

WHAT'S COMING UP

May 1

May Day

May 4

Star Wars Day

May 5

Cinco de Mayo

May 7

Mother's Day Drop By

May 9

Mother's Day

May 13

National Apple Pie Day

May 24

National Brother's Day

May 28

National Hamburger Day

May 31

Memorial Day



MAY 2021 NEWSLETTER



Riverwood
Senior Living

Hello, residents and families!

Spring is in full swing, and great things are happening at Riverwood. We are enjoying the change of weather, and looking forward to upcoming holidays like Mother's Day, celebrating the ones who cared for us in every way. As COVID restrictions begin to lift little by little, we enjoy seeing families reunite and spend time together here at our community.

Rest assured, we are still keeping safety a top priority while trying to incorporate fun activities for engagement our residents can enjoy and benefit from. Thank you all for your patience as we continue to navigate these circumstances. We are looking forward to a wonderful and fun filled summer here at Riverwood! Thank you for being a part of our community.

Your Riverwood Family



FUN FACTS

- » Blue jeans were officially invented in May of 1873 after Levi Strauss and Jacob Davis obtained a patent for the pants on May 20th.
- » On May 9, 1992, The Golden Girls aired their series finale.
- » The birthstone for May is the emerald, which represents love and success.
- » The Empire State Building opened on May 1, 1931.
- » On May 14, 1804, Lewis and Clark began their journey up the Missouri River.
- » May 22nd is National Maritime Day. Created in commemoration of the first transoceanic voyage via steamboat (completed by the U.S.S. Savannah in 1819), this holiday recognizes the efforts of the U.S. merchant marine during both war and peace.
- » Edward Jenner, a doctor from Gloucestershire, England successfully tested his vaccination for smallpox on May 14, 1796.
- » On May 14, 1998, 76.3 million people tuned in for the series finale of Seinfeld
- » The New York Stock Exchange was formed in May 1792.
- » National Teacher Day is May 5th. Remember all the teachers in your life. We honor school teachers, but also parents, grandparents, and other mentors as well.
- » The traditional flower of May is known as the Lily of the Valley.
- » The Golden Gate Bridge was opened in San Francisco on May 27, 1937.
- » May 31st is Trinity Sunday– a day that celebrates the Christian belief in the Trinity (God is 3 distinct persons – The Father, The Son, and The Holy Spirit).
- » In addition to Star Wars Day, there are many other fun holidays in May, including International Hamburger Day and Dance Like A Chicken Day.
- » There is a cheese rolling contest to celebrate May Day in the town of Stilton, England.
- » Buffalo Bill's Wild West show opened in London, England on May 9, 1887.
- » May 4th is Star Wars Day. People celebrate by greeting each other, saying "May the Fourth be with you."
- » In any given year, no month ever begins or ends on the same day of the week as May does.
- » May was once considered a bad luck month to get married. There is a poem that says "Marry in May and you'll rue the day."

WHAT'S NEW?



Mother's Day Celebration

We will host a Mother's Day "Drop By" for all the Moms on the Friday before Mother's Day, May 7th. We will have snacks and a rose for each mom! Families should drop by between the hours of 10:00 am and 1:00 pm on that Friday to participate.

WHAT WE'VE BEEN UP TO



Riverwood Gardening Club

Top Left. Our residents enjoyed some fresh air and getting their hands dirty planting flowers in our outdoor planters.



Exercise Class

Top Right. Residents enjoyed a fun, rhythmic workout turning exercise balls into drums and playing along to the music.

Karate Demonstration

Bottom Left. Our own COO, Jeff Clay, shared a karate demonstration at Riverwood, accompanied by Chef Craig.



This demonstration was socially distanced and our two performers are fully vaccinated.

Hot Fudge Sundae Run

Bottom Right. We enjoyed a Hot Fudge Sundae run in town at Sonic, and then enjoyed a fun drive around downtown Rome, Georgia.





FROM THE BLOG

Mother's Day

Celebrating Motherhood in all its Forms

Mother's Day is so special, and carries with it its own meaning for each of us. Perhaps you celebrate this holiday as someone who had an incredible mother of your own. Perhaps you yourself are a mother, a stepmother, a godmother, mentor, teacher, or caregiver. As we honor the mothers in our lives on this Sunday in May, let's find some inspiration in the beautiful words of writers, poets, actresses, and other figures who perfectly express the beauty and raw strength that is motherhood.





Maya Angelou

“To describe my mother would be to write about a hurricane in its perfect power. Or the climbing, falling colors of a rainbow.”

Kate Winslet

“Having children just puts the whole world into perspective. Everything else just disappears.”

Robert Browning

“Motherhood: all love begins and ends there.”

