

## WHAT'S COMING UP

**May 1**

May Day

**May 5**

Cinco de Mayo

**May 7**

Kentucky Derby

**May 8**

Mother's Day

**May 21**

Armed Forces Day

**May 25**

National Senior Health &  
Fitness Day

**May 30**

Memorial Day



## MAY 2022 NEWSLETTER



### ***Dear Residents, Families, and Team Members***

May has arrived and if you're anything like me, you're wondering how we got there already. All the April showers have brought May flowers! It is such a beautiful time of the year; we are so blessed to be able to experience God's beautiful creations!

I want to thank each and every one of you who attended our Easter luncheon; seeing families united warms my heart! We were blessed and had a turn out of over 40 family members attend. I look forward to getting back to normal and hosting more family events where we can spend time getting to know each other. This year we will be celebrating Mother's Day with a Kentucky Derby style tea party. More information to come!

"A Mother's Love"

A Mother's love is something  
that no one can explain.

It is like no other.

It is made of deep devotion  
and of sacrifice, and pain.

It is endless and unselfish  
and enduring come what may,

For nothing can destroy it

Or take that love away.

It is patient and forgiving

When all others are forsaking,

And it never fails or falters.

—Helen Steiner Rice

***Selina Bradley***  
*Executive Director*



## Easter Luncheon — April

We had a wonderful Easter Luncheon with our residents and family members who could attend. Spirits were high as we celebrated this joyous holiday.





## Mother's Day Tea Party

May 6th

To celebrate mothers of all ages we will be hosting a Kentucky Derby style tea party. Wear your most outrageous hat and feathery attire to this fun event!



Home  Because  
of the *Free* of the *Brave*  
**HAPPY MEMORIAL DAY**

## Memorial Day Cookout

May 30th

We honor those who gave their lives to protect us each Memorial Day, and this cookout celebrates them and the lives they helped each of us build.

Save  
the  
Date

**May 1st** — May Day

**May 5th** — Cinco de Mayo

**May 6th** — Mother's Day Tea Party

**May 8th** — Mother's Day

**May 7th** — Kentucky Derby

**May 30th** — Memorial Day Cookout

## Productive Activities for Dementia Care

Activities that feel productive are so important to each resident at Regency. It gives each resident their own sense of purpose and value. It gives us a reason to get out of bed! It provides the opportunity to give and receive positive feedback. But with dementia, our productive activities might have to change a bit. It's important to consider what certain activities require from us, examples could include fine motor skills, comprehending the project's big picture, multi-tasking, etc. But instead of focusing on what can't be done, think about existing interests!

### What are some favorite pastimes?

What were some productive activities that were enjoyed before dementia was present? What types of activities helped you or a loved one feel useful around the house? Many of us love flowers our whole lives and enjoy gardening with them. A resident like this with dementia would very much enjoy making spring flower arrangements to go in flower boxes. Another example: if someone volunteered for soup kitchens prior to coming to Regency, making brown bag lunches for a local homeless organization is a similar activity they might enjoy!

### What can be done currently?

What are you or a loved one able to do independently or with a little support? Activities can always be a wonderful opportunity to sit side-by-side and do something productive together with another resident, staff or family member! Productive activities don't have to be complicated, and the additional person might just be there to provide encouragement. It could be as simple as helping with chores, assisting in meal prep, or working on a project.

### What is motivating or inspiring?

You've heard it before, a body at rest tends to stay at rest. A lack of confidence can make activities daunting,



several steps in the process might seem overwhelming. So what does it take to motivate or inspire productive action? Understanding that you or a loved one is doing the activity because they are good at it, or because it's helpful, can help. Knowing the value behind the productive activity can help us stop resting and start doing!

Whether or not you or a loved one is actively seeking something to do, productive activity is a way to achieve a sense of purpose and accomplishment. At Regency we are always looking for ways to make our dementia care as beneficial as possible to each individual resident. If you have an activity you would like assistance with, please reach out to your staff and let us know how we can help you or a loved one feel productive!



