

Did you know?

Leadership Contacts

- Megan - Campus Executive Director - 651-466-1022
- Chris - Arbors Executive Director - 651-466-1011
- Director of Health Services - 651-466-1012
- Brett - Assistant Director of Health Services - 651-466-1013
- Melissa - Community Life Director - 651-466-1014
- Front Desk/Home Health Aides - 651-466-1000
- Kitchen - 651-466-1005
- Laura - Billing - 612-451-4754
- Dillon - Food Service Manager - 651-466-1017
- Housekeeping - 651-466-1028
- Kathleen - Chaplain - 651-466-1031
- Nathan - End of Life Doula - 651-466-1024
- Birchwood Health Care Center - 651-464-5600



Age Magnificently



Our May Community Newsletter

Discover what's going on in our community.

Feedback Forms

Feedback Forms are located by the elevator on each floor. Staff, residents and families are encouraged to use the forms at any time they have a comment/suggestion they would like to share with management.

Food comment cards are located in the Dining Room.

- Activities are subject to change. Please check the bulletin board by the 1st floor elevator daily or the Dining Room TV for the most up to date schedule.
- Resident Council is a great time to talk about activity requests and to discuss questions, comments and concerns with your peers.

HEY REHAB!



Ask yourself, have you?

- Fallen
 - Lost Balance
 - Stumbled
 - Had Trouble Chewing
 - Find Yourself More Forgetful
- If any of these things are you, talk to your nurse about Rehab/Therapy Services.*

- Sign up for OUTINGS in the Wellness Room at least 24 hours in advance of the trip.
- Don't forget the **EXERCISE BIKE is available for daily use in the LOBBY on the first floor!**
- See Melissa if you would like to be part of our **VOLUNTEER** TEAM.

Onsite Services

Podiatry, Dental, Associated Clinic of Psychology, or Integrative Therapy, contact floor nurse or front desk.

- There are a lot of events listed on the calendar as - Ch 95. Be sure to check them out on your TVs.



Happy Birthday

NO MAY BIRTHDAYS!

WELCOME

We are working on filling Apt 210

Welcome & Birthday Party

Friday May 2nd at 1:45



Mary Hall
Friday, May 9th
2pm



Relan Grove
Friday, May 23rd
2pm

We have had a few complaints. Please be respectful of your peers. If you must answer your **CELL PHONE** during an activity, please excuse yourself from the room.

THE OREGON TRAIL

PRESENTED BY: NEBRASKA STATE HISTORICAL SOCIETY

MAY 1ST | 2PM



Experience the Oregon Trail like never before with a presentation at Chimney Rock! Discover the importance of choice, chance, and opportunity as an expert shares real stories of those affected by the historic trail.

SPARK PERFORMANCE LEAGUE

GAME - 2 -

1:10 Scale, High-Powered, Full Function, RC Forklifts

The National Forklift Racing League is dedicated to promoting healthy team-based competition centered on the skillful use of Radio Controlled 1:10 scale Forklifts! Success in this competition showcases teamwork, strategy, and discipline to practice! The NFRL improves hand-eye coordination, mental acuity and mood while reducing social isolation.

Bloom Where You Are Planted: A Year of Growth, Connection, and Celebration!

May: Move and Thrive - Embracing Fitness and Wellness

Chaplain Chat



It is Time, Dear One
Submitted by Kathleen McCauley Campus Chaplain



It is time Dear One, to grace this Earth with your beauty. We will not let you hide in the ground. We will not let you dry up. It is time for you to rise up and be seen. Do this together. Look around and see the flower in each one who stands upon this Earth. Look around and see how each adds color and beauty to the Earth. One flower is not prettier, worthier, or more valuable than the other. The Earth is a garden that holds beauty as each one blossoms and prepares to share its seeds.

It is time Dear One, to let go of the darkness, fear, and control. Emerge and welcome the light, the freedom, and the breath of your Inner Being. Your beauty and presence is needed at this time. Your seeds are needed to help others grow. It's time to share your beautiful seeds with others and your soul's essence as you shine your light brightly.

