



(706) 653-9191

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### Don't Forget the Apostrophe

Mother's Day creator Anna Jarvis insisted on the apostrophe in Mother's Day to emphasize that the day should celebrate individual mothers.

### A Rose Garland by Any Other Name

Twenty racehorses run for the roses each year at the annual Kentucky Derby. Take a trot down memory lane with these Derby champs' memorable monikers:

Spend A Buck followed the money after winning the Derby in 1985, earning \$2 million in another race.

Forward Pass raced faster than a speeding football in the 1968 race.

Twenty Grand more than doubled his name with the 1931 purse of nearly \$50,000.

A troublemaker turned history-maker, Behave Yourself won the rose garland in 1921.

Gamblers in 1915 could count on Regret, the first filly to win the Kentucky Derby.

### 70 Years of NATO

The NATO phonetic alphabet went into effect in 1956, enabling radio operators to use a standardized alphabet during conditions of poor broadcast signals and language barriers. Visit [nato.int](http://nato.int) and search "NATO alphabet quiz" to test your knowledge.

### Your Friendly Team

**Tracy Carr**

*General Manager*

**Anne Conway-Stutson, LPN**

*Resident Care Coordinator*

**Chantel Dixon**

*Memory Care Coordinator*

**Chiffany Lawrence**

*Dining Services Director*

**Jonathan Brown**

*Maintenance Director*

**Lina Allen**

*Sales Director*

**Kristy White**

*Activities Director*



### Welcome Our New Resident Care Coordinator

We are thrilled to welcome **Anne Conway-Stutson, LPN**, to our team as our new Resident Care Coordinator!

Anne brings 32 years of experience in nursing, and we are excited to have her expertise to serve our residents. She enjoys reading and baking in her spare time. Welcome, Anne!

### Maypole Mayhem

May Day on May 1 is an ancient celebration of the start of summer, and maypoles—tall wooden poles traditionally made of stripped trees—are erected in villages throughout Europe. In the 1800s, some British pranksters would steal maypoles from rival towns.