Oliver Wendell Holmes

“Youth fades; love droops; the leaves of friendship fall; a mother’s secret hope outlives them all.”

Oprah

“I believe the choice to become a mother is the choice to become one of the greatest spiritual leaders there is.”

Mitch Albom

“When you look into your mother’s eyes, you know that is the purest love you can find on this earth.”

Victor Hugo

“A mother’s arms are made of tenderness and children sleep soundly in them.”

Abraham Lincoln

“I remember my mother’s prayers and they have always followed me. They have clung to me all my life.”

Henry Ward Beecher

“The mother’s heart is the child’s schoolroom.”

Michelle Obama

“At the end of the day, the most important job is still mom-in-chief.”

Sheryl Crow

“Little souls find their way to you whether they’re from your womb or someone else’s.”

Sophia Loren

“When you are a mother, you are never really alone in your thoughts. A mother always has to think twice, once for herself and once for her child.”

No matter how or who you celebrate on Mother’s Day, we hope it is a time of tribute for you and/or the strong, loving women in your life who have shaped you, comforted you, taught you, and showed up for you in many ways throughout the years. On this special Sunday, we honor all mothers and mother-life figures, motherhood in general, and the profound impact of mothers on society. They truly deserve all the thanks!



NATIONAL SPACE DAY

The first Friday in May is National Space Day! This day is dedicated to celebrating the extraordinary achievements, benefits, and opportunities that come from space exploration and research. In honor of National Space Day, here are 10 things you probably didn't know about space exploration.

10. A space suit weighs roughly 280 pounds, without the astronaut, and takes about 45 minutes to put on.

9. To even apply to be an astronaut, candidates must complete at least 1,000 hours of fly time in a jet aircraft first.

8. The first artificial satellite sent into space by the United States was the Explorer 1, launched on January 31st, 1958.

7. America's first space station was Skylab, which contained almost 12,000 cubic feet of living space, and was longer than a 12-story building.

6. A manned rocket reaches the moon in less time than it took for a stagecoach to travel the length of England.

5. Each astronaut is allotted 3.8 pounds of food for each day, and the foods are individually-packaged for ease of handling in zero gravity.

4. Flying American flags to space began with the flight of the first American astronaut, Alan Shepard, in 1961. Elementary students from a Cocoa Beach, FL school purchased the flag for Shepard to carry onboard the Freedom 7 Mercury spacecraft.

3. A full NASA space suit costs \$12,000,000.

2. Apollo 11 crew members Neil Armstrong and Edwin "Buzz" Aldrin made the first lunar landing on July 20th, 1969.

1. In 1981, the first reusable spacecraft, the Space Shuttle Columbia, launched and returned from space.

Blast off!

HAPPY BIRTHDAY!

