

# ♥ Mother's Day ♥

## WORD SEARCH

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

BEAUTIFUL  
BOUQUET  
CARING  
CELEBRATE  
CHILDREN

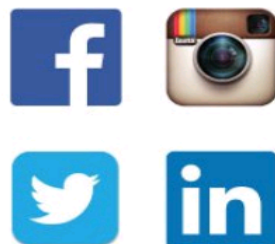
FAMILY  
FLOWERS  
GRATEFUL  
HOLIDAY  
HUGS

KISSES  
LOVE  
MOTHER  
PARENT  
SPECIAL

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# Eureka Timber Ridge Times

## 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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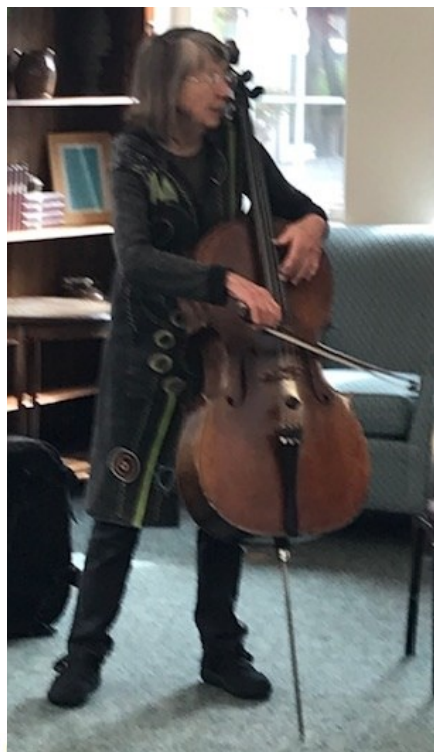




## SMILE, YOU'RE ON CANDID CAMERA!



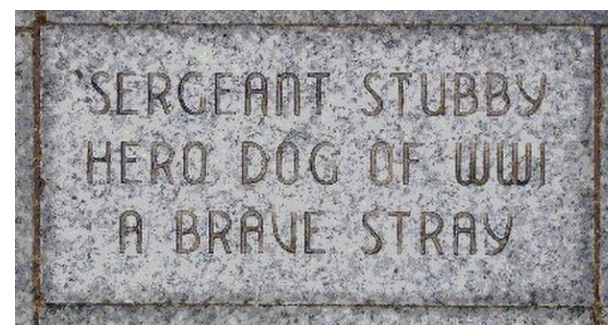
### Fun in April



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.





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—Armchair Travel

Once a month at Timber Ridge we plan a trip and travel to another country. No Visa, No Passport and NO shots to get there are required. How is that possible you say? Well, we travel all over the world from the safety and comfort of our armchairs. We learn all kinds of interesting facts about the people, culture, and try interesting foods from that part of the world. We enjoy a slide show of some of the most fascinating places to visit, animals that are unique and native to that country, and have our own passport that is stamped for each country we visit. And there are obvious benefits to Armchair Travel. Travelling can add up to an awful lot of money, once you've paid for flights, transfers, hotels, eating out, entertainment, shopping ... However, armchair travel costs you nothing at all, especially when the Activities department at Timber Ridge provides all the slides, trivia and food. Whether we pick a domestic or exotic destination there is always something to learn about the world around us. Some other benefits include:



1. **Sheer Enjoyment**— Armchair travel is worth the time for the sheer joy of exploring a place, a culture, or a period of history
2. **You Can Visit Places You Can't or Won't Ever Go To**- There are a few places in the world that are politically closed countries, places the ordinary passport can't gain access to. There are also some locations that are just too physically challenging or too expensive to visit. The North Pole, Antarctica, and Mount Everest come to mind. I won't even mention the temperatures of minus 76 degrees at the top of Mount Everest-okay maybe I will!
3. **Jetlag Doesn't Exist in an Armchair**— Yep, you are definitely not going to come back exhausted or tired from the 24 time difference to some countries in an armchair.
4. **You Might Just Learn Something New**— Stretching our minds and learning about different places and cultures is good for your brain, something that as we age you are going to want to keep in good working order.



So don't forget to watch your calendar and check out Armchair Travel each month here at Timber Ridge. This month we are traveling to Chile so be sure to brush up on your Spanish...just kidding. Yet another reason to check out Armchair Travel...you don't have to learn to speak another language.



