

The Alderman Newsflash

May 2017



What I learned from my Mom

By Avery Jackson

1. It's okay to make mistakes in life as long as you don't let them define you.
2. Never wear white to someone else's wedding.
3. You, your face, and your body are beautiful no matter what society says.
4. Always wash your face before bed — No matter how tired you are.
5. Respect yourself and others will respect you.
6. Marriage is not easy, but it's a wonderful thing.
7. You will never have it all figured out, but no one ever does.
8. Don't judge others — even if you think you have the whole story.
9. Rejection is not failure.
10. It's going to be hard to succeed as a woman in this world, but you can, and when you do, you'll be unstoppable.
11. Nobody owes you anything in this world.
12. It's not a crime to pamper yourself when life gets too stressful, because adulthood IS stressful!
13. Always make your bed before you leave the house.
14. Forgive but don't forget.
15. Try to listen to people before jumping in with your own opinions.
16. No means no.
17. Your dreams are worth going after.
18. Call your grandparents, siblings, and loved ones because one day you won't have the chance to hear their voice again.
19. It's okay to let a great opportunity go if it doesn't make you happy.
20. Educating yourself will get you anywhere you want to go in life.
21. Stand up for what's right, even if it's not the most popular opinion.
22. Never leave dishes in the sink for the next morning.
23. It's okay if you want to play sports and your brother wants to bake.
24. Don't do things just for the recognition.
25. Never let the world tell you that you cannot have or do something because of who you are or where you're from. This is a lie!
26. Travel the world and learn as many languages as you can.
27. Take care of the poor, old, orphaned, and hungry.
28. Don't ever belittle people because you know or have something they don't.
29. Never leave the house without sunscreen.
30. Life is too short for a frown.
31. Buy yourself flowers just because.
32. There is a big difference between listening and being quiet while waiting for your turn to talk. Listen to what others have to say. Listen whole-heartedly and carefully.
33. Running away from your feelings is a race you will never win.
34. Lust is Saturday night. Love is Sunday morning.
35. Live life to the fullest. No one will hate you for living life too fully.



The Morning Exercise Class has GROWN!

10:00 - 10:30 am with Denise Leonhard

Do you want to be stronger? Stand a little bit taller? Heck – to you want to out-work that 26 year old writing your newsletters?! (She promises it's not to hard!) Well join your activity director, Denise, on the third floor for 30 minutes every morning and feel how easy it is to gain endurance and be stronger!

Her class has steadily grown from a modest 8 members to a whopping average of 30-34 people per class! That breaks down to roughly 1/3 of Alderman Oak's peeps! Health concerns? Don't even worry, Denise has exercises that work for everyone, and if you need a break you can simply sit out an exercise in your chair.

Did I forget to mention the very best part? Snacks and coffee afterwards for those of you who are VERY much like me and cannot be bothered until after 10 for breakfast and chatting. Get to know each other better, make new friends, and laugh at Denise's crazy antics during the workout! I promise it's a riot.



May Birthdays

Gordon Schulman - May 6

Chris Bernard - May 15

Madeleine Lagasse - May 19

Carl Pimentel - May 19

Ruth Young - May 20

Mary Lou Spencer - May 22

Ivan Perkins - May 30

Staff Members

Sonia McKee - May 10

We LOVE having special visitors! If you have a story or fun activity you would like to share, let Activity Director, Denise Leonhard, know!

Like what you see? Come in for a visit!