It is time, Dear One, to allow the flower within to stand in tall for all to see. The seeds of greatness, unconditional love, compassion, creativity, joy, hope, passion, community, and faith are needed at this time.



Show Your Birthday Colors

May 1-6: Pink

You are well-known for your kindness and sweet demeanor. You are the first to offer a hug or shoulder to cry on and know how to make anyone smile. You've also got a wicked sense of humor.

May 7-15: Blue

You are very artistic, and others admire your creativity. You are noble and honest, and your family and friends know they can trust and confide in you. You exercise patience when handling difficult situations.

May 16-24: Gold

You have a happy-go-lucky spirit and spread cheer wherever you go. You are always there for others, and you cheer up your friends and family after a bad day. Making new friends is a breeze for you with your outgoing personality.

May 25-31: Red

You have a competitive streak and love a good challenge, but you are always a good sport, win or lose. It can take time for you to warm up to new friends, but once you do, they are your friends for life. You are sincere.



May Feasts

May is a great one for food lovers, as it's the month to celebrate a variety of culinary delights. Not only is it the month of barbecue, hamburgers, and salad but May 13 is Apple Pie Day. Even better: May 6 is No Diet Day!

May Zodiacs

Taurus (The Bull)
May 1-20

Gemini (The Twin)
May 21-31

May is the fifth month of the year and the third month of spring. There are several theories about how the month of May got its name. The most widely accepted explanation is that it was named for Maia, the goddess of spring and growth. The Roman poet Ovid, however, provides a second etymology, in which he says that the month of May is named for the *maiores*, Latin for "elders" or "ancestors," who were also celebrated during this month.

Did You Know?

The term *mayday* is often used as a distress signal for ships and planes. But what does May Day, the celebration on the first day of the month, have to do with the well-known phrase for asking for help? Actually, the answer is not much! The distress term is a mispronunciation of the French phrase *m'aider*, which simply means "Come help me!"

What's Lucky in May?

- Lucky Color: Orange
- Lucky Animal: Cat
- Lucky Letters: N and W
- Lucky Day: Friday
- Lucky Plant: Lavender



May Birthdays

- Wes Anderson (director) – May 1, 1969
- Benjamin Spock (doctor) – May 2, 1903
- Sugar Ray Robinson (boxer) – May 3, 1921
- Adele (singer) – May 5, 1988
- George Clooney (actor) – May 6, 1961
- Enrique Iglesias (singer) – May 8, 1975
- Martha Graham (dancer) – May 11, 1894
- Katharine Hepburn (actress) – May 12, 1907
- Maxine Sullivan (jazz singer) – May 13, 1911
- George Lucas (filmmaker) – May 14, 1944
- Adrienne Rich (writer) – May 16, 1929
- Priscilla Presley (actress) – May 24, 1945
- Rachel Carson (marine biologist) – May 27, 1907
- Walt Whitman (poet) – May 31, 1819

THE MONTHLY GAZETTE

May 2025

*"Spring is nature's way
of saying, 'Let's party!'"*

~ Comedian Robin Williams



Plant of the Month – Lily of the Valley

Lily of the valley is a fragrant, sweet-smelling plant with delicate, white, bell-shaped flowers and oval-shaped leaves. The plant is highly prized for making perfume. Lily of the valley water was once considered so precious that it was kept in gold or silver containers. In folklore, it is believed that the scent of this flower in the spring air is the signal for nightingales to begin their seasonal singing and choose a mate. These blooms are associated with luck in love, which is why they're often used in wedding bouquets. In the language of flowers, the lily of the valley



means sweetness, humility, and perfect purity. It also signifies the return of happiness. Lily of the valley is native to Europe and Asia. It got its name from early Christian monks. The flower's Latin name, *Convallaria majalis*, means "valley" (*Convallaria*) and "the month of May" (*majalis*), which refers to where it thrives and when it blooms.

