

Improving Lives Through Knowledge



“Every woman is a Queen, and we all have different things to offer.” – Queen Latifah

Color the picture below.



*“As a mother comforts her child, so will I comfort you; and you will be comforted over Jerusalem.”*

Isaiah 66:13

### 12 Awesome, Budget Friendly Mother's Day Gift Ideas

1. Family Photo If you can get the whole family together, take a picture and have it enlarged and framed.
2. Lunch or dinner out.
3. Flowers or a small potted plant.
4. Hand painted/drawn pics from grandkids.
5. Buy something she won't give herself.
  - A Mani/ Pedi gift certificate
  - A nice box of chocolate.
6. Detail her car.
7. Clean her house.
8. A day to herself .
9. DIY gift basket of her favorite things.
10. Baked goods.
11. Cook for her.
12. An outing

### Types of Gemstones

L	I	P	E	A	R	L	A	E	I	A	I	T	D
A	I	E	A	K	P	E	R	I	D	O	T	D	D
R	Q	D	A	R	U	A	Z	U	R	I	T	E	I
U	I	U	L	T	A	N	J	K	A	A	U	S	A
I	Z	N	A	A	R	Z	A	G	R	R	A	M	
C	R	O	Z	M	R	N	R	I	D	A	T	P	O
I	T	I	T	D	A	E	Z	E	T	E	R	P	N
T	P	O	O	L	Y	R	M	A	I	E	A	H	D
R	R	R	P	D	A	G	I	E	N	J	P	I	Z
I	P	M	P	A	M	A	D	N	K	I	I	R	T
N	L	R	L	L	Z	R	I	E	E	R	T	E	A
E	O	N	Y	X	R	N	E	E	I	O	U	E	E
U	L	A	P	O	R	E	P	S	A	J	L	B	N
A	L	T	S	Y	H	T	E	M	A	X	D	I	Y

TOPAZ  
EMERALD  
KUNZITE  
AQUAMARINE  
ONYX  
AZURITE  
CITRINE  
SAPPHIRE  
AMETHYST  
JASPER  
DIAMOND  
PEARL  
RUBY  
GARNET  
TANZANITE  
PERIDOT  
JADE  
OPAL

Play this puzzle online at : <http://thewordsearch.com/puzzle/11/>



### May Birthdays

Patricia London 18<sup>th</sup>

Shirley Porter 18<sup>th</sup>

Helen Johnson 31<sup>st</sup>



## WHAT IS A STROKE? / WHAT ARE THE SIGNS?

A stroke which is sometimes called a brain attack, occurs when something blocks blood supply to part of the brain or when a blood vessel in the brain bursts.

### Common Types of Strokes

- Ischemic (Blocked blood vessel in brain)
- Hemorrhagic (Ruptured blood vessel in the brain)



### Snack Attack Recipe

#### Stuffed Sweet Peppers

Bag of sweet peppers  
 Ground sausage (spicy if you choose)  
 16oz cream cheese (according to the amount you need)  
 1 pack of Taco Seasoning (according to the amount you need)  
 ¼ cup of water

Rinse and core sweet peppers

Preheat oven 350. Brown sausage, drain grease. Add taco seasoning and ¼ cup of water. Add cream cheese.

Stir everything until cheese is melted and all ingredients have been mixed well. Stuff peppers with mixture and place on an ungreased pan.

Bake for 15 to 20 minutes until your desired tenderness.

Allow to cool for 5 minutes before enjoying.



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## UPCOMING EVENTS

May 2  
 “Managing a Fire in Your Home” – 11 am

May 11  
 AARP Day -11 am

May 18  
 “Legal Shield / Identity Theft & Knowing your Rights “ -11 am

May 18  
 Foster Parent Appreciation – 5 pm

May 20  
 WIN Women Chat & Chew -  
 10:30 am – 1:00 pm

May 25  
 “Learning About Final Expenses & the Increase in Cost”- 11 am

May 25  
 VWS last day of school  
 MASF Afterschool last day

May 29  
 Memorial Day (MASF office closed)