

## What is a Mother?

A mother is someone to shelter and guide us,  
To love us, whatever we do,  
With a warm understanding and infinite  
patience,  
And wonderful gentleness, too.

How often a mother means swift reassurance  
In soothing our small, childish fears,  
How tenderly mothers watch over their children  
And treasure them all through the years.

The hearth of a mother is full of forgiveness  
For any mistake, big or small,  
And generous always in helping her family  
Whose needs she has placed above all.

A mother can utter a word of compassion  
And make all our cares fall away,  
She can brighten a home with the sound of her  
laughter  
And make life delightful and gay.

A mother possesses incredible wisdom  
And wonderful insight and skill-  
In each human heart is that one special corner  
Which only a mother can fill!

Author: Katherine Nelson Davis

## Grandma

~ Anon

While we honor all our mothers  
with words of love and praise.  
While we tell about their goodness  
and their kind and loving ways.  
We should also think of Grandma,  
she's a mother too, you see...  
For she mothered my dear mother  
as my mother mothers me.



## May is Stroke Awareness Month

Most of us already know the stroke awareness acronym **F.A.S.T.** Here's a new twist on it, **B.E.F.A.S.T.:**

**B**alance  
**E**yes  
**F**ace drooping  
**A**rm weakness  
**S**peech difficulty  
**T**ime to call 911



Did you know that every 40 seconds someone in the U.S. has a stroke? When a stroke occurs, calling for help fast could make all the difference. **BE FAST** is an easy tool to help you identify the signs of a stroke. If you notice these signs occur suddenly, call 911 immediately.

*From Sentarastrokawareness.com*

## Virginia Beach Chorale Spring Concert

This talented choral group will give two performances of "Pop Goes the Chorale"- singing the most popular hits of the 60's, 70's and 80's: Sandler Center Sat., May 18 at 7:30 p.m. \$20 per ticket

Old Donation School (near Haygood Shopping Center)



Sun., June 2, 3 p.m. Adults \$20, Seniors \$18, Students \$15.

Purchase tickets at Sandler Box Office or online at [www.virginiabeachchorale.org](http://www.virginiabeachchorale.org)