

♥ Mother's Day ♥

WORD SEARCH



- | | | |
|-----------|----------|---------|
| BEAUTIFUL | FAMILY | KISSES |
| BOUQUET | FLOWERS | LOVE |
| CARING | GRATEFUL | MOTHER |
| CELEBRATE | HOLIDAY | PARENT |
| CHILDREN | HUGS | SPECIAL |

News in May

2024



LARONA'S LETTERS

Dear Residents and Families,

May is here and with it so many things to celebrate. We have Mother's day, May Day, Cinco de Mayo, Memorial Day, the Kentucky Derby, and of course, my birthday!

Kim, Maddie, and Mayra have a wonderful month planned for you and your loved ones. We are so grateful that we are able to offer our seniors an activity program that involves many of our community members that volunteer their time and talents. April showers bring May flowers and as everyone knows, I love flowers! Someone once asked me what my favorite flower was. I couldn't name just one. I am so looking forward to spring, the warmer weather, and things growing.

Mother's Day is just around the corner and we are so grateful for all the women in our lives who have had a tremendous impact on us.
Enjoy May, Larona

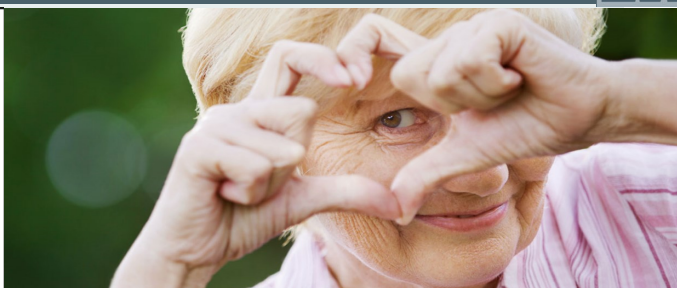
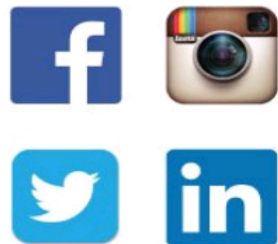


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Join us on Facebook at: www.facebook.com/timberidgecare



SMILE, YOU'RE ON CANDID CAMERA!

April Fun!

Bingo with Sunny Brae
Middle School students, OLLI
Painting Class, Peanut Butter
Bird Feeders, and a Friday
drive to the Ocean.



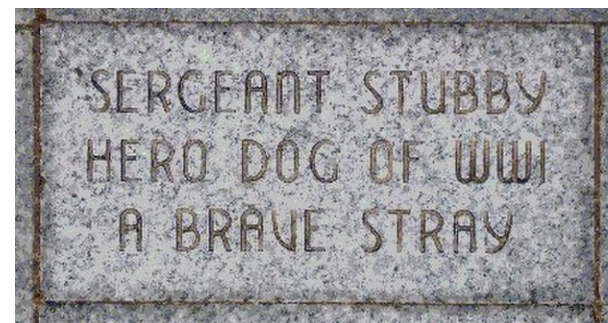
CHECK OUT MORE PHOTOS ON OUR TIMBER RIDGE FACEBOOK PAGE!

Foxy Facts: Sergeant Stubby

Sergeant Stubby was a Boston bull-type Terrier and mascot of the 102nd Infantry Regiment assigned to the 26th (Yankee) Division in World War I. Stubby was found wandering the grounds of the Yale University campus in New Haven, Connecticut in July 1917, while members of the 102nd Infantry were training. One soldier in particular, Corporal James Robert Conroy, developed a fondness for him. When it came time for the outfit to ship out,



Conroy hid Stubby on the troop ship. Getting off the ship in France, he hid Stubby under his overcoat. Upon the discovery by Conroy's commanding officer, Stubby saluted him as he had been trained to do and the officer allowed Stubby to stay. Stubby served the regiment in the trenches in France. He was in four offensives and 17 battles and was under constant fire day and night for over a month. Stubby was wounded in the foreleg by Germans throwing hand grenades. He was sent to the rear for convalescence, then he returned to the trenches. In his first year of battle, Stubby was injured by mustard gas. He returned with a specially designed gas mask. He thus learned to warn his unit of a mustard gas attack. He also located wounded soldiers in no-man's land, and since he could hear the whine of incoming artillery shells before humans, he could alert his unit when to duck and cover. He was responsible for the capturing of a German spy and once caught a German soldier by the seat of his pants, holding him until the soldiers found him. The unit's commander then appointed Stubby to the rank of Sergeant. Following the retaking of a town by the United States, the women of the town made Stubby a coat upon which



many medals were pinned. At the end of the war, Conroy and Stubby returned home where he marched in many parades and met several presidents. Stubby died in his sleep in March 1926 and received an obituary in the New York Times that was half a page longer than those of many notable people of that time period.

MAY BIG SCREEN MOV-



Monday May 6th
at 1:00 p.m.



Monday, May 13th
at 1:00 p.m.



Monday, May 20th
at 1:00 p.m.



