

# 1 McKinleyville Timber Ridge Times

## News In May 2023

### LARONA'S LETTERS

Hello Family and Friends,

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

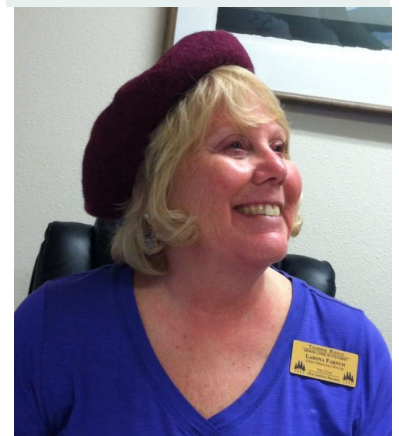
Kim, Maddie, and Nicole have a wonderful month planned for you and your loved ones. We enjoy that we are able to offer our seniors an Activity Program that is starting to resemble that of the past. April showers bring May flowers and as everyone knows, I love flowers. Someone once asked what my favorite flower was. I went off on a dissertation that Peonies, Dahlias, Ranunculus, and so many more varieties that I couldn't name just one. I am looking forward to Spring, the warmer weather, and things growing. Mother's Day is just around the corner and Kim, Maddie, and Nicole have a wonderful weekend planned for our mothers, grandmothers, and granddaughters that are mothers too. We are so grateful for all the women in our lives who have had a tremendous impact on us.

Happy May, Larona



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## 2 *SMILE, YOU'RE ON CANDID CAMERA!*

**Easter Party**



**Girl Scout Cookie Tasting**



**CHECK OUT MORE PHOTOS ON OUR TIMBER RIDGE FACEBOOK PAGE**

**Coloring Easter Eggs**



**Lunch Bunch at Mazotti's**



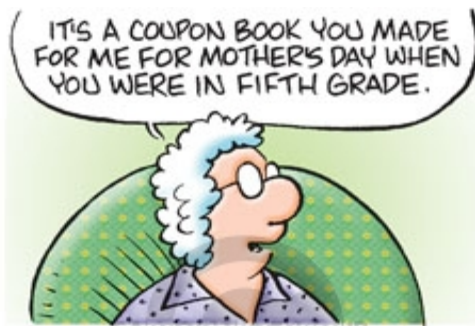
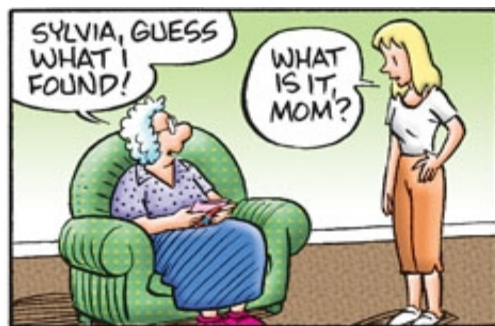


## Staff Highlight-Hernesto

One of our newer staff members here at Timber Ridge that you may have met is Hernesto. He is working in the Assisted Living department as a caregiver. He says his most recent job was being a server, which he enjoyed because he got to stay busy all day, and it kept him on his feet. His hometown is Weed, California, which is about 10 miles from Mount Shasta. His family is comprised of his wife and daughter, as well as two dogs. They have a Pug and a Pitbull! He says if he could do anything for a day, it would be to spend time with his little, happy family. His favorite genre of movie is



horror, but his all-time favorite movie is a romantic comedy called Happy Gilmore. When asked what makes him laugh, Hernesto said "the residents at Timber Ridge!" You can tell that he loves his job and everyone here. Something few people know about Hernesto is that he is very artistic and likes to color. He also likes to sing all kinds of songs, and play sports. In fact, he once won the prize for Most Valuable Player in a soccer tournament! Way to go! A motto that he lives by is "Never cut yourself short at what you can accomplish." Thanks, Hernesto, for all of your hard work!