## Jack Ott

Mr. Jack Ott has been a resident of Riverwood Senior Living since May of 2017. Jack was married to Bessie, the love of his life, for an amazing and loving 70 years. Together Jack and Bessie had three children, Jackie, Pam, and Steve. He also has eight grandchildren and eleven great grandchildren. Jack proudly served in the United States Airforce from 1947-1950. During his time in the service he held many positions such as an Aircraft Electrician, a C54 Specialist and an Aircraft Engine Mechanic. Jack and Bessie retired at 57 and began traveling the country together! Mr Ott always has an amazing story to tell about his life and a bag of chocolates to share.



# Happy Birthday

### Resident

Kathy Martin

May 5

### Employee

Martha Gonzalez

May 11



## FUN FACTS

- » The name May is the modern-day English adaption of the Latin word Maius, which has origins going back to the time of the ancient Greeks. They named the month of May (or Maius) after the Greek goddess of growth.
- » A Roman poet by the name of Ovid had different ideas surrounding the etymology of the naming of May. He claimed that it was from the word Maiores, the Latin word for “elders,” that the month gained its name.
- » The word May wasn’t actually used until the middle ages were on their way out, around the 15th Century AD. Up until then, the Roman word Maius was still used.
- » May used to have a very different name in Old English. Back then, the month was referred to as the “month of three milkings.” Unsurprisingly, this meant that during this month, you could milk your cows up to three times per day!
- » May was once considered an incredibly ill-omened time to get married. There’s an adage for it actually, which goes: “Marry in May and you’ll rue the day.” It’s not clear where exactly the saying comes from, but there must have been a pretty good reason not to get married in one of the most beautiful months of the year!
- » May isn’t just a bad time to get married, though. There’s the Cornish superstition that buying a new broom in May is unlucky. Oh, and apparently, you shouldn’t wash any blankets either!
- » May is the month that the Eurovision song contest is held every year. For those not in the know, Eurovision is an international song contest that has been held every year since 1956. Some of the contest winners over the years have gone on to be incredibly successful groups, with the most notable being ABBA!
- » May is a special time for Star Wars fans worldwide and always a good reason to re-watch the movies. May the 4th is celebrated as Star Wars day, due to the way the date sounds similar to “May the Force [be with you].” We won’t start the debate over whether the old movies are better than the new ones, because we all know the answer to that!
- » On April 15, 1912, the famous ship Titanic hit an iceberg and sunk on her first and only voyage.
- » George Washington was inaugurated as the First President of the United States on April 30, 1789.

WORD FIND

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EUROVISION  
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 GODDESS