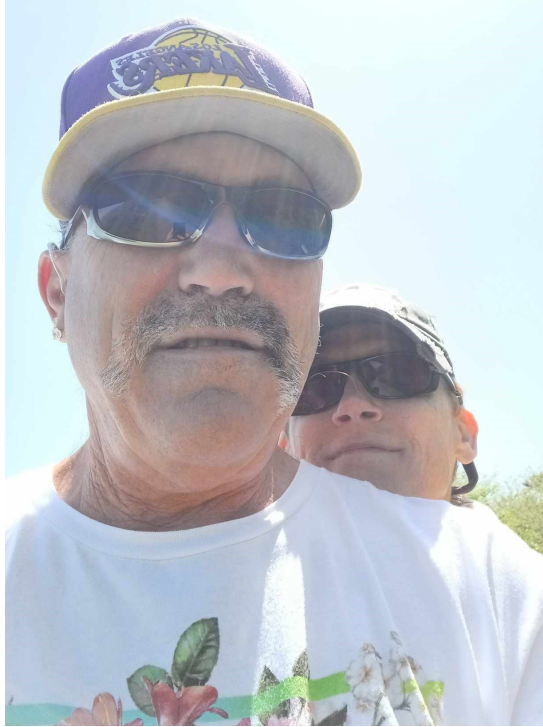
Monday, May 27th
at 1:00 p.m.

Activity Highlight– Humboldt Ukulele Group

On the fourth Saturday of every month, the Humboldt Ukulele Group (HUG) plays for us at 10:00 a.m. in the Activity Room. They play a wide variety of tunes, mostly popular ones that we all know and love. They also teach us songs that originate from Hawaii, where their leader DeAnna loves to visit and find musical inspiration. Almost every month, the HUG brings along a dancer who performs traditional Hawaiian hula dances. She also teaches our residents and visitors a seated hula that we then do along with her. They bring a happy, uplifting energy to Timber Ridge every time they're here, and we have so much fun! Dancing and singing along are highly encouraged, so if you have some new moves or high notes you'd like to show off, you know just where to go! All friends and family members are welcome to attend.



Staff Highlight – Mike



Mike is one of our wonderful kitchen staff at Timber Ridge McKinleyville. He has worked here for almost 2 years. His favorite things about the job are interacting with the residents, getting to know them, and cooking good food for them. He also says they make him laugh! Mike is originally from the Pasadena/La Canada area of Los Angeles County. This comes as no surprise to anyone who has seen Mike wearing his Lakers hat! He loves watching sports, as well as going back to SoCal to visit his dad. He and his wife of 16 years have 2 dogs; a Chihuahua named Lacy who loves to go for walks with Mike, and a Dachshund named Angel who walks in a wheelchair.

His favorite TV shows are The Twilight Zone and The Andy Griffith Show, both from the 1960's. He describes himself as easy-going and he loves what he does. His personal motto is "Be kind to one another." Thank you for all your hard work, Mike!



May Info

Celebrations

Arthritis Awareness Month

Older Americans Month

Walking Month

Be Kind to Animals Week
May 5–11

Backyard Games Week
May 20–26

International Midwives'
Day May 5

National Third Shift
Workers Day
May 8

Miniature Golf Day
May 11

Mother's Day
May 12

International Museum Day
May 18

International Tea Day
May 21

Amnesty International Day
May 28

Senior Health and Fitness
Day May 29

May is the 5th month of the year and has 31 days.
Season (Northern Hemisphere): Spring

Holidays:

May Day

Cinco de Mayo

National Teacher Day

Mothers Day

Memorial Day

National Physical Fitness and Sports Month

Skin Cancer Awareness Month

National Bike Month

Symbols of May:

Birthstone: Emerald

Flower: Lily of the Valley

Zodiac signs: Taurus and Gemini

History:

The month of May was named for the Greek goddess Maia. She was the goddess of fertility. The Romans had a similar goddess named Bona Dea. They held the festival for Bona Dea during the month of May. The Romans called the month Maius. The name changed over the years. It was first called May in the 1400s near the end of the Middle Ages.

Fun Facts about May:

*It is the third and last month of the season of spring.

*The birthstone of May, the emerald, symbolizes success and love.

*May in the Northern Hemisphere is similar to November in the Southern Hemisphere.

*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".

*The Kentucky Derby, the world's most famous horse race, is held on the first Saturday of this month.

May Activity Calendar Highlights

Tuesday, May 7th at 3:00 p.m.- The Timber Ridge Boys will be here playing all sorts of Americana - style music.

Thursday, May 9th and 23rd at 2:00 p.m. - The Accordionaires will be here to play (and joke around with us!)

Tuesday, May 21st at 9:30 a.m. - Amanda will be "back" at Timber Ridge to give us back massages!

Saturday, May 25th at 10:00 a.m.- The Humboldt Ukulele Group will be strumming out more great music on their ukuleles, and teaching us a traditional seated hula dance.

Friday, May 10th and 24th at 10:00 a.m.— Join us in the Activity Room for Bible Study with Kim.

Wednesdays and Fridays at 9:15 a.m.— Come in and build those muscles! We will be doing seated exercises with weights and full body stretches too.