# 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!

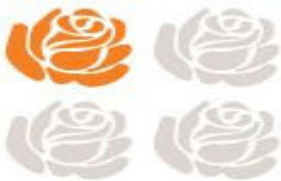
## 25.8

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



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

## MOTHER'S DAY



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



## \$62,985

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 BIRTHDAYS

### ASSISTED LIVING

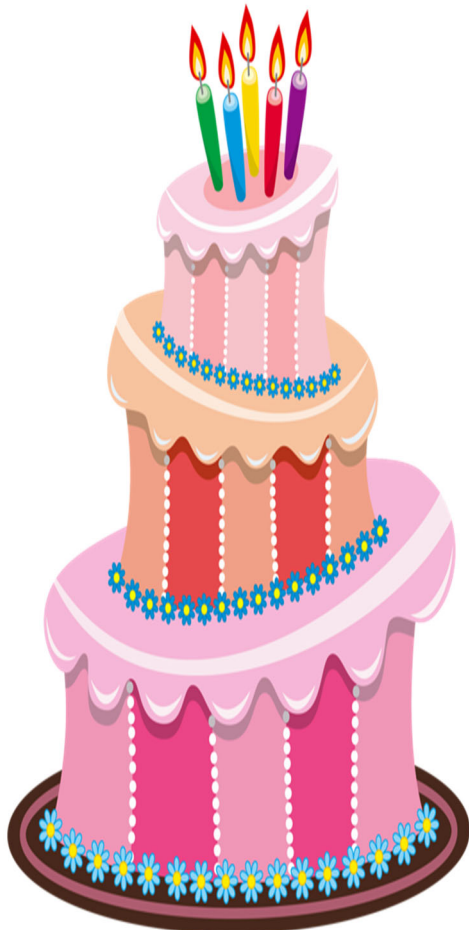
Judith S. 5/11

Daisy M. 5/13

### RENAISSANCE

Elissa R. 5/15

Russell M. 5/23



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".
- \*In Old English May is called the "month of three milkings" referring to a time when the cows could be milked three times a day.
- \*The Indianapolis 500 car race is held each year during this month.
- \*The Kentucky Derby, the world's most famous horse race, is also held on the first Saturday of this month.



## Resident Highlight–Maxine and Jesse

A couple of new residents that recently moved in to Timber Ridge are Maxine and her husband, Jesse. Maxine was born on August 1st and Jesse, who is almost two years older, was born September 27th. They are both from Arcata and Jesse says, excluding when he fought in the Korean War, they have both been in Humboldt County their whole lives. Jesse says he loves Arcata and knows it



like the back of his hand, but being here in McKinleyville is great too. They met while they were attending Arcata High School where they quickly hit it off before Jesse went to Humboldt State University. He went to college for two years, studying general education and his main interest at the time, which was civil engineering.

After graduating from school, they worked together in the logging industry before moving on to carpentry and construction. They have built many houses together and have fond memories of their enjoyable working years. As for their free time when they weren't working, Jesse loved to go hunting. They both liked to go out dancing, but enjoyed staying in their cozy home and reading just as much. They both still do a substantial amount of reading; They're not too much into television or movies, but love how books can capture your attention, as well as being informative while taking your mind anywhere in the world! When it comes to music, country and western are their favorites. After more than seventy years of marriage, Maxine and Jesse still love doing everything together, and when asked about their personal mottos, they both said "Treat others how you want to be treated." Now those are some great words to live by!

# May Dates

## Wildlife Wonderlands

May is Gardening for Wildlife month, offering plenty of time to plant the flowers, shrubs, and trees that are vital habitats for



insects, birds, mammals, and more. Whether you have a city balcony or several acres in the country, the first crucial step to providing a habitat for wildlife is to plant native species. These are the flowers, trees, and shrubs that are best suited to survive in the local climate. These species often act as invaluable food sources for wildlife. After all, animals have evolved side-by-side with these plant species for a millennia. Native plants also provide spaces for animals to hide from predators, take shelter from the elements, and build nests and dens to raise their young.

One of the most important contributions native species make is to attract insects. Insects aren't just a food source for animals; they also play a vital role as pollinators. Equally important to a wildlife garden is a water source. This can be a stream or fountain, but a shallow bird bath is often good enough. If you start planting early, you might even spy the endangered monarch butterfly by May 6, "Start Seeing Monarchs Day."



## Berry Pleasing 7

Peak season for picking strawberries is April, which makes May, Strawberry Month, the perfect time to enjoy these



luscious, red berries. In ancient Rome, strawberries were a symbol of Venus, the goddess of love and beauty, thanks to their heart shape and red color. Strawberries are linked to the myth of the death of Adonis. He was gored to death by a boar in a hunting accident, which broke Venus' heart. As she cried, her tears mingled with Adonis' blood, and when they hit the ground, they turned into strawberries. Strawberries have long been associated with love, purity, and perfection. No wonder they are a perfect May snack!



The second Saturday in May is celebrated as World Migratory Bird Day. When

you get to know some of the world's more impressive migratory birds, you'll understand why this is a worldwide celebration. Consider the Arctic tern, a small bird that flies from pole to pole each year, logging 30,000 miles. To survive this epic journey, terns must find places to stop along the way, making it crucial for countries all around the world to provide habitat for these long haulers. That is an accomplishment worth celebrating.



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## May Activity Calendar Highlights

**Friday, May 5th at 10:00 a.m.-is** our monthly Resident Council Meeting.

**Friday, May 5th at 3:00 p.m.-** Dessert First Folk group will be performing in the Activity Room.

**Tuesday, May 16th at 9:30 a.m.-** Amanda is back in our building for back massages. Make sure to sign up at the front desk as these slots go quickly.

