

# Barbara Maisch Evergreen Court Manager

Denise Ehrendreich Concierge

Mary Jo Harrison Weekend Receptionist

Emmalisa Dobson
Carrie Schrader
Chefs

Dave Stout
Maintenance

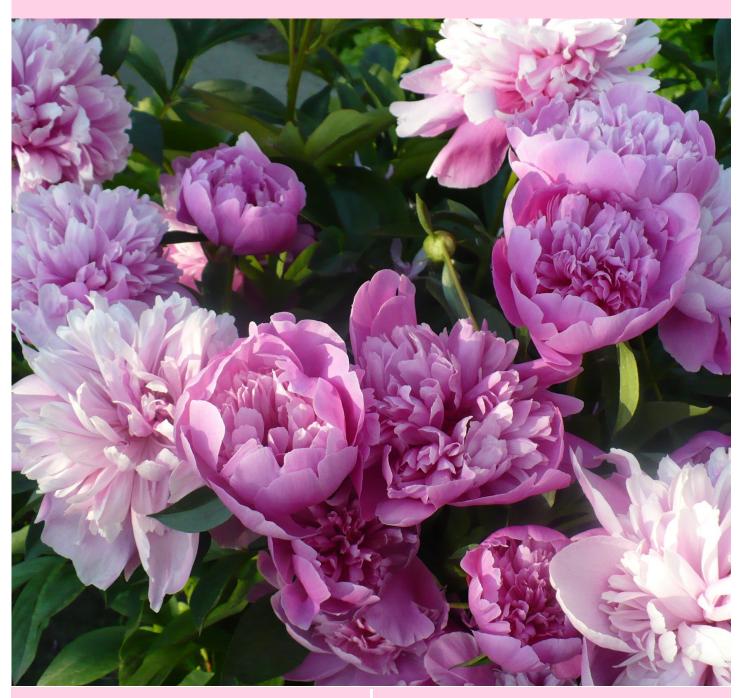
Della McDermott Kirsten Cunningham Karen Fortune Housekeepers

David Bishop
Bus Driver



# **Evergreen Court News**

**Evergreen Court Independent Living Newsletter** 



P2 Arthritis Facts and Care Tips
P3 Wit & Wisdom
P4 & P5 Activities Calendar

P6 May Highlights
P7 Memories In the Making
P8 Mission & Team

May 2018 Edition

# **Arthritis Facts and Care Tips**

**Arthritis by the Numbers** 

American Adults Diagnosed: 54 million+

**Direct Medical Costs: At least \$81 billion** 

2

Types of Arthritis That Exist: Over 100

**Working Adults With Arthritis: 60%** 

American Children Diagnosed: 300,000 est.

Americans Likely to Have Arthritis: 91 million

May marks National Arthritis Month to bring awareness to a very common, but often misunderstood condition. A wide misconception about Arthritis is that it is a single disease. It's actually a way of referring to joint pain or joint disease.

Symptoms of Arthritis can come and go, and include mild to severe swelling, pain, stiffness, and lessened motion range. It can limit a person's ability to partake in some daily activities.

Osteoarthritis is the most common type of Arthritis. Risk factors include family history, being overweight, age, and injuries sustained. Those with non-severe Osteoarthritis can help the condition if they: achieve a healthy weight, get enough exercise, rest per activity level - especially during a flare up, avoid repetitive movements, strengthen muscles around joints, and use hot and cold therapy.

Inflammatory Arthritis is another type. Rheumatoid and Psoriatic Arthritis are in

this category. It occurs when the immune system creates inflammation to get rid of what it falsely perceives as infection. It occurs in people with genetic predisposition and environmental risk factors like smoking. Early diagnosis and strong treatment are key

in slowing the condition.

Receiving a diagnosis for Arthritis can be done through a primary care provider or Rheumatologist. There are many ways that Arthritis can be helped.



- Create a plan with your rheumatologist.
- Be aware of and track your warning signs, like a dull hand ache or daytime sleepiness for days.
- Stay up to date on vaccinations and wash hands frequently to avoid infections which could trigger a flare.
- Stay on top of your emotional health.
   Anxiety and stress can increase inflammation.
- Slow your movements, but continue moving to avoid stiff joints. Move joints through the fullest range of motion you can. If it causes

more pain, stop.

- Do hot & cold therapy, no more than 15 minute intervals, two to four times a day.
- Sleep on a schedule, get restful sleep with lights off, devices off, and avoid caffeine in the hours before you head to bed.

