

## WHAT'S COMING UP

**May 1st**

May Day

**May 4th**

National Day of Prayer

**May 5th**

Cinco de Mayo

**May 14th**

Mother's Day

**May 24th**

National Brother's Day

**May 28th**

National Hamburger Day

**May 29th**

Memorial Day

**May 31st**

National Senior Health and  
Fitness Day

## MAY 2023 NEWSLETTER



*Riverwood*  
Senior Living

### ***Hold Your Horses, it's May!***

Hey friends and family! We are galloping into May and are so excited about all the fun we have planned, including the Kentucky Derby.

The Kentucky Derby is the longest continuously held sporting event in America and one of the most prestigious horse races in the world! The Kentucky Derby was started by Meriwether Lewis Clark Junior, grandson of explorer William Clark, of Lewis and Clark Expedition fame. Clark, who was inspired by horse races he'd seen in Europe, raised the money to build Churchill Downs on land donated by his uncles.

National Nurses Week honors their contributions and reminds us to thank the medical professionals for the hard work they do every day in our communities. It is celebrated between May 6th, National Nurses Day, and May 12th, the birthdate of celebrated nurse Florence Nightingale.

Here at Riverwood, we have amazing nursing staff available twenty-four hours a day that all truly love the residents and their families! We will celebrate them in a different way on each day of the week. We will also have a station set up where you can leave "thank you" notes for them to enjoy. Please remind them how thankful we are for their servant hearts!

May also brings Mother's Day, and what a special relationship it is between a mother and a child. Moms don't get days off, nor do they receive handsome salaries or generous pensions. Instead, their rewards come in the form of sticky kisses, necklaces made of elbow macaroni, and the satisfaction of seeing their children grow up to be happy, healthy adults. The beautiful and unparalleled bond of love shared between kids and mothers is honored and celebrated on Mother's Day on May 14th.

I am so thankful for each and every one of you and I am honored to continue to lead this community.

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



## Cracker Barrel Outing — April

Our residents love Cracker Barrel, so we had a great lunch and did some shopping in the gift store. There was a lot of laughter!



## Favorite Songs by Mr. Harold Shaw — April

Mr. Harold Shaw entertained our residents with great music and some dancing! We sang along to our favorite songs. A big thank you to Mr. Shaw for a great time!





## Moore's Soda Shop Visit — April

Residents enjoyed an outing to Moore's Soda Shop for lunch!



## Easter Celebration at Riverwood — April

Our residents enjoyed a bean auction and pictures with the Easter Bunny! We had a ball with Trina from CenterWell and Celina from Tapestry!





## Kentucky Derby Day & Mother's Day Tea

May 2nd at 2:00 pm

Residents will get to decorate hats for upcoming celebrations, including styling one for the Kentucky Derby!



## Cinco de Mayo Celebration

May 5th at 2:00 pm

Melissa from Floyd Heyman Hospice will provide butterbean auctions and treats!



## Kentucky Derby Day at Riverwood

May 6th at 4:00 pm

Residents will continue styling their hats for the Kentucky Derby Race!





## National Nurses Week

May 12th at 10:30 am

Our residents want to show our love for our nurses! We will celebrate them with a fun-filled party!



## Mother's Day Tea Party

May 14th at 2:00 pm

Riverwood will be honoring mothers for Mother's Day! We will have live entertainment, delightful hors d'oeuvres, and drawings for great door prizes!



## LCCL Strawberry Farms Visit

May 24th at 2:00 pm

We are so excited to tour the farm and pick strawberries! This will be such a heartwarming activity for all residents.



## Honoring Memorial Day

May 27th at 2:00 pm

We will honor all the men and women who have served and sacrificed their lives for our freedom!

**Save  
the  
Date**

**May 5th** — Cinco de Mayo Celebration

**May 6th** — Kentucky Derby Day

**May 12th** — National Nurses Week

**May 14th** — Mother's Day Party

**May 24th** — LCCL Strawberry Farms

**May 27th** — Honoring Memorial Day



## Melanie Wood

Ms. Melanie Wood has been with us since October. Ms. Wood loves to serve others and works at the Network Day Service Center. She is always willing to assist other residents and staff. She enjoys crafts, playing dominoes, and bingo with friends. We appreciate all that you do for our community!



## WELCOME NEW RESIDENTS! 🏠

Carol Ayers  
William Keith, Jr.  
Nancy Clift

## Happy Birthday



### Resident

Karen Martin

May 5th

### Employee

Stephen Mathis

May 15th

Elisa Booth

May 26th

Bethani Champion

May 31st

## FUN FACTS

- » 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 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.” 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!
- » Every year there is a particular meteor shower in May called the Eta Aquariids meteor shower. Discovered in 1870, this meteor shower passes by Earth between April 19 and May 28. It’s easiest to view it from the equatorial regions of the world and can be glimpsed passing by just before dawn.
- » It is said that those born in May have a greater chance of being more successful in life and experience more love. While this may not be scientifically factual, it has been noticed that people born in May understand the importance of love and success more than others.