## Staff Highlight- Aiona

Aiona was born in West Valley, Utah but raised in Portland, Oregon. She has worked as a caregiver at Timber Ridge in Assisted Living for a little over a year. She loves getting to know the residents, their life stories, and all of the adventures they have had in life.

Aiona is the oldest in her family of four and has one brother and two younger sisters. She has no pets. Her favorite hobbies are couponing and eating. Ooh, eating is a hobby? We are so glad to know this! Aiona's favorite movie is Mamma Mia 1 & Mamma Mia 2. She also enjoys watching the series Ugly Betty. Aiona says that if she could do anything for a day it would be to go on a shopping spree with unlimited funds with her sister. Her family makes her laugh and the motto she lives by is "There is no better person to be than yourself". She describes herself as charismatic and always smiling. Christmas is her favorite holiday because she enjoys seeing all the Christmas lights and being with family.



One thing you might not know about Aiona is that she speaks three languages and has visited five different countries. Thanks Aiona for your infectious smile and team spirit here at Timber Ridge.



## May Trivia

### 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

**Wednesday, May 1st at 1:30-** Experience the Timber Ridge Derby with horse racing fun and mint juleps.

**Thursday, May 23rd at 10:00 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.

**Saturday, May 25th at 1:30 p.m.-** Join us as we celebrate the birthdays of residents born in May.

**Wednesday, May 29th at 10:00 a.m.—** Come join us as we travel to Chile... all from the safety of our armchairs

**Wednesday, May 29th at 10:00 a.m.** is our monthly Resident Council Meeting.

The Timber Ridge Boys are back at Timber Ridge on Tuesday, May 14th, 21st, and 28th at 3:00 p.m.

Sign Language with Tammy is on the calendar Friday, May 10th and 24th at 3:00 p.m.

Reading with Peter is every Tuesday and Thursday at 1:00 p.m.

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



## May Birthdays

Gerald C. May 8th

Carol S. May 17th

Edna T. May 19th



If you know any family or friends who would like to receive our newsletter monthly, call Timber Ridge Eureka at 707-443-3000 and talk to Kim in Activities. We will make sure they get on our mailing list.

## Resident Highlight – Reed

Reed was born on April 3<sup>rd</sup> in Kalamazoo, Michigan. He is the second oldest of eight children. He has four brothers and three sisters. His dad worked as a manager for the Litton Calculating Company. It was his job to service all the adding machines. Reed grew up in Kalamazoo, went to North Glade Elementary School and then High School. He was a Boy Scout while going through school also. One of Reed's best memories is going down to the local pond and fishing or catching frogs with his brother Leslie. As a kid he loved playing with Lincoln Logs and would build all kinds of things with them. He was a good wrestler and was a Michigan State finalist all through high school, wrestling free style. He also enjoyed art classes in school and could look at a portrait of a person and copy it almost exactly. He excelled at facial drawings that were done with pencil. Reed had lots of animals growing up. There was always 3 or 4 dogs, cats, and a turtle around.



After high school Reed went to work as a cook for Denny's. He moved to Jacksonville, Florida and continued to learn about cooking. He became a good chef and worked hard to earn his way up to head chef at the Steak and Ale House. He lived in Jacksonville for four years and then moved to Tampa for a short time before returning home to Kalamazoo. Reed also went to a community college for two years and realized college wasn't for him and dropped out.

Reed has never been married. He had lots of interests. He really loved to go camping, backpacking, and hiking with his brothers. He loved going on adventures with them. Going to theme parks was a favorite of his. He enjoyed flex exercising, riding his ten-speed bike, and doing magic tricks. He also used to love writing poems and playing Chess.



One of Reed's passion is music. He listens to lots of different genres of music every day. Reed can pretty much tell the name of any song from the fifties through the eighties and the artist who sang it. Some of his favorite artists are Olivia Newton John, Glenn Campbell and Bobby Vinton. He also enjoys listening to Radio Mystery Theatre.

Reed is discerning and a deep thinker. He loved having conversations with his brothers about all kinds of issues. He enjoys watching old television reruns like Gilligan's Island and All in the Family.



# 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.



## \$62,985

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

## MOTHER'S DAY



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

## 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 ½ years until they hatch.

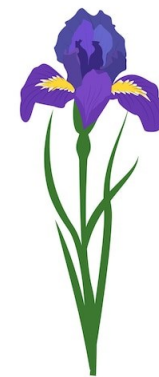


The British version of Mother's Day dates back to the early 1700s.

# 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.