Resident

Jeanette McGinnis May 3

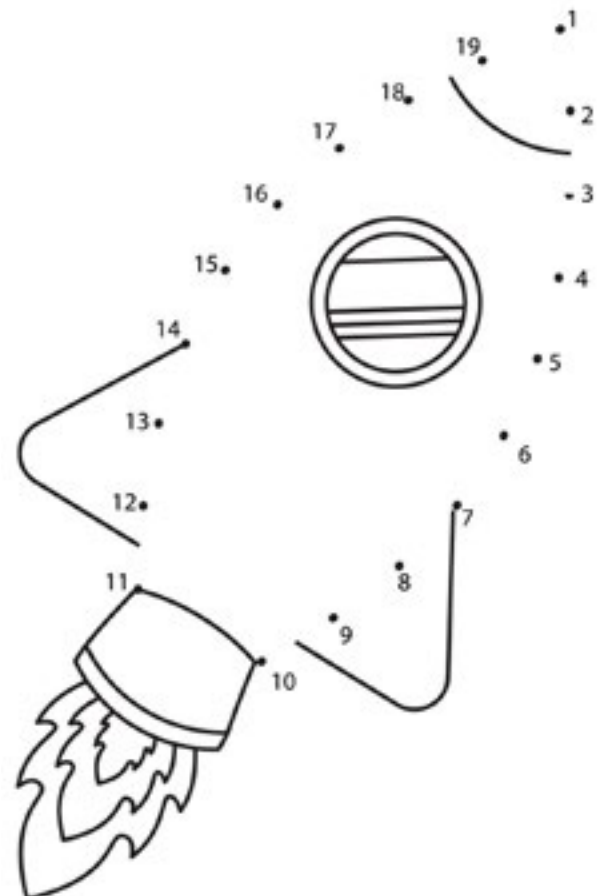
David Whittenburg May 7

Employee

Debra Pickett May 10

Bethani Champion May 31

CONNECT THE DOTS

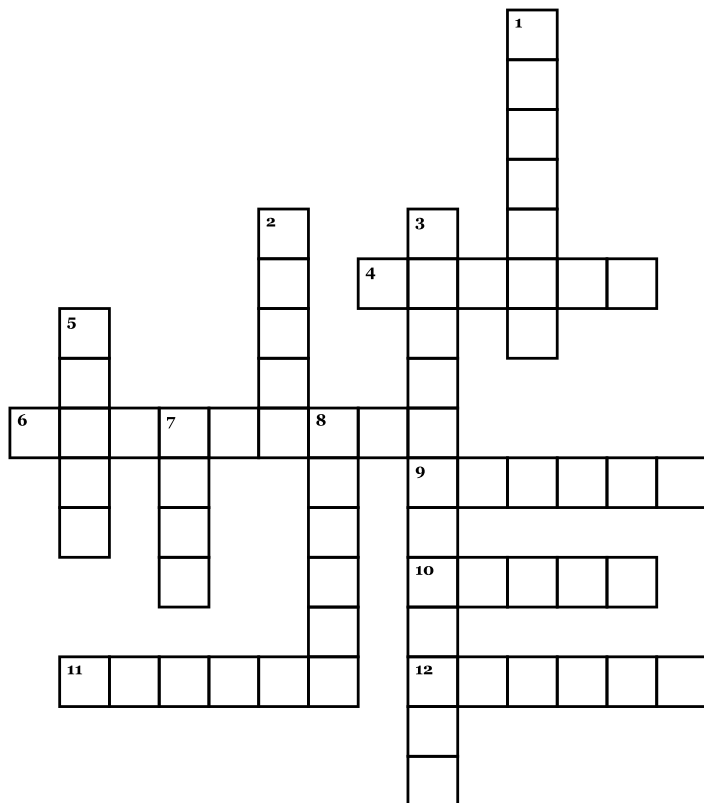


WORD FIND

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| MAY | GOLDEN | JEANS | SEINFELD | JEDI |
| LILY | EMPIRE | TRINITY | MARITIME | JOURNEY |
| EMERALD | BRIDGE | VACCINE | DOROTHY | TEACHER |

CROSS-WORD



Across

4. The traditional flower of May - Lily of the _____
6. A popular food served on a bun
9. Teachers might receive these on Teacher Appreciation Day
10. Lewis & _____
11. Formerly the tallest building in the world, the _____ State Building
12. Dorothy's mother in The Golden Girls

Down

1. Gemstone that's the color of envy
2. Darth _____ - Luke's father
3. City where the Golden Gate Bridge is located
5. Pants made out of denim - usually blue
7. Well-known figure of the Wild West - Buffalo _____
8. One of Jerry's best friends in Seinfeld

EMPLOYEE OF THE YEAR

Veda Driver

Veda is a Resident Assistant in Pathways. She makes sure our residents are happy, well taken care of, and safe. Veda has been an employee of Riverwood since 2007. She was chosen as Employee of the Year because of her dedication to our residents. Veda has worked all through COVID-19, which has been challenging for everyone, but especially those in Pathways. During this time she has worked doubles and never missed a day. Veda demonstrates patience towards our residents. Beyond her exceptional skills, she exemplifies what it means to care for people. She's a role model for other staff members and represents the best of us.

Congratulations, Veda.

EMPLOYEE OF THE MONTH

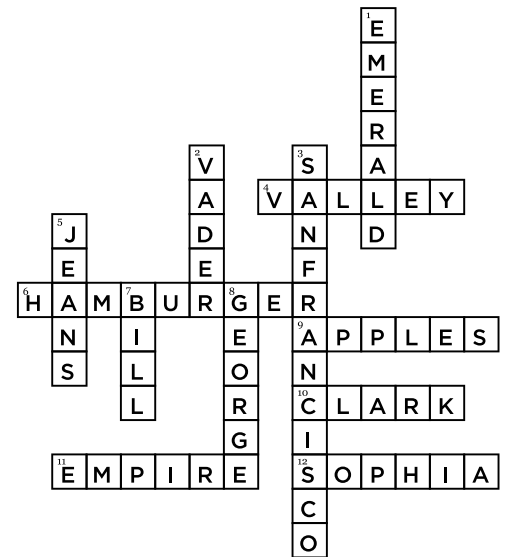
Dalton Lezotte



Dalton has been with Riverwood since December of 2020, and has been a great asset to our dietary staff. Whenever asked to help with any extra tasks like moving furniture or anything else, he always shows up and shows out to assist! Thank you, Dalton, for all you do! We're lucky to have you on staff.

ANSWER KEY

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