**CHECK YOUR CALENDARS
FOR OTHER ACTIVITIES
HAPPENING THIS MONTH!**



May Birthdays

Judith S.—May 11th



If you know any family or friends who would like to receive our newsletter monthly, call Timber Ridge McKinleyville at 707-839-9100 and talk to Kim in Activities. We will make sure they get on our mailing list.

Resident Highlight – Nadine

Nadine was born on April 30th in the Pacific Palisades neighborhood of Los Angeles. One of her childhood memories that stands out the most is her father nailing in the radio dial so that her family couldn't listen to anything other than classical music! Nowadays, she appreciates it much more than she used to, because she loves all kinds of music and knows plenty of classical tunes! She also has happy memories of tennis and ballet. She played in Junior Tennis tournaments throughout high school, and stayed very active with dance as well. She attended UCLA for 5 years and worked at their student bookstore her 2 final years there. Later, she worked at a women's clothing store, and then became a teacher. She taught first grade for many years and enjoyed helping all of the children learn and grow. She has also been part of a Women's Club who would plan events and fundraisers for local and national charities.



She met her first husband and they had two sons, Blake and Reed. Nadine now has 3 grandchildren as well. She says family is the most important thing in her life and she absolutely loves spending time with her boys. Later, she married her second husband, Russell, and they were together for over 50 years. Since she moved up here, her and her sons have driven through the beautiful scenery of the Redwoods, spent holidays together, and gone out to eat many times, mostly at Italian restaurants. Nadine's father was Italian, so she grew up eating plenty of classics like spaghetti! Her mom was an amazing cook and Nadine always admired both of her parents greatly. She has a sister named Carol who lives in Hawaii and is an art teacher at the University of Hawaii. They don't get to see each other often, but they love to visit over the phone and keep up with one another's lives. When she's not with her family, Nadine is spending time with her friends here at Timber Ridge. She enjoys reading fiction novels, but is usually busy enjoying a walk or a music event. She attends all of the music events we host and says that's her favorite kind of activity. Nadine is always willing to lend a helping hand and loves getting to know all of her fellow residents. Thank you Nadine for returning the favor and sharing your life with us!

Mother's Day Fun Facts

We have some interesting facts to celebrate the day dedicated to mom, Mother's Day. Here's to all of the moms, stepmoms, grandmoms and anyone who is like a mother!

25.8

Average age of women in 2012 when they gave birth for the first time (most recent data according to the US Census)

MOTHER'S DAY



accounts for **ONE-FOURTH** of all holiday plant & flower sales.



Mom's favorite t-shirt is the Gildan Ultra Cotton Ladies T-shirt, our top selling ladies style.



Estimated annual worth of the various tasks a mom performs at home

141 MILLION

Mother's Day cards are exchanged annually in the United States

MOM MAMI ME MADRE

The word for mother starts with an "m" in many languages and it's no coincidence. One of the first sounds a baby makes is a "ma" sound.



An octopus mom from the deep-sea species *Graneledone boreopacifica* protects her eggs for about 4 1/2 years until they hatch.

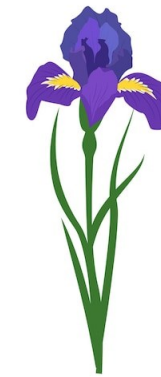


The British version of Mother's Day dates back to the early 1700s.

May Dates

The Irresistible Iris

What is it about the iris that is so alluring? Van Gogh often painted the beautiful flowers. The fleur-de-lis, a stylized iris, is a symbol associated with France, New Orleans, Florence, and even the Cub Scouts, Boy Scouts, and Girl Scouts. Perhaps it should come as no surprise that this popular flower enjoys its own holiday on May 8. The word iris comes from a Greek word meaning "rainbow," which is fitting since irises come in shades of purple, yellow, white, pink, and blue.



Take Care in May

Spring is synonymous with rejuvenation and starting anew. This month is dedicated to several key elements of living well and is the perfect time to focus on self-care.

Get Those ZZZs- May is Better Sleep Month, so take time to revitalize your sleep habits. Experts suggest sleeping in a cool, dark room and going to bed and waking up at the same times daily.

Maximize Those Steps- In honor of National Walking Month, schedule a daily stroll or two with friends or family. Research shows that taking walks is one of the best things you can do for your health.

Feel Good - May is also Mental Health Awareness Month, so now is a great time to take stock of your emotional well-being. Be kind to yourself, reach out for help if you need it, and offer support to those in your community who may need a friend.

Joint Care - Arthritis Awareness Month is in May each year. Contact your doctor if you have any untreated aches and pains in your joints.

Winds of Change

When you picture a windmill, you might imagine a quaint wooden structure overlooking a field of tulips or a peaceful farm scene. Although most no longer mill flour or help saw wood, today's sleek, powerful windmills harness wind power to create energy. More and more, windmills towering over 200 feet tall, with blades longer than 100 feet, can be spotted on seashores and hilltops. Embracing Windmill Day, May 11, honors the ingenuity of our ancestors and underscores the importance of renewable energy sources in our present and our future.