Special Days

May Day
May 1

Cinco de Mayo
May 5

Mother's Day
May 11

Limerick Day
May 12

Armed Forces Day
May 17

Victoria Day (Canada)
May 19

Memorial Day
May 26

Flower – Hawthorn



Hawthorn is a lovely family of small trees and thorny shrubs often cultivated for their decorative qualities. The sturdy plant has beautiful flowers that bloom in white, red, or pink. Its edible, apple-like fruit comes in a variety of colors, and it ranges in flavor and texture. They are sometimes used as an herbal medicine supplement, which some people believe helps with heart disease, high blood pressure, and high cholesterol.

Birthstone – Emerald



Emeralds have long been a favorite of royalty; Cleopatra had them mined extensively in Egypt during her reign. Shah Jahan, builder of the Taj Mahal, wore an emerald talisman for luck and protection. Emeralds can grow very large, and giant ones have been found at Kagem, one of the world's largest emerald mines, in Zambia. A 5,655-carat emerald was unearthed there in October 2018. The Kagem emeralds are believed to have formed more than 450 million years ago, which contributes to their size.

Your Good Mood is More Than Just a Pleasant Feeling. It's Important!

Giving your mood a boost changes things! Getting happier can influence your sleep patterns, appetite, memory, energy, and even how well your body heals. As we age, staying emotionally well is just as important as staying physically strong. Everyone has some down days. But there are lots of easy ways to bring yourself back up again.

Activities that bring you joy—like movement, sunlight, and connection—can help your brain release natural feel-good chemicals like serotonin and endorphins. And the good news? Improving your sense of well-being can be enhanced with tiny, consistent choices you make.

- **Step outside.** Natural sunlight helps your body make Vitamin D, which supports a healthy mood. Even five minutes outdoors or near a sunny window can help.
- **Move your body.** A few stretches, a hallway walk, or dancing to music that makes you happy can lift your spirits.
- **Enjoy an energizing snack.** Add something nourishing to your diet now and then. A handful of nuts, a few berries, or a little piece of dark chocolate can help fuel your brain and body.
- **Try a two-minute reset.** Close your eyes, and inhale slowly through your nose for a count of four. Hold that breath for four more. Then exhale through your mouth for six. You'll see the difference! Just a few rounds will calm you.
- **Plan for things to look forward to or revisit something you used to love.** "Today, I'm going to..." What will it be? Even a small activity—like reading a magazine, taking out your paint set, calling a friend, or attending a performance—can add structure and lift to your day.

If you find yourself feeling down too often, be brave and talk to someone. Just like you would for concerns over your physical health. Your Lifespark primary care team is a great resource. Mental health is a big part of Aging Magnificently.



Gardening 101: Enjoy the Benefits of Gardening at Any Age

Ever heard the saying, “Gardening is cheaper than therapy, and you get tomatoes”? Well, it’s true! Spring is the perfect season to dive into gardening—even if your green thumb is more of a pale yellow.

Start Small, Dream Big

No garden plot? No worries! Start with a few pots or containers on your patio or windowsill. Herbs like basil, mint, or thyme grow quickly and can make your dinner taste like it came straight from Italy—minus the airfare!

Embrace Mistakes

Gardening is one hobby where mistakes literally become compost! Accidentally overwatered your plant? It’s a learning experience. Forgot about it completely? Welcome to the cactus club!

Social Sprouting

Join a gardening club or invite neighbors to create a community garden. It’s a fun, social way to share gardening tips—or at least commiserate about whose zucchini plants are taking over the world fastest.

Enjoy the Rewards

Nothing beats the satisfaction of picking your own veggies or flowers. Even a small gardening project can boost your mood, provide gentle physical activity, and fill your home with cheerful, colorful blooms.

Garden Smarter, Not Harder

Choose plants that match your commitment level. Succulents require less attention than a sleeping cat, while tomatoes are the plant equivalent of an energetic puppy—they’ll always let you know when they’re thirsty!