## **Memories in the Making!**



Friday, April 20th, 2018

**Edgar and Virginia Powell**(Long Time Residents of Evergreen Court)

**Celebrated their 72nd Wedding Anniversary** 

#### **HEALTH & WELL BEING**

Tuesdays and Fridays:
Tai Chi for Residents only
1:00 p.m. - 2:00 p.m.
AND
Tai Chi for Everyone

2:00 p.m. - 3:00 p.m.

Thursdays: Chair Yoga 10:00 a.m. -11:00 a.m.

#### Ladies Tea

Plenty of fun for all who attended! Thank You Harpist, Robin O'Neill Hat Lady, Penelope Brandon and Baycrest Catering Denise Kurtz





#### **Follow us on Social Media:**

Facebook.com/BaycrestVillage Blog.radiantseniorliving.com Radiantsrliving on Instagram Radiantvoices on Instagram RadiantSrLiving on Twitter Pinterest.com/radiantsrliving Radiant Senior Living on YouTube

#### More Words of Wisdom- Courtesy of Resident Jay Anderson

"The smile on my face doesn't mean my life is perfect.

It means I appreciate what I have and what I have been blessed with.

I choose to be happy."

### May Highlights- You are invited!

Tuesday, May 1	2:30 ~ 3:30	Susie Wilson- Pianist, Singer, Musician
Wednesday, May 2	1:00 ~ 2:00	Tina Foutz- Pianist
Friday, May 4	2:00 ~ 3:00	Birthday Celebration - Music by Simple Harmonies
Wednesday, May 9	3:00 ~ 4:00	Old Time Fiddlers
Friday, May 11	10:00-~ 11:00	Furry Friends
	3:30 ~ 4:30	Social Hour
	4:15 ~ 5:00	Louis Faro, Pianist
Monday, May 14	3:00 ~ 4:00	Carol Stepleton
Tuesday, May 15	2:00 ~ 3:00	Pie Social
Wednesday, May 16	1:00 ~ 2:30	Rock painting w/ Terry & Suzanne
Friday, May 18	10:00 ~ 11:00	Coloring Book Club
	3:30 ~ 4:30	Social Hour w/ Vacationi9ng Angels
Monday, May 21	6:30 ~ 7:30	South Coast Community Choir
Thursday, May 24	2:00 ~ 3:00	Chair Dancing w/ Karen, Davy & Paul
Friday, May 25	3:30 ~ 4:30	Social Hour w/ Happy 5 Polka Band
Tuesday, May 29	10:00 ~ 11:00	Mandie's Craft Corner
	1:00 ~ 2:00	Ruthe Garagnon, Pianist
	3:30 ~ 4:30	Allegany Fiddlers
Wednesday, May 30	10:30 ~ 11:30	Marty Giles-Coos County History
	3:00 ~ 3:30	Bucks Store
	3:30 ~ 4:30	Debbie Dumonceaux, Singer

#### **Evergreen Court Beauty Salon**

Nails by Kate ~ 541-294-5871 Hair Stylist ~ Julie Uppstad ~ 541-290-1735

# Wit & Wisdom



# **Clara Barton**

December 25, 1821-April 21, 1912

Pioneering Nurse of the Civil War,

Angel of Mercy,

Founder of American Red Cross,

Humanitarian, American Nightingale

At 10, Clara devoted herself to nursing her brother David back from the brink of death. When the Civil War broke out, Clara got permission to nurse the front lines. Supplies were scarce & she wrote letters & advertised appealing to the public to provide the necessities. For a while, she was using corn husks for bandages! She nursed both Yankees and Rebs. After the war ended, she took it upon herself to respond to the thousands of distraught relatives looking for missing men. She became known for the "Numbering of the Bones" which with President Lincoln helped find, identify & properly bury 55,000+ soldiers. Clara became the Founder of the American Red Cross in 1881. It was formed to provide relief voluntarily on a neutral basis to victims of war & natural disasters. In 1904, at the age of 83, she was forced out of her position by a new generation of all-male scientific experts who believed efficiency should over-rule idealistic humanitarianism.

"The door that nobody else will go in at, seems always to swing open widely for me."

"Everybody's business is nobody's business, and nobody's business is my business."