## WORD FIND

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

MAY

AQUARIIDS

GREEK

GARLANDS

UNLUCKY

MAIA

EMERALD

EMPIRE

TAURUS

EUROVISION

LEVI

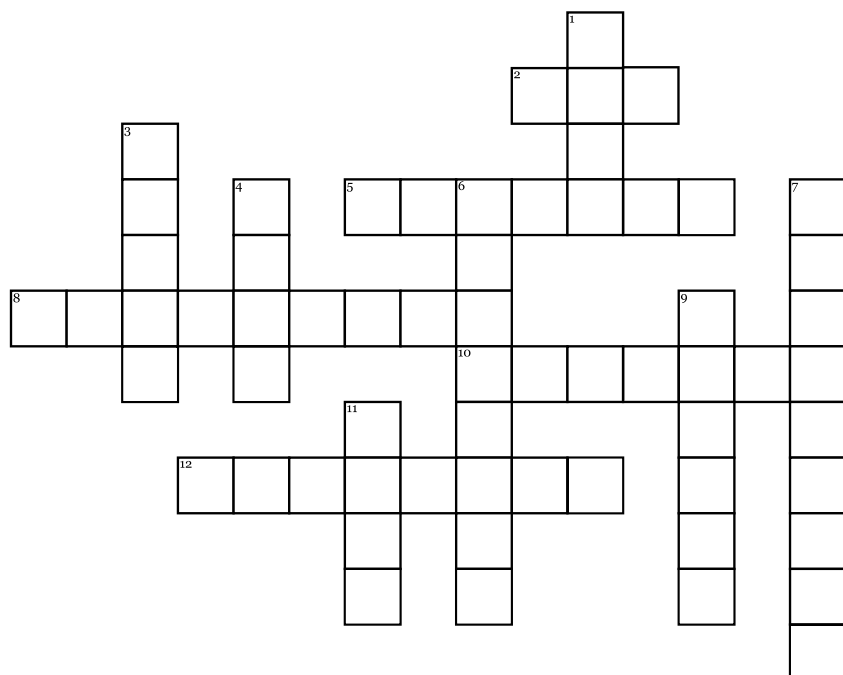
FERTILITY

ZODIAC

FLOWERS

QUEEN

## CROSS-WORD



### Down

1. \_\_\_\_ Roman goddess of growth
3. Latin word for May \_\_\_\_
4. May the 4th is celebrated as Star \_\_\_\_ Day
6. Actor born in May, Clint \_\_\_\_
7. Emeralds are symbols of \_\_\_\_ and rebirth
9. May Zodiac signs, Taurus and \_\_\_\_
11. \_\_\_\_ celebrates Golden Spike Day on May 10th

### Across

2. \_\_\_\_ was once considered an incredibly ill-omened time to get married
5. The birthstone for May is the \_\_\_\_
8. Meteor shower in May. The Eta \_\_\_\_
10. The Empire State Building was the \_\_\_\_ building in the world in 1931
12. May birth flowers, the Lily-of-the-Valley and the \_\_\_\_



## EMPLOYEE OF THE YEAR

### Kristy Austin



We are so excited to announce that Kristy Austin has been awarded our Employee of the Year for Riverwood! Ms. Austin has been a devoted caregiver, and our residents love Kristy! Family is very special to her.

Shannon Shirey, Director of Nursing, states that we could not have a more caring and compassionate person than Kristy. She comes in with a smile on her face, a positive attitude, a willingness to learn, and always goes above and beyond. Kristy was meant to be a caregiver.

Thank you for your hard work, Kristy, we appreciate you!

## EMPLOYEE OF THE MONTH

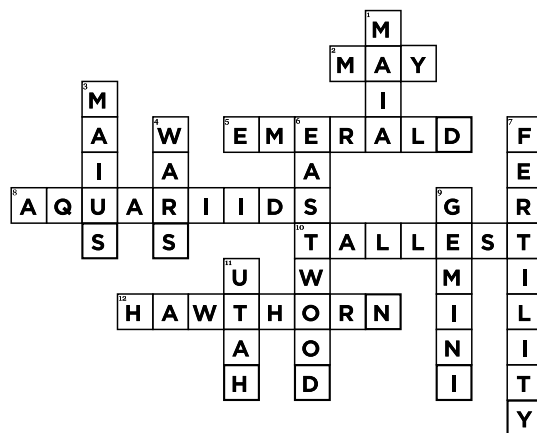
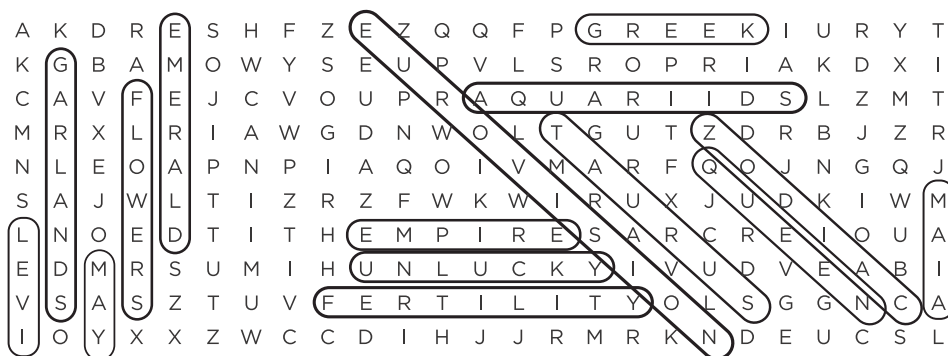
### LAKESHA DOZIER



Congratulations to Lakesha Dozier for being our Employee of the Month for May! Ms. Dozier is one of our caregivers for our community. Her favorite thing about working at Riverwood is the happiness it brings when she can make residents laugh. She shared

that it's never a dull moment when she is working! Ms. Dozier loves her kids and spending time outdoors with them. Congrats again, Ms. Dozier!

## ANSWER KEY



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