This spring, dig in and get your hands a little dirty. Whether your gardening yields bouquets of roses or just a good laugh, you’re guaranteed to have fun along the way!

If you want to do a little gardening this summer (beginning at the end of May, sign up in the Wellness Room. Remember it is your responsibility to purchase the flowers and/or plants and maintain and water.

Family Council



Arbors Families & Representatives

RESOLUTIONS *exchange networking*
activities *quality of life* QUALITY OF CARE
FAMILY COUNCIL
engagement *sharing* **SUPPORT**
improvements

This is our biannual reminder that the family Council is always open to those interested in joining or attending. Whether you're curious about what we do, want to support fellow families, residents or simply stay connected to what's happening at the Arbors, we'd love to have you join us. Please don't hesitate to reach out if you'd like to attend a meeting or learn more about the Family Council.

Mother's Day Heartfelt Quote

Follow the instructions to cross off words in the table.
What do the remaining words say?

1. Cross off all types of flowers.
2. Cross off all sweet treats.
3. Cross off all words that rhyme with *care*.
4. Cross off all gemstones.
5. Cross off all types of jewelry.



rose	I	like	cupcakes
it	share	necklace	opal
diamond	when	brooch	fair
dare	cookies	my	mother
smiles	fudge	lily	orchid
garnet	bear	bracelet	and
I	ring	chocolates	carnation
candy	especially	like	peony
chair	anklet	sapphire	it
when	ruby	I	where
toffee	make	dahlia	earrings
emerald	tulip	her	smile

Great Lakes Region

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.




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

- | | | |
|-------------|-----------|---------------|
| BASIN | INDIANA | PENNSYLVANIA |
| CANADA | MICHIGAN | PORT |
| ERIE | MINNESOTA | RIVER |
| FRESH WATER | NEW YORK | SUPERIOR |
| HURON | OHIO | UNITED STATES |
| ILLINOIS | ONTARIO | WISCONSIN |

