



## Celebrating May

### Family Month

### Arthritis Awareness Month

### Personal History Awareness Month

### Global Love Day *May 1*

### Star Wars Day *May 4*

### Mother's Day *May 10*

### International Nurses Day *May 12*

### New Friends, Old Friends Week *May 17–23*

### Rescue Dog Day *May 20*

### Memorial Day *May 25*

## Life at Turtle Speed

Turtles have been moving through Earth's waters and landscapes for more than 200 million years, quietly outlasting dinosaurs, ice ages, and continents in motion. Each May, World Turtle Day (May 23) invites us to pause and consider what these remarkable animals can teach us about conservation, resilience, and how to live well in a fast-paced world.

Today, turtles need our attention more than ever. Of the world's roughly 360 turtle and tortoise species, more than half are threatened or endangered. Habitat loss, plastic pollution, climate change, and road traffic all take a toll. Sea turtles often mistake floating plastic for food, while freshwater turtles lose nesting areas to development. Even small actions matter: Slowing down in known crossing areas, reducing plastic use, and supporting conservation organizations can help ensure turtles remain part of our shared future.

Beyond their ecological importance, turtles have long held symbolic meaning across cultures. They are often associated with wisdom, patience, and protection. In many traditions, the turtle carries the world on its back or represents the steady foundation of life itself. Their shells symbolize shelter and perseverance—moving forward while carrying one's home, history, and strength along the way.

Perhaps the most enduring lesson turtles offer is the familiar phrase "slow and steady." Turtles remind us that progress doesn't have to be rushed to be meaningful. In a world that often prizes speed, multitasking, and constant productivity, turtles model a different approach—one rooted in persistence, awareness, and balance. They move at a pace that suits them, conserving energy and paying attention to their surroundings.

As World Turtle Day approaches, it's a good moment to reflect on both action and attitude. Protecting turtles means caring for the environments we all depend on. Learning from turtles means remembering that steady effort, patience, and respect for natural rhythms can carry us far. Sometimes, slowing down isn't falling behind—it's choosing a wiser way forward.



## May Activities Calendar

May 4

🕒 11:00 AM — Brunch

May 5

🌮 Chips & Salsa

May 6 & May 20

🏰 2:00 PM — Mass

May 7, 14, 21 & 28

📖 1:00 PM — Book Club

May 11

🍔 Lunch — 2 MIT Burgers

May 12

🎡 1:30 PM — Carnival

May 13

🎵 2:00 PM — Music by the Guthrie's

May 14

🌸 9:30 AM — Bee Kind Floral

May 15

🌱 Planting Flowers



## Director of Nursing –

As we welcome the month of May, I want to thank our residents, families, and dedicated staff for continuing to work together to create a caring and supportive community. Nursing staff remain focused on providing high-quality, compassionate care while ensuring the comfort, dignity, and safety of everyone we serve.

With warmer weather approaching, our nursing team is paying close attention to hydration, sun safety, and seasonal health needs. Please remember to drink plenty of fluids and let staff know if you are not feeling well or notice any changes in your health. Preventing falls and promoting mobility also remain a top priority as we enjoy more activities and outdoor time.

May is also Nurses Month, and I would like to recognize our incredible nursing team for their dedication, kindness, and professionalism. Their commitment makes a meaningful difference every day, and we are grateful for all that they do for our residents and families.

As always, my door is open. If you have questions, concerns, or would simply like to connect, please feel free to reach out. Thank you for being part of our community, and I wish everyone a healthy and enjoyable May.

## May Birthdays

We'd like to extend warm birthday wishes to everyone celebrating this month. May your day be filled with joy, smiles, and good company!

### Celebrating in May:

- Marilyn Palas — May 1
- Brittany Grapes — May 11
- Alan Krieg — May 13
- Linda Scheffert — May 16
- Theresa Bries — May 21
- Mary Ellen Sharp May 24



 **Dietary, Environmental Services & Maintenance – May News**

**As we move into the month of May, we would like to recognize the important work of our Dietary, Environmental Services, and Maintenance teams, who help keep our community comfortable, welcoming, and running smoothly each day.**

**Our Dietary team continues to prepare nutritious, delicious meals while accommodating individual preferences and dietary needs. With warmer weather ahead, we are also focusing on lighter menu options, fresh seasonal foods, and staying hydrated. Please let staff know if you have menu suggestions or special requests—we are always happy to listen.**

**The Environmental Services team works diligently behind the scenes to maintain a clean, safe, and pleasant living environment. Daily cleaning, disinfecting, and attention to detail help support the health and well-being of our residents, staff, and visitors. We appreciate their dedication to keeping our community bright and comfortable.**

**Our Maintenance team remains busy ensuring that our building, equipment, and outdoor areas are safe and well-maintained. As spring activities increase, they are focused on preventive maintenance, outdoor upkeep, and quick response to any repair needs. If you notice something that needs attention, please don't hesitate to notify staff.**

**Thank you to these hardworking teams for their commitment and teamwork. Their efforts make a meaningful difference every day, and we are grateful for all they do to support our residents and community as we enjoy the warmer days of May.**