



## Upcoming Event >>>

**Thu 1:** Beauty Shop / 10:00 Yard Clen Up/ 2:00 Happy Hour

**Fri 2:** 10:00 Manicures/ 2:00 Kentucky Derby Party

**Sat 3:** 2:00 Bingo

**Sun 4:** 2:00 Faith Baptist Church

**Mon 5:** BOGGLE/ 10:00 Noodles & Balloons

**Tue 6:** 10:00 Cribbage and Dice/ 2:00 Bingo

**Wed 7:** PANDA/ 10:00 Craft Grp/ 2:00 Mother's Day Tea

**Thu 8:** Beauty Shop/ 10:00 Baking/ 2:00 Happy Hour

**Fri 9:** 10:00 Yahtzee/ 2:00 Bingo

**Sat 10:** 2:00 Bingo

**Sun 11:** 2:00 Christ Lutheran Church

**Mon 12:** BOGGLE/ B/B/ Barber Shop/ 2:00 NH Week

**Tue 13:** 10:00 Cribbage and Dice/2:00 Bingo

**Wed 14:** 10:00 NH Week/ 2:00 Monthly Birthday Party

**Thu 15:** Beauty Shop/ B/B 10:00 NH Week/ 2:00 Happy Hour

**Fri 16:** 10:00 Communion Service/ 2:00 Bingo

**Sat 17:** 2:00 Bingo

**Sun 18:** 2:00 St. Boniface Catholic Church

**Mon 19:** BOGGLE/ 2:00 Jack Gorski

**Tue 20:** 10:00 Cribbage and Dice/ 1:15 Resident Council/ 2:00 Bingo

**Wed 21:** PANDA/ 10:00 Coffee w/ a Veteran/ 1:15 Movie

**Thu 22:** Beauty Shop/ 10:00 Wii Bowling/ 2:00 Happy Hour

**Fri 23:** 10:00 Catholic Mass/ 2:00 Bingo

**Sat 24:** 2:00 Bingo

**Sun 25:** 2:00 Freedom Community Church

**Mon 26:** BOGGLE/ 2:00 Game Day

**Tue 27:** 10:00 Cribbage and Dice/ 2:00 Bingo

**Wed 28:** 10:00 Craft Group / 2:00 Brown Bag Auction

**Thu 29:** Beauty Shop / 10:00 Painting/ 2:00 Happy Hour

**Fri 30:** 10:00 Wii Bowling/ 2:00 Bingo

**Sat 31:** 2:00 Bingo

**Other activities are scheduled, or available daytime and evening include:**

**Games:** Scrabble, Yahtzee, Checkers, Dice, Cribbage, Word Find/Crossword Puzzles

**Movies:** Scheduled Tuesday/Thursday evening 6pm in the family room. Movies are always available in the family room with a variety of movies on hand. We will get movies from the public library upon request.

**Crafts and Jigsaw Puzzles:** Always available in activity room and the West Conference Room.

**Books/Magazines:** Activity room Large Print Library and variety of magazines always available.

**Aviary:** Residents are free to come and go at any time in the activity room and see the birds.

\*\*\*Calendar Subject to Change\*\*\*

# Newsletter

## Depression and Older Adults

May is officially designated as Mental Health Awareness Month. Let's talk about the depression in older adults. This can be hard to recognize. For some, sadness is not their main symptom. They could instead be feeling emotional numbness or a lack of interest in activities, or they may not be as open to talking about their feelings as younger adults.

The following are common symptoms of depression in older adults. Because individuals can experience depression differently, there may be other symptoms not listed below.



- Persistent sad, anxious, or "empty" mood
- Feelings of hopelessness, guilt, worthlessness, or helplessness
- Irritability, restlessness, or having trouble sitting still
- Loss of interest in once pleasurable activities, including sex
- Decreased energy or fatigue
- Moving or talking more slowly
- Difficulty concentrating, remembering, or making decisions
- Ignoring important roles in life, such as responsibilities with work or family
- Difficulty sleeping, waking up too early in the morning, or oversleeping
- Eating more or less than usual, usually accompanied by unintended weight gain or loss
- Increased use of alcohol or drugs, or engagement in high-risk activities
- Thoughts of death or suicide, or suicide attempts

If you have several of these signs and symptoms and they last for more than two weeks, talk with your doctor. These could be signs of depression or another health condition. Don't ignore the warning signs.