**The Timber Ridge Boys will be** here on Tuesday, May 2nd and 16th at 3:00 p.m.

**The Accordionaires will be playing on Thursday, May 11th and 25th at 2:00 p.m.**

**Music with Mary** is back on the schedule. She will be here Tuesday, May 9th and 23rd at 3:00 p.m.

**Humboldt Ukulele Group** is scheduled for Saturday, May 27th at 10:00 a.m.

CHECK YOUR CALENDARS FOR  
OTHER ACTIVITIES HAPPENING

## Mimosas With Our Moms

**Join us on Sunday, May 14th anytime from 8:00 a.m. to 10:00 a.m. to enjoy a Mimosa and Muffin. Celebrate all those special women in your life here at Timber Ridge with a fun time honoring them.**



## Newsletter

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 you get on our mailing list.

Hello,  
May.





## A Cheesy Tradition

The rolling hills of Gloucestershire, England are usually quiet, except on the last Monday in May when the locals participate in one of the world's wildest competitions: the annual Cheese-Rolling at Cooper's Hill. These are the famous cheese races, where men and women, young and old, chase a nine-pound wheel of Double Gloucester cheese down a precipitous hill. The first one to catch the wheel wins the cheese, but the cheese rolls so fast—up to 70 mph!—that this almost never happens. Instead, the first one to cross the finish line is usually declared the winner.



The most famous aspect of the race is not the cheese, but Cooper's Hill. This hill is so steep and treacherous that every year injuries occur. In 2007, in a notoriously wet and windy race, 20-year-old Christopher Anderson tumbled head-over-heels across the finish line and fell unconscious. When he awoke, miraculously unhurt, he learned that he had won a victory worth its weight in cheese.

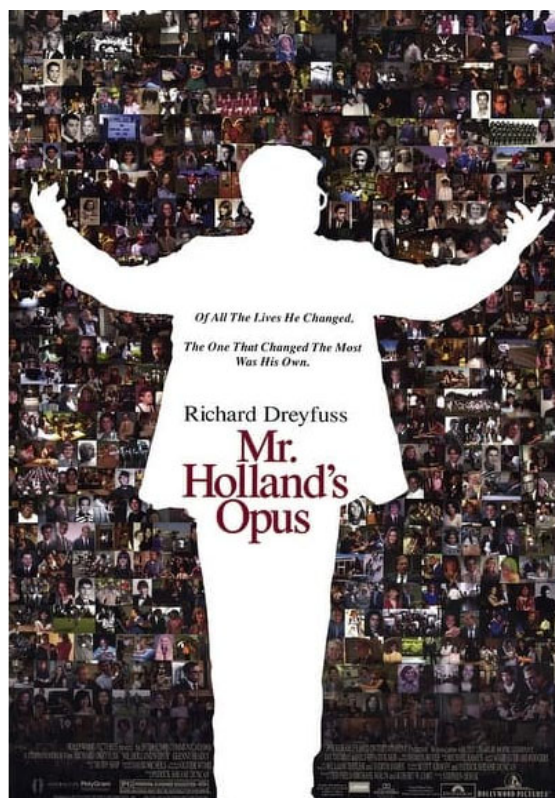
Written records date the cheese-rolling in Gloucestershire back 200 years, but even then, it was considered an old tradition, with some claiming that it began in the 1400s. Since 1988, the cheese has been handmade by local cheese-maker Diana Smart, using milk from her own Brown Swiss, Holstein, and Gloucester cows at Churcham farm. Her cheese wheels are housed in a protective wooden casing and then wrapped in traditional blue and red ribbons. Between 1941 and 1954, due to food rationing during World War II, a wooden cheese was used. The largest cheese ever rolled was a 40-pound cheddar donated by New Zealand in 1958.

The sport has gone global, and athletes from all over the world now compete. Winners have hailed from Canada, Australia, New Zealand, the United States, Belgium, Egypt, and Nepal. Hundreds of spectators often arrive to watch the festivities, taking their lives in their hands as they throng the hill to watch the speedy cheese and its foolhardy followers.