# Evergreen Court Activities ~ Denise Ehrendreich, Concierge

Sun	Mon	Tues		Wed		Thur		Fri	Sat	
ACTIVITIES ARE SUBJECT TO CHANGE WITH PRIOR NOTICE. CATHOLIC MASS Every Monday 2 p.m. Baycrest Village Chapel	<u>LEGEND</u> AR = Activity Room  ER = Exercise Room  DR = Dining Room  LR = Living Room  TR =Theater Room  CB LB=Coos Bay Library	1:00 Tai Chi (Residents only) 2:00 Tai Chi (All) 2:30 Susie Wilson, Musician	AR ER ER LR	3:00 Activity Meeting		National Day of Prayer  9:45 Shopping NB Safeway 10:00 Chair Yoga Class 1:00 Fred Meyers & Banks 6:00 Cribbage	ER	International Firefighters Day 4  1:00 Tai Chi (Residents only) ER 2:00 Birthday Celebration: Simple Harmonies LR 6:00 Mexican Train Dominos AR	Cinco de Mayo  1:00 Chicken Foot	5 AR
Nurse's Day 6  2:00 Movie Matinee TR  6:00 Outing: Two on Tap @ Egyptian Theatre	1:00 NB Bi-Mart & Walmart 2:00 Willoughby Hearing TR 6:00 Bingo AR	Resident SPA Day ~ Salon 10:00 AM - 2:00 PM 10:30 Bible Study 1:00 Tai Chi (Residents only)		3:00 Old Time Fiddlers	LR	9:45 Shopping NB Safeway 10:00 Chair Yoga Class 1:00 Fred Meyers & Banks 1:30 Mobile Library 6:00 Cribbage	ER LR	10:00 Furry Friends LR 11 1:00 Tai Chi (Residents only) ER 2:00 Tai Chi (All) ER 3:30 Social Hour: LR 4:15 Louis Faro, Pianist 6:00 Mexican Train Dominos AR 6:30 Foreign Film Cs Bay Library 'The Teacher' @ CB LB	, ,	12 LR AR
Mothers Day 13  Brunch 12:30 pm to 2:30 pm 2:30 Movie Matinee TR	NO BUS 3:00 Carol Stepleton, Sings LR	10:30 Bible Study A 1:00 Tai Chi (Cancelled) E 2:00 Pie & Coffee Social L	AR ER LR AR	Railroad Ave Restaurant  Myrtle Point  1:00 Tina Foutz, Pianist  1:00 - 2:30 Rock Painting  3:00 Resident's Meeting	16 LR AR FR AR	9:45 Shopping NB Safeway 10:00 Chair Yoga Class 1:00 Fred Meyers & Banks 6:00 Cribbage		10:00 Coloring Book Club LV 1:00 Tai Chi (Residents only) ER 2:00 Tai Chi (All) ER 3:30 Social Hour w/ Music by	9:00 Outing: Circles in the Sand Lunch @ Farmers Market @ Bandon	AR
	_	9:15 Movie @ Pony Village 10:30 Bible Study Al 1:00 Tai Chi (Residents only) El	AR Z	8:30 Outing: Memorial Day Assembly @ Marshfield High Lunch @ Shake n' Burger CsBy 1:00 Tina Foutz, Pianist		9:45 Shopping NB Safeway 10:00 Chair Yoga Class 1:00 Fred Meyers & Banks 2:00 Chair Dancing w/ Karen, Davy & Paul 6:00 Cribbage	ER	National Polka & Tap Dance Day 25 1:00 Tai Chi (Residents only) ER 2:00 Tai Chi (All) ER 3:30 Social Hour LR w/ Happy 5 Polka Band 6:00 Mexican Train Dominos AR		<b>26</b> AR
	Memorial Day 28  NO BUS 6:00 Bingo AR	10:00 Mandie's Craft Corner T 10:30 Bible Study Al 1:00 Ruthe Garagnon, Pianist L 1:00 Tai Chi (Residents only) A 3:30 Allegany Fiddlers Li	TR AR LR AR LR	10:30 Marty Giles:Coos History 1:00 Tina Foutz, Pianist 3:00 Bucks Store 3:30 Debbie D., Singer	TR LR AR	What You Think About Grows 9:45 Shopping NB Safeway 10:00 Chair Yoga Class 1:00 Fred Meyers & Banks 6:00 Cribbage	31	EMPIRE CLEANERS: TR Pick Up every Wednesday, 11 am Return every Friday, 3 pm AR	RESIDENT BIRTHDAYS  Lisa SalmononMay 2  Howard O'BrienMay	20



