



MIRA VIE

AT WEST MILFORD

INDEPENDENT LIVING | ASSISTED LIVING | MEMORY CARE

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Salute America's Military

In May, America observes Armed Forces Day, Memorial Day, National Military Appreciation Month and Military Spouse Appreciation Day. Take the time this month to honor the men and women in uniform, past and present, and their families.

Fiesta on the Fifth

From Los Angeles and Phoenix to Denver and Washington, D.C., cities across the nation will put on Cinco de Mayo festivals. Commemorating Mexico's 1862 battle victory over the French, the annual May 5 salute to Mexican culture and heritage has become a popular American observance, often enjoyed with traditional food and music.

Don't Forget Your Feet

If warmer weather has you wearing sandals or kicking off your shoes when you're outside, be sure to protect the tops of your feet with sunscreen. Feet are often overlooked when it comes to sun protection, so slather up—head to toes.

A Good Night's Sleep

For many, the challenge of getting a good night's sleep doesn't lie in falling asleep; it's staying asleep that's the problem. If you find yourself waking up alert far too early, consider the 4-7-8 deep breathing technique to relax back into the zzzs you need. Inhale through the nose for four seconds; hold that inhale for seven seconds; and then exhale through the mouth for eight seconds.

May 2025



Best Friends

"It's not that diamonds are a girl's best friend, but it's your best friends who are your diamonds."

—Gina Barreca

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, we wish all the moms who call our community home a very happy Mother's Day!

A Tall Achievement

Fifty years ago this month, Japanese climber Junko Tabei became the first woman to conquer Mount Everest on May 16, 1975, when she led an all-female expedition up the world's tallest mountain.



TV Moms

As in real life, TV moms can make us laugh and cry, as well as teach us valuable life lessons along the way. Here are some memorable mothers of the small screen.

Debut	TV Show	Character	Actress
1957	"Leave It to Beaver"	June Cleaver	Barbara Billingsley
1969	"The Brady Bunch"	Carol Brady	Florence Henderson
1974	"Good Times"	Florida Evans	Esther Rolle
1982	"Family Ties"	Elyse Keaton	Meredith Baxter
1991	"Home Improvement"	Jill Taylor	Patricia Richardson
1996	"Everybody Loves Raymond"	Marie Barone	Doris Roberts
2009	"Modern Family"	Gloria Delgado-Pritchett	Sofia Vergara
2014	"Black-ish"	Rainbow Johnson	Tracee Ellis Ross

"Then & Now"

"This Month In History"

MAY

1900: Thousands of people, including teams of scientists, gather in parts of the Southeastern U.S. to view a total solar eclipse.

1916: The Saturday Evening Post publishes its first cover that features a painting by Norman Rockwell.

1927: Aviator Charles Lindbergh successfully completes the first nonstop solo flight across the Atlantic Ocean.

1932: Comedian Jack Benny's first radio show is broadcast.

1942: The Women's Army Auxiliary Corps is created, enabling women to enlist for noncombat military duties.

1952: Originally created in Austria as a breath mint, Pez candy is sold for the first time in the U.S.

1961: Aboard the Freedom 7 space capsule, astronaut Alan Shepard is the first American to travel into space. His suborbital flight lasted 15 minutes.

1971: The NPR radio program "All Things Considered" premieres.

1991: Queen Elizabeth II becomes the first British monarch to address the U.S. Congress.

2004: At age 40, Randy Johnson of the Arizona Diamondbacks makes MLB history as the oldest pitcher to throw a perfect game.

2014: The music video "Gangnam Style," by South Korean pop star Psy, is the first video to reach 2 billion views on YouTube.

2017: "Wonder Woman" premieres in Los Angeles. The superheroine's story was the summer's highest-grossing movie.