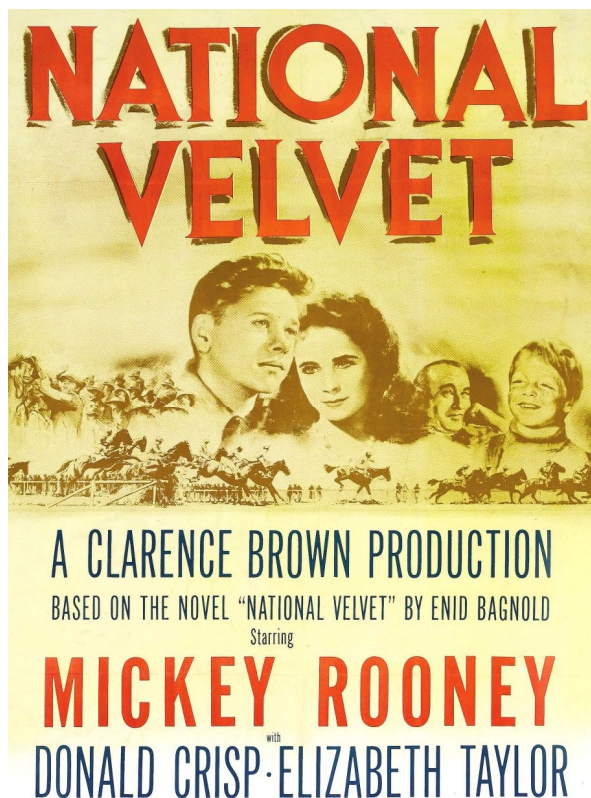




# MAY BIG SCREEN MOV-



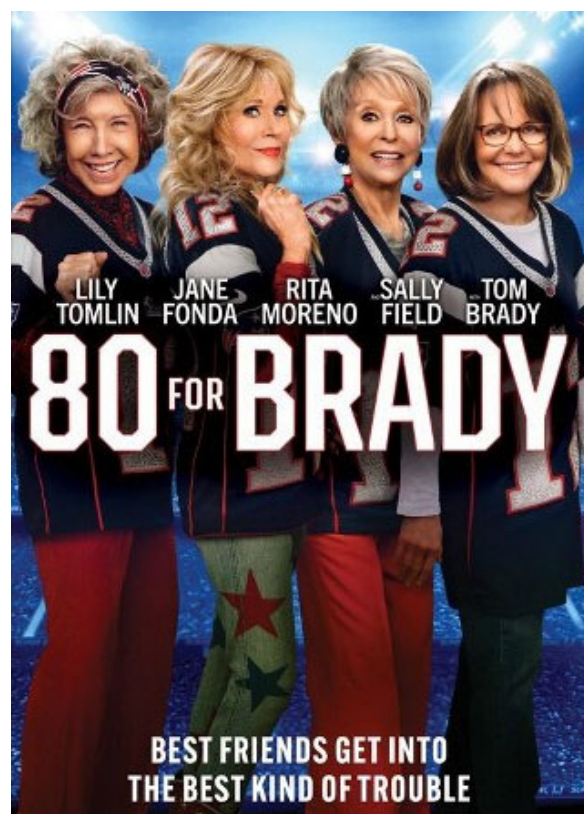
**Monday, May 1st**  
**at 1:00 p.m.**



**Monday, May 8th**  
**at 1:00 p.m.**



**Monday, May 15th**  
**at 1:00 p.m.**



**Monday, May 22nd**  
**at 1:00 p.m.**



The name “Zebra,” in English, dates back to circa 1600. The origin of the name is uncertain, but it may have come from the Latin word “equiferus,” meaning “wild horse.” Zebras evolved among the old world horses within the last 4 million years. Zebra stripes come in all different patterns; As each human person has their own fingerprints, each zebra has their own stripe pattern. There are three types of zebra; the Plains, the Mountain, and the Grevy’s (Imperial) zebra. The Grevy’s is the largest, the Mountain is middle-sized, and the Plains is the smallest. The three zebra sizes may have overlapping ranges, but they do not interbreed. The Mountain and Plains zebras are social and live in groups consisting of one stallion and about six mares and foals. The Grevy’s zebra do not have social bonds, but tend to have territories. Their group stays together for a few months until a mare foals, then when ready, the mare and foal leave the group. The males then live alone.



It is thought that zebras are white with black stripes, because some have white underbellies and are white inside their front and hind legs, but they have black skin under their white coats. Their stripes help them to hide in the grasses. In a group, the stripes confuse predators, making it difficult for them to pick out a target. When being chased, zebras run in a zig-zag

pattern, making it harder for the predators to attack them. They can run up to 40 mph, have very good eye sight including night vision, and excellent senses of hearing and smell. When a predator is sensed or seen, they will back away or bray loudly. Attempts to train and domesticate zebras fail unless they are crossed with a domesticated horse, pony, or donkey. The Grevy’s zebra was named after Jules Grevy, president of France. In 1882, he received a zebra as a present from the emperor of Abyssinia.

# Mother's Day Word Search

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



CARD  
CARING  
CELEBRATE  
CHILDREN  
FAMILY  
FLOWERS


HOLIDAY  
LOVING  
MAY  
MOM  
MOTHER  
PARENT



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