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#### **Administrative Team:**

#### **Karisha Summers**

Executive Director

#### Terri Stamsos

Director of Operations

# **Shelley Wilson**Community Relations Director

Kathleen Silveira

#### Resident Care Coordinator

Robin Gonsalves
Registered Nurse

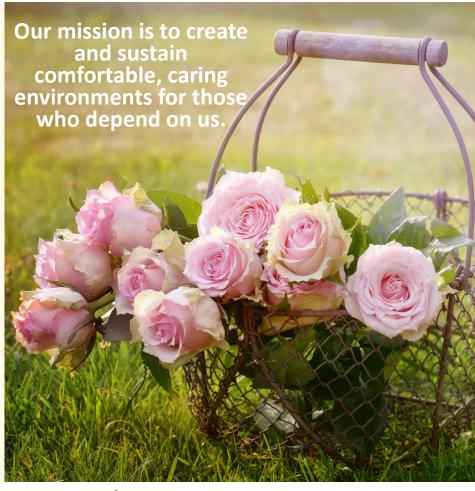
# Denise Kurtz Dietary Director

Bruce Payne
Maintenance Director

#### Kila Jones

Activities Director

Contact us at: **541-756-4151** 



# **Baycrest Connection**

**Baycrest Village Newsletter** 



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in slowing the condition.

Receiving a diagnosis for Arthritis can be done through a primary care provider or Rheumatologist. There are many ways that Arthritis can be helped.

# Arthritis Foundation Pain Management Tips:

- Create a plan with your rheumatologist.
- Be aware of and track your warning signs, like a dull hand ache or daytime sleepiness for days.
- Stay up to date on vaccinations and wash hands frequently to avoid infections which could trigger a flare.
- Stay on top of your emotional health.
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more pain, stop.

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## Memories in the Making!



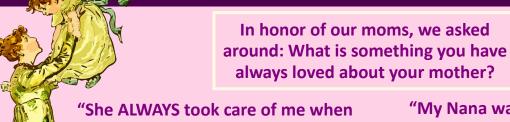












"She ALWAYS took care of me when ever I would be sick."
-Chris

"That she has always been there for me & always helped me, no questions asked!" -Wayne "My Nana was amazing & I love EVERYTHING about her."

-Jackie

"That she was a Prayer WARRIOR.
Always was praying for us kids."
-Donna

### **May Highlights**

May 1st: Loading up the bus at 10am and heading to Winchester Bay to enjoy the Umpqua River Lighthouse and Museum.

May 11th: At 11am we will be packing up a lunch and heading to the Elk Viewing area just outside of Reedsport. We will be enjoying a picnic lunch while we watch over a herd of elk in their own habitat.

May 12th: Come to the Activity Room at 3pm to enjoy some yummy fudge in celebration of National Fudge Day!

May 15th: At 10am we will be serving up some mouth watering mimosas in the Activity Room.

May 17th: You don't want to miss the hot, fresh cobbler being served at 3pm in the Activity Room.

May 18th: Join us for a pizza party at 11am! We will have multiple flavors ready for the residents in the Activity Room.

May 23rd: Come enjoy some local salt water taffy with us at 3pm in the Activity Room.

<u>May 25th</u>: We're celebrating everyone's favorite Cookie Monster from Sesame Street by having our 3 year old Cookie Monster-ette coming to visit with some cookies!



#### Follow us on Social Media:

Facebook.com/BaycrestVillage Blog.radiantseniorliving.com Radiantsrliving on Instagram Radiantvoices on Instagram RadiantSrLiving on Twitter Pinterest.com/radiantsrliving

#### May Birthdays & Move Ins!



Happy Birthday To...

Mary Ann Anderson.. 7th

Roll Out the Welcome Mat To...

Paul Koluvek

**Betty Jo York** 



# Team Member of the Month! John Schneider

John started here at Baycrest in 2016 and has made an impact in our residents quality of life as a primary med-tec. Our Resident Council in Assisted Living votes on the Employee of The Month and in a prior meeting it was unanimous John should receive this reward. John provides the residents with dignity and respect in every role he partakes in whether it is med-tec, filing in for caregivers, or escorting residents to their doctor appointments. We here at Baycrest Village are lucky to have a Med-Tec that cares about not just their job, but their residents as much as John does. He comes to work each day with the best attitude and always willing to help. John not only makes Baycrest more comfortable for our residents, but also for all of us employees because each and every one of us know that we can rely on John, and for that we want to say thank you.