May 2025 - Monthly Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Schedule is subject to change.</p>	A Activity Room AA All Around AR Activity Room CH Chapel DR Dining Room L Lobby WR Wellness Room			10:15 Exercise [AR] 1 2:00 Lifelong Learning: The Oregon Trail [CH] 3:15 Spiritual/Prayer Grp [AR] 5:30 Resident Led Chat [L]	10:15 Kickball [AR] 2 1:00 Really Big Show [CH] 1:45 Welcome/Birthday Party [DR] 3:30 Blackjack [AR]	10:00 Resident Led Walk [AA] 3 1:30 Resident Led Chat [L] 3:30 Chair Exercises - Ch 95 5:30 Movie [L]
10:00 Linwood Covenant Worship [CH] 4 1:00 Ice Cream Delivery 1:30 Resident Led Mural Project [AR] 3:30 Chair Exercises - Ch 95	10:15 Exercise [AR] 5 1:30 Word Game [AR] 3:15 Hymn Sing [AR] 5:30 Movie/Popcorn [L]	10:00 St Peter's Catholic Rosary [CH] 6 10:15 Coffee Talk [L] 1:00 Forklift Racing [CH] 2:30 Volunteering 3:30 Walk & Talk [L]	10:00 Worship w/Kathleen [CH] 7 10:15 Exercise [AR] 10:30 Wed Loop 1:45 Bingo [DR] 3:15 Spiritual/Prayer Grp [AR]	10:15 Exercise [AR] 8 10:15 Resident Council [AR] 1:00 Forklift Practice [CH] 3:00 Travelogue - The Great Lakes [AR] 5:30 Resident Led Chat [L]	10:15 Kickball [AR] 9 1:00 Really Big Show [CH] 2:00 Music w/Mary Hall [DR]	10:00 Resident Led Walk [AA] 10 1:30 Resident Led Chat [L] 1:30 SS Edmund Fitzgerald-Ch 95 3:30 Chair Exercises - Ch 95 5:30 Movie [L]
Mother's Day 11 10:00 Chisago Lakes Baptist Worship [CH] 1:30 Bingo [DR] 2:15 Mother's Day Scones and Cones [DR] 3:30 Chair Exercises - Ch 95	10:15 Exercise [AR] 12 1:00 WALMART-24 hour advance sign up 1:30 Music w/Amy & Adams - Health Care Center Dining Room 3:15 Hymn Sing [AR] 5:30 Movie/Popcorn [L]	10:00 St Peter's Catholic Mass [CH] 13 10:15 Coffee Talk [L] 1:00 Forklift Racing [CH] 2:30 Volunteering 3:30 Walk & Talk [L] 5:30 Games w/Tammy [AR]	10:00 Forest Hills Methodist Worship [CH] 14 10:15 Exercise [AR] 10:30 Wed Loop 1:45 Bingo [DR] 3:15 Spiritual/Prayer Grp [AR]	10:15 Exercise [AR] 15 1:00 Forklift Practice [CH] 3:00 Trivia [AR] 5:30 Resident Led Chat [L]	10:15 Kickball [AR] 16 1:00 Really Big Show [CH] 1:45 Farkle [AR] 3:00 Garden Prep	10:00 Resident Led Walk [AA] 17 1:30 Resident Led Chat [L] 1:30 Linwood Ladies Social [DR] 3:30 Chair Exercises - Ch 95 5:30 Movie [L]
10:00 Worship w/Kathleen [CH] 18 1:00 Ice Cream Delivery 1:30 Resident Led Mural Project [AR] 3:30 Chair Exercises - Ch 95	10:15 Exercise [AR] 19 10:15 Pet Visits 10:30 Men's Club [CH] 1:30 Scattergories [AR] 3:15 Who, What, Where? [A] 5:30 Movie/Popcorn [L]	10:00 St Peter's Catholic Rosary [CH] 20 10:15 Coffee Talk [L] 1:00 Forklift Racing [CH] 3:30 Walk & Talk [L]	10:00 Faith Lutheran Worship [CH] 21 10:15 Exercise [AR] 10:30 Wed Loop 1:45 Bingo w/Community Co Church Sponsored Prizes [DR] 3:15 Spiritual/Prayer Grp [AR]	10:15 Exercise [AR] 22 1:00 Forklift Practice [CH] 2:30 Women's Club/Community Service Group [CH] 5:30 Resident Led Chat [L]	10:15 Kickball [AR] 23 1:00 Really Big Show [CH] 2:00 Music w/Relan Grove [AR]	10:00 Resident Led Walk [AA] 24 1:30 Resident Led Chat [L] 1:30 Great Lakes Creation-Ch 95 3:30 Chair Exercises - Ch 95 5:30 Movie [L] 5:30 Grief & Loss Group [AR]
10:00 Worship w/Kathleen [CH] 25 1:00 Ice Cream Delivery 1:30 Painting/Coloring Group [AR] 3:30 Chair Exercises - Ch 95	Memorial Day 26 9:00 Disney Movie Marathon - 9am-7pm [L]	10:00 St Peter's Catholic Rosary [CH] 27 10:15 Coffee Talk [L] 1:00 Forklift Racing [CH] 3:30 Walk & Talk [L] 5:30 Games w/Tammy [AR]	10:00 Worship w/ Kathleen 28 10:15 Exercise [AR] 10:30 OUT TO LUNCH-24 hour advance sign up 10:30 Wed Loop 1:45 Bingo [DR] 3:15 Spiritual/Prayer Grp [AR]	10:15 Exercise [AR] 29 1:00 Forklift Practice [CH] 3:30 Word Game [AR] 5:30 Resident Led Chat [L]	10:15 Kickball [AR] 30 1:00 Really Big Show [CH] 2:00 Cards & Board Games [WR]	10:00 Resident Led Walk [AA] 31 1:30 Resident Led Chat [L] 3:30 Chair Exercises - Ch 95 5:30 Movie [L]