### Meet Our New Stylist

Welcome to Michelle with "At Ease" Salon and Barbershop. On-site appointments are preferred 1 week in advance. Contact Michelle at (334) 650-3441.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 3 10:00 Church TV 11:00 Craft Time 2:00 Puzzle and Games 3:00 Snack and Short Film 6:00 Movie Night	 4 10:00 Morning Exercise 11:00 Games & Puzzle 2:00 Pretty Nails and Music 6:00 Movie Night	 5 10:00 Morning Exercise 11:00 Pretty Nails and Music 2:00 Celebrating Cinco de Mayo 6:00 Movie Night	 6 10:00 Morning Exercise 11:00 Sing-Along 2:00 Pretty Nails and Music 6:00 Movie Night	 7 10:00 Morning Exercise 11:00 Let's Play Games 2:00 Pretty Nails and Music 6:00 Movie Night	1 10:00 Morning Exercise 10:30 Move to the Beat 11:00 Sing-Along 2:00 Patio Games & Conversation 3:00 Bingo 6:00 Movie Night	2 10:00 Chair Yoga 11:00 Kentucky Derby Trivia 2:00 Creative Color 3:00 Movie Night
10 10:00 Church TV 11:00 Walk and Roll 2:00 Bingo 6:00 Movie Night	11 10:00 Morning Exercise 11:00 Pretty Nails and Music 2:00 Puzzle and Games 6:00 Movie Night	12 10:00 Music Sit Down Exercise 11:00 Story Time (With Question) 2:00 Word Search 6:00 Movie Night	<b>National Receptionist Day</b> 13 10:00 Morning Exercise 11:00 Walking Club "Get Your Steps In" 2:00 Bingo 6:00 Movie Night	14 10:00 Morning Exercise 11:00 Happy Hour w/ Kristy 2:00 Let's Play Games 6:00 Show Time	15 10:00 Morning Exercise 11:00 Bingo w/ Destinee Georgia Hospice 2:00 Pretty Nails and Music 6:00 Movie Night	16 10:00 Walk and Roll 11:00 Puzzle and Games 2:00 Bingo Saturday 6:00 Movie Night
17 10:00 Church TV 11:00 Chair Yoga 2:00 Games & Puzzle 3:00 Sister Of Glory -Singing Group 6:00 Movie Night	18 10:00 Morning Exercise 11:00 Arts & Crafts 2:00 Snacks, Refreshments and Bingo! 6:00 Movie Night	19 10:00 Morning Exercise 11:00 Short Film 2:00 Resident Council 6:00 Movie Night	<b>Happy Birthday Chiffany Lawrence</b> 20 10:00 Morning Exercise 11:00 Ladies and Gentlemen Spa Day 2:00 Bingo 6:00 Movie Night	21 10:00 Morning Exercise 11:00 Outside Social with Snacks 2:00 Pretty Nails and Music 6:00 Movie Night	22 10:00 Morning Exercise 11:00 Arts & Crafts 2:00 Bingo 6:00 Movie Night	23 10:00 Walk and Roll 11:00 Puzzle and Games 2:00 Bingo Saturday 6:00 Movie Night
<b>Happy Birthday Shirley Allen</b> 24 10:00 Church TV 11:00 Snacks and Refreshments Hydration 2:00 Pretty Nails and Music 6:00 Movie Night	<b>Memorial Day</b> <b>Happy Birthday Joyce Crosby</b> 25 10:00 Morning Exercise 11:00 Memorial Day Ceremony 2:00 Bingo 6:00 Movie Night	26 10:00 Morning Exercise 11:00 Arts & Crafts 2:00 Pretty Nails and Music 6:00 Movie Night	27 10:00 Morning Exercise 11:00 Pretty Nails and Music 2:00 Bingo 6:00 Movie Night	28 10:00 Morning Exercise 11:00 Arts & Crafts 2:00 Resident Birthday Party w/ Mark 6:00 Movie Night	29 10:00 Morning Exercise 11:00 Karaoke Friday 2:00 Puzzle and Games 6:00 Movie Night	<b>Happy Birthday Lauren Condrey</b> 30 10:00 Walk and Roll 11:00 Puzzle and Games 2:00 Bingo Saturday 6:00 Movie Night
31 10:00 Church TV 11:00 Snacks and Refreshments Social 2:00 Games & Puzzle 6:00 Movie Night						

## Just For Fun

### A Queso the Giggles

Q. What do you call a tortilla chip that lifts weights?

A. A macho nacho.



### Happy Birthday Residents

May 7 John Belk Jr.  
May 24 Shirley Allen  
May 25 Joyce Crosby  
May 30 Lauren Condrey

### Happy Birthday Staff

May 20 Chiffany Lawrence  
May 6 Anna Demalo

## Hobbies for Health and Happiness

Hobby trends come and go, but research shows that some tried-and-true pastimes can improve overall health and happiness. Before you impulse buy that mushroom growing kit or photography drone, consider these pursuits:

*Reading.* A 2021 study conducted over 14 years found that participants who read at least once a week were at lower risk for cognitive decline, regardless of educational background.

*Dancing.* A 2019 research review found that the practice of dancing regularly improved memory, attention and balance.

*Learning a new language.* Research shows there are cognitive benefits of learning a new language at any age. A 2019 study found that participants 59 to 79 years old experienced improved cognition after just a 4-month language course.



## Health & Wellness

### Walk It Off

May is Osteoporosis Awareness and Prevention Month, American Stroke Month and Better Hearing Month. Research links regular walking to reduced risk for all three of these conditions. Talk to your health care provider about what works best for you.

### Memorial Day

A day to remember the sacrifice of the country's fallen service members has been observed since the Civil War. Known as Decoration Day for a century, the holiday was renamed Memorial Day by federal law in 1967.



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