65896/zesty-slow-cooker-chicken-barbecue/?internalSource=hub%20recipe&referringContentType=Search>

speeches by General Murray and a local clergyman. The ceremonies were repeated the following year on May 5, 1867.

Memorial Day was officially proclaimed on May 5, 1868 by General John Logan, national commander of the Grand Army of the Republic, and was first observed on May 30, 1868, when flowers were placed on the graves of Union and Confederate soldiers at Arlington National Cemetery.

Since the late 1950's on the Thursday before Memorial Day, approximately 1,200 soldiers of the 3rd U.S. Infantry place small American flags at each of the more than 260,000 gravestones at Arlington National Cemetery.

Southern states did not acknowledge the day, honoring their dead on separate days until after WWI when the holiday was changed from honoring just those who died fighting in the Civil War, to honoring Americans who died fighting in any war. It is now celebrated in almost every state on the last Monday in May - passed by Congress in 1968 to ensure a three-day weekend for federal holidays.

Many Americans have forgotten the meaning and traditions of Memorial Day. *The National Moment of Remembrance was passed in December 2000 which asks that at 3:00 p.m. (local time) all Americans voluntarily and in their own way, take a moment of remembrance and respect, pausing from whatever they are doing for a moment of silence.*

The Red Poppy Tradition: Long before the Great War, the red poppy had become a symbol of death, renewal, and life. The seeds of the flower can remain dormant in the earth for years, but it will blossom spectacularly when the soil is churned. Beginning in 1914, the fields of Northern France and Flanders became the scene of war time disturbances and red poppies soon appeared. In 1915, a physician by the name of Lt. Col. John McCrae took in the view of the poppy strewn fields and in respect for the sacrifice made by his patients and comrades, he penned what would become the most famous single poem of the First World War, In Flanders Field. Upon his own death in 1918 from pneumonia and meningitis, he was buried in a military cemetery on the English Channel. The red poppy was adopted by the British and Canadian Legions as the symbol or remembrance of World War One and a means of raising funds for disabled veterans. An American war volunteer, Molina Michael, helped establish the symbol in the United States and conceived of wearing red poppies on Memorial Day in honor of those who died serving their nation. Shortly before Memorial Day in 1922, the VFW became the first veteran's organization to sell small artificial red poppies outside of retail locations so buyers could wear them on shirt pockets and lapels.