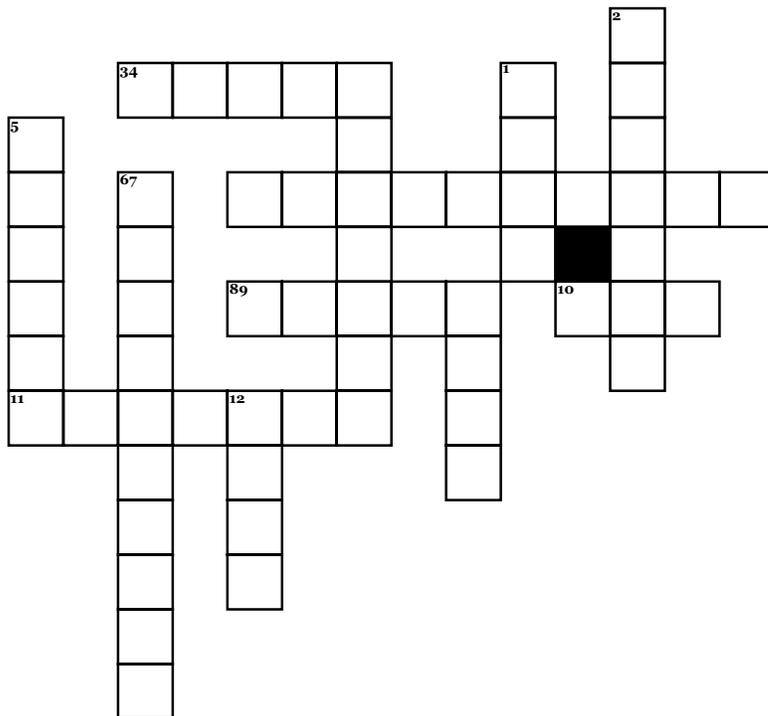
GEMINI  
 MILKING  
 MAIORES

BURGER  
 MAIUS  
 HAWTHORN

EMPIRE  
 TAURUS  
 ETA

VICTORIA  
 EMERALD  
 LILY

CROSS-WORD



Down

1. A Roman poet by the name of \_\_\_\_\_
2. Emeralds are symbols of fertility and? \_\_\_\_\_
4. May was once considered an incredibly ill-omened time to get \_\_\_\_\_
5. The word May wasn't actually used until the \_\_\_\_\_ ages
6. It is said that those born in May have a greater chance of being more \_\_\_\_\_ in life.
9. May is a special time for \_\_\_\_\_ Wars fans world wide.
12. A Famous Swedish pop group? \_\_\_\_\_

Across

3. There's the Cornish superstition that buying a new \_\_\_\_\_ in May is unlucky.
7. May is the month that the \_\_\_\_\_ song contest is held every year
8. The Latin word for May? \_\_\_\_\_
10. Every year there is a particular meteor shower in May called the? \_\_\_\_\_ Aquariids meteor shower.
11. The birthstone for May is the? \_\_\_\_\_

**EMPLOYEE OF THE YEAR**

**Angie Epperson**



We are thrilled to announce that Angie Epperson has been awarded our “Best of the Best” Employee of the year for the ENTIRE company! Angie has been a devoted employee of Riverwood for 23 years! Angie has a warm and happy spirit– you can’t help but smile when she is in the room. Please help us celebrate Angie!! On March 15th at 12:00 pm, we will be hosting a party in her honor. If you get the chance, please stop by and tell her how much she is appreciated!

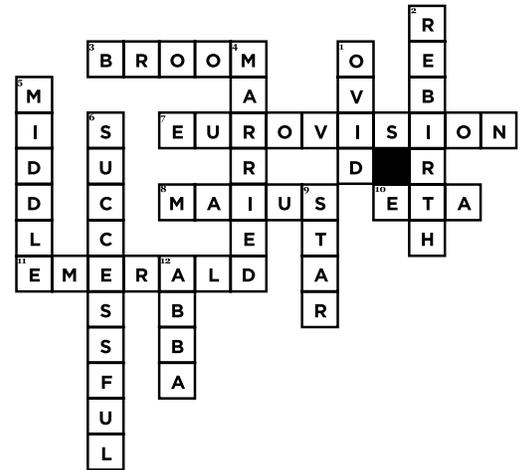
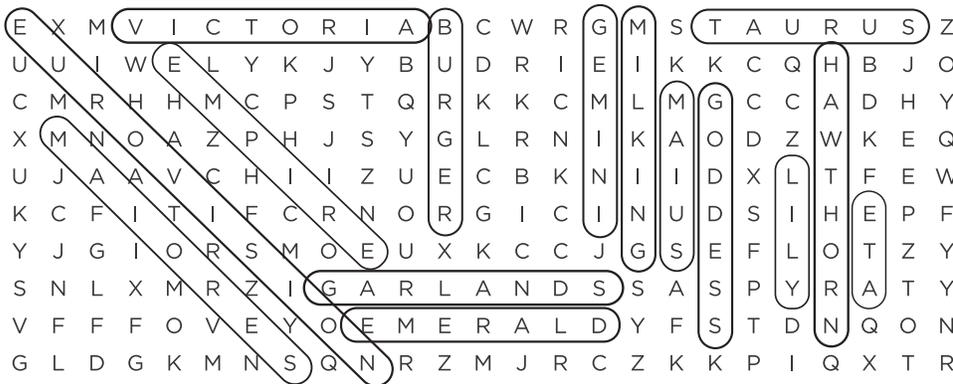
**EMPLOYEE OF THE MONTH**

**Martha Gonzalez**



Martha has been an LPN at Riverwood Senior Living since November of 2021. Martha has three sons, Christopher, Christian, and Leo. In her spare time she loves to go on walks with her boys. When asked what is her favorite part of working at Riverwood, she said she loves listening to her residents' stories and getting to know them better! Congratulations, Martha! We are blessed to have you on our team. Thank you for all you do!

**ANSWER KEY**



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