

# May Horoscopes and Birthdays



In astrology, those born between May 1–20 are the Bulls of Taurus. Not only do Bulls work hard with a determined and tireless manner, but they enjoy the payoff, rewarding themselves for a job well done. Those born from May 21–31 are the Twins of Gemini. Gemini’s dual nature is expressed through its skillful communication and dynamic sociability. The Twins are energetic, quick-witted, and emotionally intelligent.

- Dwayne Johnson – May 2, 1972
- Bing Crosby – May 3, 1903
- Nellie Bly – May 5, 1864
- Willie Mays – May 6, 1931
- J.M. Barrie – May 9, 1860
- Salvador Dalí – May 11, 1904
- Bea Arthur – May 13, 1922
- Emmitt Smith – May 15, 1969
- Lorraine Hansberry – May 19, 1930
- Mr. T – May 21, 1952
- Sir Arthur Conan Doyle – May 22, 1859
- Sally Ride – May 26, 1951
- Bob Hope – May 29, 1903

## Notable Quotable

“There is one thing the photograph must contain, the humanity of the moment.”

~ Robert Frank, photographer and documentarian



- Glenda G May 3rd
- Barbara P May 3rd
- Roberta K May 3rd
- Lynn L May 4th
- Mary M May 11th
- Beverly I May 26th
- Frances C May 29th



The Argyle would love to wish all Mother’s not only in our facility, but in our community a safe and Happy Mother’s Day! May it be filled with lovely memories and joy for many more years to come!



# The Argyle Archives

May 2020



The Argyle Assisted Living  
4115 W. 38<sup>th</sup> Ave  
Denver, CO. 80212  
303-455-9513  
www.theargyle.org

## Celebrating May

All Residents we have received an AMENDED NOTICE OF PUBLIC HEALTH ORDER 20-20

## Global Health and Fitness Month

This order requires all Colorado licensed or certified skilled nursing facilities, intermediate care facilities, and assisted living residences to take a number of steps to help prevent and control outbreaks.

## Gardening for Wildlife Month

It requires the following:

## Kentucky Derby- postponed until September 2020

-Restrict visitors to essential personnel.

## May 2 Nurses Week May 6–12

-Cancel all group activities and communal dining.

## American Indian Day May 9

-All common areas must practice social distancing 6 ft along with limit resident’s movement within the facility to the resident’s room.

## Mother’s Day: U.S May 10

-Facility residents if you are going out in public, you must provide your own mask as we need to preserve our inventory for staff. Employees must wear an appropriate mask at all times when in the facility.

## O. Henry Pun-Off Day May 15

-Do not move or rearrange the chairs in the smoking areas.

## National Polka Festival May 22–24

-Personal coffee/ water mugs and containers will not be filled at the front desk; however, we can provide you with a Styrofoam cup with ice or coffee to put into your own mugs and containers.

## Memorial Day: U.S. May 25

- Of course, no visitors are allowed at this time.

**All residents can only smoke in the smoking area. It is illegal to smoke anything other than cigarette here at The Argyle.**

## Let's Hear It for the Birds



*The Arctic tern molts during the winter and rarely flies, instead choosing to rest on ice by the seashore.*

International Migratory Bird Day, celebrated on the second Saturday in May, is a day to celebrate the 4,000 different species of birds that migrate around the globe. That's over 40% of all bird species. For these birds, migration means survival. As the seasons change, birds leave areas where resources are scarce and embark on journeys to areas with more resources where they can hatch and raise their young. For many birds, the scale of their migratory journeys is mind-boggling.

The Arctic tern has earned fame for the longest migration in the animal world. Each year they fly round-trip from the Antarctic to the Arctic, covering nearly 49,700 miles. Arctic terns have 30-year lifespans. Over such a lifetime, the miles add up quickly. One bird may fly the equivalent of three trips to the moon and back.

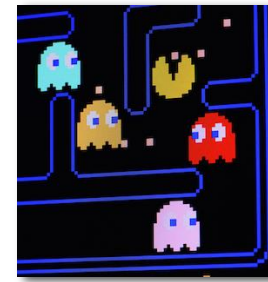
Not to be outdone is the bar-tailed godwit, which flies 7,000 miles from New Zealand to Alaska. It takes eight days for the birds to reach the tidal flats of the Yellow Sea. This is their only stopover before they continue their journey north. The flight back is just as grueling, a nonstop journey over the open ocean of the Pacific back to New Zealand.

Before undertaking such awesome and taxing journeys, birds enter into a state known as *hyperphagia*, where they eat tremendous amounts of food in order to bulk up and store fat that can later be used as energy during their flight. The tiny northern wheatear, which typically weighs less than an ounce, doubles its weight and swells up to two ounces before setting out on a three-month, 9,000-mile journey from Alaska to Eastern Africa. Such massive weight gain would cause diabetes in humans.

**We here at The Argyle are looking forward to some fun festivities for Cinco De Mayo! Snacks, games, prizes, and crafts!**



## A Chomp Off the Old Block



*Toru Iwatani was not interested in designing video games but wanted to work on pinball machines.*

*Pac-Man* made his debut on May 22, 1980, when the first arcade game was installed in a Japanese movie theater. *Pac-Man* was very different from the other popular games of the era. *Space Invaders* and *Asteroids* depended on shooting things in order to win. *Pac-Man's* creator, Toru Iwatani, designed something different—a game that would be universally appealing. He was eating a slice

of pizza when he noticed that the rest of the pie looked like a friendly character. He considered the word *eat* and determined that the notion of eating appealed to everybody. The game he designed not only starred the pizza but required eating in order to win. Even the name *Pac-Man* references eating. It comes from the Japanese slang word *paku-paku*, which means “to chomp.”

## Race to the Top



*The Empire State Building's uppermost tower was originally designed as a mooring mast for blimps.*

On May 1, 1931, American President Herbert Hoover officially opened New York's Empire State Building, then the tallest building ever constructed in the world, by pressing a button in the White House that turned on the lights of the New York skyscraper.

The dazzling commemoration of the Empire State Building was just what New York needed during the depths of the Great Depression. Such a majestic feat of engineering gave New York City a deep sense of pride. The construction of the building had employed 3,400 workers each day, many of whom were paid excellent wages. But the building took just a little over a year to build, and it was constructed ahead of schedule and under budget. One year after the Empire State Building opened, only 25% of its offices had been rented. The economic turmoil of the Great Depression still held New York City in its vile clutches.

Who would want to build such a thing during such a desperate economic period? The idea of the Empire State Building was the result of a competition between two wealthy men. Walter Chrysler, executive of the Chrysler Corporation, and John Jakob Raskob of General Motors wanted to see who could build the taller building. Chrysler had already completed his Art-Deco masterpiece in midtown Manhattan 11 months earlier. And for those 11 months, at 1,046-feet tall, the Chrysler Building was the world's tallest. But Raskob would not be beaten. His design, it is said, was based on the look of a pencil. And it was builder-friendly. Each story was exactly the same, so extra stories could easily be added if it needed to grow taller to overtake Chrysler's building, and so grow it did. At 1,250 feet tall, Raskob's Empire State Building added enough stories and an antenna long enough to overtake Chrysler's.