### Can depression be prevented?

Most cases of depression cannot be prevented, healthy lifestyle changes can have long-term benefits for your mental health.

- Be physically active and eat a healthy, balanced diet. These lifestyle choices may help reduce the risk of illnesses that can bring on depression.
- Get seven-nine hours of sleep each night.
- Stay in touch with friends and family.
- Participate in activities you enjoy.
- Let friends, family, and your health care provider know when you're experiencing symptoms of depression.

# Let's play! Word Scramble: Mother's Day



1. FSEOLRW \_\_\_\_\_
2. EECPA \_\_\_\_\_
3. RASEFTKAB \_\_\_\_\_
4. CAGRIN \_\_\_\_\_
5. SUGH \_\_\_\_\_
6. NSUDAY \_\_\_\_\_
7. HTILG \_\_\_\_\_
8. SMOWDI \_\_\_\_\_
9. KSESSI \_\_\_\_\_
10. MOHE \_\_\_\_\_
11. BTUAYE \_\_\_\_\_
12. TRLEAGUH \_\_\_\_\_
13. WLEKDKGOEN \_\_\_\_\_
14. OILNGV \_\_\_\_\_
15. FCRSIAIEC \_\_\_\_\_



## Employee Birthdays

- |                      |                      |
|----------------------|----------------------|
| Alexander S., May 05 | Charlene S., May 17  |
| Susan R., May 04     | Julie A., May 18     |
| Amanda H., May 05    | BrinaRose, May 23    |
| Erin J., May 05      | Christina L., May 27 |
| Eunik V., May 06     | Brent H., May 29     |
| Andrea F., May 13    | Denise B., May 2/    |
| Hanh H., May 13      |                      |

## 2025 Fun & National Holidays!

- ▶ May 1 World Laughter Day
- ▶ May 1 May Day
- ▶ May 2 Space Day
- ▶ May 3 Teacher Day
- ▶ May 3 Kentucky Derby Day
- ▶ May 4 Star Wars Day
- ▶ May 5 Cinco de Mayo
- ▶ May 6 Beverage Day
- ▶ May 7 National School Nurse Day
- ▶ May 9 Europe Day
- ▶ May 9 Lost Sock Memorial Day
- ▶ May 10 Clean Up Your Room Day
- ▶ May 11 **Mother's Day**
- ▶ May 11 Eat What You Want Day
- ▶ May 12 Limerick Day
- ▶ May 13 Frog Jumping Day
- ▶ May 14 Dance Like a Chicken Day
- ▶ May 15 Chocolate Chip Day
- ▶ May 16 Pizza Party Day
- ▶ May 17 World Baking Day
- ▶ May 18 No Dirty Dishes Day
- ▶ May 19 Devil's Food Cake Day
- ▶ May 20 Bike to Work Day
- ▶ May 21 Talk Like Yoda Day
- ▶ May 22 Buy a Musical Instrument Day
- ▶ May 24 Scavenger Hunt Day
- ▶ May 25 Sing Out Day
- ▶ May 25 Towel Day
- ▶ May 26 **Memorial Day**
- ▶ May 27 Sunscreen Day
- ▶ May 28 Hamburger Day
- ▶ May 28 Senior Fitness Day
- ▶ May 31 Smile Day

Also, May is...

## Meet our Team >>>

**Hometown:** Mexicali Baja California

**Tell us about your Job.**  
I am CNA. I am taking care of residents

**Tell us about your family.**  
I have my mother and four younger siblings.

**What are your outside Interests?**  
I love exploring, hiking, watch movies and cooking Mexican foods.

**Something not everyone may know about you.**  
I competed in Mexico National University competition.

**Favorite sport team.**  
I like baseball, volleyball and football, no favorite.

*Jesus B.*  
CNA

