

# LECOB Living

Volume 2, Issue 5

May, 2022

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## Who Invented Mother's Day?

Anna Jarvis originated the idea for Mother's Day.

The official holiday came in the 1900s as a result of the efforts of Anna Jarvis, daughter of Ann Reeves Jarvis following her mother's 1905 death. Anna conceived of Mother's Day as a way of honoring her mother, who'd organized women's groups to promote friendship and women's health. And also to honor the sacrifices all mothers made for their children.



Anna Jarvis

Anna wanted to make Mother's Day a National holiday and started a campaign to do this, and it became a National holiday in 1914. She later established The Mother's Day International Association. By 1920 Anna became outraged at how commercial it had become and even tried to rescind Mother's Day. Anna didn't want the holiday to be commercialized, just a personal celebration paying tribute to Moms. Today, Mother's Day is celebrated around the world.



Our Annual **Mother's Day celebration** will be held at Theodore Roosevelt park in Oyster Bay. Come join us for fun, games, music and food. The menu includes: chicken salad with cranberries & walnuts on brioche roll, veggie pasta salad, and juice. Coffee and dessert will also be available, with a special appearance by the Ice-cream man. Reservations required: Call the program office, 516-922-1770.

**Mother's Day Picnic**-Wednesday, May 4th at 10:30 AM

### Center Staff

#### Executive Director

Judy Palumbo

#### Programs

Mary Frignani

Nancy Farinaccio

#### Social Worker

Beth Spickler Lerman

#### Kitchen Staff

Anthony Moschella

Dannette Willis

#### Administration

Jill Mason

Ann Glynn

#### Day Break Program

Bridget DeSimone

# Director's Corner

In this spring issue, we honor the many beautiful mothers past and present who have come to the Center and have considered it home over the last 45 years.

Happy Mother's Day to the hundreds of Moms who've come through our doors and have made The Life Enrichment Center such a wonderful organization. Let's take a photographic journey of Mother's day celebrations at the Center ranging from luncheons, to fashion shows to picnics.

Please join us for this year's celebration on May 4th at Theodore Roosevelt Park as we create new memories for years to come. **"Motherhood: all love begins and ends there."**

- Robert Browning

Fondly, *Judy*

## *Through the years...*



## My Mother Always Said...



**In honor of Mother's Day, members submitted a memorable quote from their mothers.** Some may sound very familiar.

**You can share your mother's quote** on our Facebook page:

<https://www.facebook.com/lifeenrichmentcenteroysterbay>

Connie Ruggiero	"Everyone is different, that's what makes the world go round."
Donna Mastrocco	"Treat people the way you want to be treated."
Terry Conrad	"Kindness and goodness always wins. Love God with all your heart always."
Ann P Phillips	"Love many, trust few and always paddle your own canoe."
Theresa Truglio	"Be careful, have fun, enjoy."
Marie Ketcham	"This too shall pass!"
John Kelly	"The apple doesn't fall far from the tree."
Jud Judson	"William! Don't be vulgar"
Marion Baker	"Look after the pennies and the pounds will look after you."
Jenny Accardo	"Always Tomorrow love Mom always."
Pat Scavuzzo	"Eat your food, there are people starving in Europe."
Kathy Gibson	"You'll never know what its like to be a mother until you are one."
Martha Evans	"Are you crazy?!"
Kathleen Sullivan	"Isn't this so quaint?"
Peggy Bundas	"Is your homework done?"
Cathy Baumgarten	"Clean your plate, there are starving children in China."
Audrey Cupolo	"If you can't say something nice about someone, don't say anything."
Catherine Cellucci	"Children should be seen and not heard."
Ellie Cronin	"We don't have a lot of money, but we have a lot of love."
Elizabeth MacDonald	"You made your bed, now sleep in it!"
Linda Modifica	"Powder and paint make you what you ain't."
Kay Weymouth	"Save yourself for your husband."
Margaret Beatty	"I want to see the flowers on the plate."
Enith's Grandmother	"God will take care of you."
Pamela Crane	"I will always be your mother, and I love you very much. And I raised you well."
Tom Power	"Mother's are very nice people."



## Special Programs

### Stepping On Program Building Confidence and Reducing Falls

This program began in April and continues through May. Topics include: Exercises & Moving Safely, Advanced Exercises & Home Hazards, Vision & Falls, Medication Management, and Safe Mobility Techniques.