#### **Resident of the Month!**



#### **Puddin**

Being the Director of the Activity Department, it is my goal to help everyone live the happiest & healthiest lives they can within Baycrest Village. So it humbles me when Puddin (Doris) always attends every outing, every social, and every party. Puddin always has that welcoming smile that I strive to get on every residents' face, and she is always the first one to volunteer to help other residents around the community. Puddin is the definition of what it means to be a complete delight and has helped me spread joy and laughter all over the community. Thank you Puddin for making each day just that much better for our residents, our employees, and for me, the Activity Director.

May 2018

Baycrest Village Assisted Living North Bend, OR 97459 541-756-4151 Activities with Kila Jones

		Activities with Kila Jones						
Sum	Mon	Tue	Wed	Thu	Fri	Sat		
		9:45am Hydration 11am Potted Plant Garden 1pm Lighthouse Museum Outing 2pm Jewelry Making 3pm Wii Bowling League	9:45am Hydration 10am Furry Friends Visit 11am Balloon Tennis 1pm 1:1's W/ Kila	3 9:15am Resistance Bands 9:45am Hydration 10am Yahtzee 11am Reminiscing Corner 2pm Bean Bag Toss 3pm Kazoo Band	9:15am Good News & Coffee 10am Crafting Hour 11am 1:1's W/ Kila 1am Mini Manicures 2pm Scenic Drive & Slurpee's 6pm Movie Night— Home Alone	5 Cinco de Mayo 9:15am Donut Treat 10am Puzzle Club 1pm Horseshoes		
•	9:45am Hydration		9:45am Hydration 10am Scenic Drive & Dutch Bros 11am Magnet Craft 1pm 1:1's W/ Kila	10 National Brownie Day 9:15am Resistance Bands 9:45am Hydration 10am Uno 11am Poker Club 2pm Balloon Volleyball 3pm Brownie Social		12 10am Yahtzee 1pm Bean Bag Toss 3pm Fudge Social 6pm Virtual Train Ride		
13 Mother's Day 9am Mothers Day Surprise 1pm Gospel Music 2pm Bible Study 3pm Coloring Club	9:45am Hydration 10am Yahtzee 1pm Music with Susie 2pm 1:1's W/ Kila	9:15am Wii Workout 9:45am Hydration 10am Mimosa Social 11pm Plant Care 2:30pm Music with Susie 3pm Wii Bowling League	9:15am Full Body Flexibility 9:45am Hydration 10am Furry Friends Visit 11am Balloon Tennis 1pm 1:1's W/ Kila	17 National Cobbler Day 9:15am Resistance Bands 9:45am Hydration 10am Yahtzee 11am Reminiscing Corner 2pm Bean Bag Toss 3pm Cobbler Social		19 9:15am Cinnamon Roll Treat 10am Puzzle Club 1pm Ring Toss		
1pm Gospel Music 2pm Bible Study 3pm 40's-60's Radio Show Social	9:45am Hydration 10am Dollar Tree Shopping Outing 1pm 1:1's W/ Kila 2pm Yahtzee	9:15am Wii Workout 9:45am Hydration 10am Bracelet Braiding 11am Los Dos Amigos Lunch Outing 2pm Mobile Library	9:45am Hydration 10am Deal or No Deal 11am Tie Blanket Craft 1pm 1:1's W/ Kila	24 9:15am Resistance Bands 9:45am Hydration 10am Uno 11am Poker Club 2pm Balloon Volleyball 3pm Jeopardy	9:15am Good News & Coffee 11am Watercoloring 1pm 1:1's W/ Kila	26 9:15am Donut Treat 10am Yahtzee 1pm Horseshoes 6pm Virtual Beach Trip		
10am Coloring Club 1pm Gospel Music 2pm Bible Study 3pm Popsicle Social	9:45am Hydration 10am Resident Council Meeting 1pm 1:1's W/ Kila 2pm Yahtzee	9:45am Hydration 10am Menu Meeting 11am Activities Meeting 1pm Rock Painting	9:15am Full Body Flexibility 9:45am Hydration 10am Scenic Drive & Human Bean 11am Balloon Tennis 1pm 1:1's W/ Kila	31 9:15am Resistance Bands 9:45am Hydration 10am Yahtzee 11am Reminiscing Corner 2pm Bean Bag Toss 3pm Kazoo Band				