Monday 5/2, 5/9, 5/16, & 5/23 from 1-3pm. Class size is limited. Register in the Program Office, 922-1770

Continues - Monday, May 2nd at 1:00 PM

### Fighting Climate Change with Offshore Wind

Long Island communities are on the front lines of climate change. Come learn about how Long Island is fighting climate change locally and find out more the proposed offshore wind projects that will be bringing renewable energy to over 2 million homes. Join Citizens Campaign for the Environment for this exciting presentation, followed by an opportunity for Q & A.

Tuesday, May 24<sup>th</sup> at 11:15 AM

### Homemade Mozzarella Class

Mozzarella making with Chef Anthony. Join the fun for this Homemade Mozzarella Class. Enjoy fresh made mozzarella prepared in front of you.

Create your own to take home.

RSVP: beth@lecob.org or call 516-922-1770 EXT. 305

Saturday, May 14th at 1:00 PM

### Memorial Day Bake Sale

Come and get your homemade cookies and treats for the Memorial Day weekend, Thur. & Fri. Memorial Day Remembrance luncheon at 11:15 on Friday. Come join us to honor our fallen Veterans.

Thursday & Friday, May 26 & 27, 10:30-3:30



## May Birthdays



Eileen Keating	May 01	Helen Pittas	May 13	Linda Pons	May 22
Barbara Cheslock	May 03	Florence Fisher	May 13	Rita Nuara	May 22
William Barash	May 03	Inge Paolillo	May 14	Louise Capobianco	May 23
Maria Altamuro	May 05	Jane Baer	May 14	Robert King	May 24
Joan Keenan	May 06	Kathy Gladd	May 14	Mary Pisacano	May 24
Barbara Winter	May 06	Kalla Pramela	May 14	John Kelly	May 25
Susan Piccolo	May 07	Lucia Marino	May 15	Judith Noto	May 25
Diane Scalchunes	May 07	Judy Jenkins	May 16	Miriam Pepe	May 25
Colleen LeGuelaff	May 07	Adele Spickler	May 16	Debra Jan	May 25
Eleanor Sims	May 07	Mary Keegan	May 16	Catherine Boccio	May 26
Michelina Hawxhurst	May 08	Stanley Polansky	May 17	Georgia Polis	May 26
Angelina Pilla	May 08	Sylvester Durrant	May 18	Margaret Devine	May 26
Violet Schirone	May 08	Virgina Sonneborn	May 18	Susan Warren	May 26
Rachele Mercadante	May 08	Lorna Hylton	May 18	Geraldine Lynett	May 26
Nancy Schmidt	May 08	Patrick Costello	May 18	Eugene Bagan	May 26
Mary McDougall	May 08	Celia Ipiotis	May 18	Thomas Poole	May 27
Mary LaBella	May 09	Anna Watanabe	May 18	Diane Vitolo	May 27
Michele Ventresca	May 09	Mary Ellen McKie	May 19	Harvey Brittman	May 28
Dawn Cole	May 10	Mark Virgilio	May 19	Lucy Bruckner	May 28
Connie Ruggiero	May 10	Kathy Carney	May 19	Maria Edell	May 28
Nancy DeMontreux	May 10	Ann Glynn	May 19	Eleanor Cronin	May 29
Louise LaGatta	May 10	Nancy Burgie	May 20	Marjorie Ruzicka	May 29
Daniel Walker	May 10	Ellen Moran	May 21	Lori Enright	May 29
Dennis Normoyle	May 10	Nancy DiBeneditto	May 21	Nancy Haines	May 30
Stacie Valentine	May 11	Rose Ann Diepering Moore	May 22	Kathy Wilson	May 30
Stephen Ceccarelli	May 12	Edith Drucker	May 22	James Murphy	May 31
James Friel	May 12	Charles Hess	May 22	Judy Bauer	May 31
		Pamela Rowley	May 22	Petronila Vasquez	May 31

### May 2022 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Penne Ala Vodka, Italian blend veggies, juice, and garlic bread</p> <p>or Tuna on wheat</p>	<p>3</p> <p>Turkey meatloaf w/ gravy, mashed potatoes, spinach, and biscuit</p> <p>or Egg Salad on wheat</p>	<p>4 <u>Mother's Day Picnic at Roosevelt Park</u></p> <p>Chicken Salad with cranberries &amp; walnuts on brioche roll, veggie pasta salad, and juice</p> <p>No Grab &amp; Go today</p>	<p>5 <u>Cinco de Mayo</u></p> <p>Carnitas Taco (Pork) w/lettuce, tomato, cheddar &amp; salsa on flour tortilla, rice &amp; black beans, roasted zucchini, and juice</p> <p>No Cold Lunch today</p>	<p>6</p> <p>Potato Crusted Cod w/tartar sauce, baked French fries, string beans, and wheat bread</p> <p>or Turkey on wheat</p>
<p>9</p> <p>Stuffed Pasta Shells with Pomodoro sauce, Italian blend veggies, juice, and Italian bread</p> <p>or Tuna on wheat</p>	<p>10</p> <p>Grilled Chicken over Caesar salad, chic pea salad, juice, and garlic bread</p> <p>No Cold Lunch today</p>	<p>11</p> <p>Grilled Cheese sandwich on wheat bread, Tomato soup, and juice</p> <p>No Cold Lunch today</p>	<p>12</p> <p>Turkey Chili with beans, brown rice, mixed veggies, juice, and crackers</p> <p>or Tuna on wheat</p>	<p>13</p> <p>Personal Pizza, Minestrone soup, and juice</p> <p>or Turkey on wheat</p>
<p>16</p> <p>Spaghetti &amp; Meatballs w/Pomodoro sauce, tossed salad, juice, and garlic bread</p> <p>or Tuna on wheat</p>	<p>17</p> <p>Chicken Cutlet w/ fruit chutney, macaroni and cheese, carrots, and wheat bread</p> <p>or Egg Salad on wheat</p>	<p>18 <u>Birthday Day</u></p> <p>Beef Stroganoff over egg noodles, broccoli, juice, and roll, and cake</p> <p>No Cold Lunch today</p>	<p>19</p> <p>Pork Chop w/apple sauce, wild rice blend, carrots, juice, and wheat bread</p> <p>or Tuna on wheat</p>	<p>20</p> <p>Beer Battered Fish w/tartar sauce, sweet potato fries, coleslaw, and biscuit</p> <p>or Egg salad on wheat</p>
<p>23</p> <p>Cheese Ravioli w/ Pomodoro sauce, tossed salad w/chic peas, juice, and garlic bread</p> <p>or Tuna on wheat</p>	<p>24</p> <p>Herb Roasted Chicken, mashed potatoes, spinach, and biscuit</p> <p>or Egg Salad on wheat</p>	<p>25</p> <p>Cheeseburger on bun with lettuce, tomato &amp; pickles, potato salad, and 3-bean salad</p> <p>or Tuna on wheat</p>	<p>26</p> <p>Chicken Cacciatore, brown rice, sting beans, juice and Italian bread</p> <p>or Egg salad on wheat</p>	<p>27 <u>Memorial Day</u></p> <p>Sausage &amp; Peppers on a hero, tomato, basil &amp; onion salad, and corn on the cob</p> <p>No Cold Lunch today</p>
<p>30</p> <p>Center Closed Holiday</p>	<p>31</p> <p>Salisbury Steak w/ gravy, mashed potatoes, peas &amp; carrots and biscuit</p> <p>or Tuna Salad on wheat</p>	<p>All reservations must be made a day in advance before 2pm</p> <p>Please reserve on Friday before 2pm for Monday's lunch</p>	<p>Select either hot or cold when making your lunch reservations</p>	<p>All lunches include dessert</p>

**\*\*RESERVATIONS REQUIRED A DAY IN ADVANCE BY 2:00 PM\*\***

**YOUR MEAL DONATION OF \$3.00 - \$5.00 is GREATLY APPRECIATED**

This program is made possible with funding from the Nassau County Department of Human Services, Office for the Aging through New York State Office for the Aging and U.S. Administration on Aging.



The Life Enrichment Center at Oyster

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LIFE ENRICHMENT CENTER AT OYSTER BAY

# Annual **WALK-A-THON**

## Stepping Out for Seniors

### JUNE 1st to 15th

All proceeds support local senior citizens

Join us to **Walk for a Cause** and help us raise vital funds for senior programs.

An optional walk and **“Kick Off” Event** will be held at The Center **Wednesday, June 1st - 10:30 am**

See flyer inside for more info. on how to register.

Prefer not walk? **You can sponsor a walker or make a donation!**