# Resident / Family Surveys

# IT'S THAT TIME OF THE YEAR!

We are going to be holding a survey for residents and their families to participate in. It is our desire to provide the best possible service for each resident. We have a user friendly online version that can be accessed at:

https:// www.surveymoney.com /r/BVALThz

If you prefer you may complete the hard copy and return the survey to the designated return box located in the Activity Room. For every survey turned in, a ticket will be entered into our drawing for 1 of 2 gift baskets that we have put together! Your comments and suggestions will be carefully considered in order to make Baycrest Village Assisted Living the best home for you, or your loved ones!



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#### **Administrative Team: Scott Nay Director of Operations Terri Stamsos**

**Executive Assisted/ Accounts** Payable

#### **Karisha Summers**

**Executive Director** 

#### **Penny Stark**

Social Services Director

#### **Karen Gray**

Payroll/ HR Benefit Specialist

#### **Denise Kurtz**

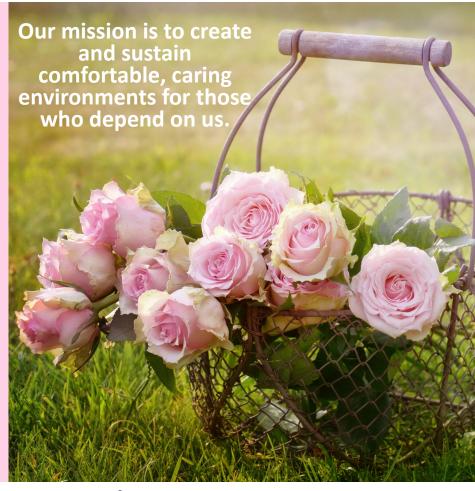
**Director of Culinary Services Bruce Pyne** 

#### **Maintenance Director**

#### **Connie Thom**

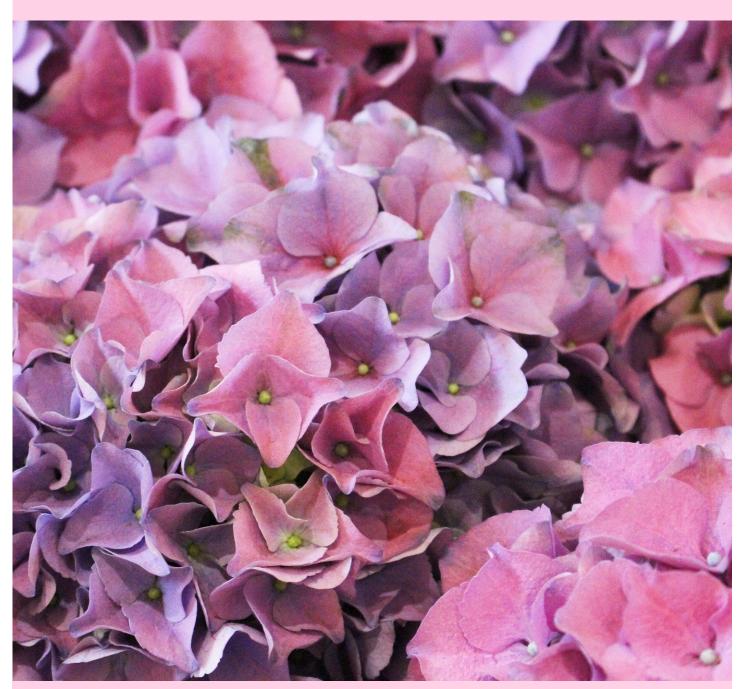
**Activities Director** Contact us at:

541-756-4151



# **Baycrest Health Center**

#### **Monthly Newsletter**



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## Memories in the Making!











"Kindness" - Sally

"Happy"
- Georgianna

7

In honor of our moms, we asked around: What is something you have always loved about your mother?

## **May Highlights**

MAY 5: Cinco de Mayo

MAY 13: Mother's Day

May 28: Memorial Day

May 7: Enjoy music with Car-

ol

**May 14: Country Music with** 

Dick

May 17: Music with Robin

May 22: Bus Ride to Bandon

**Cheese Factory** 

May 23: Music with Love

song

May 29: Scenic Bus Ride to

**Winchester Bay** 



#### Follow us on Social Media:

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#### May Birthdays!



We hope you enjoy your special day!

**Estelle** 

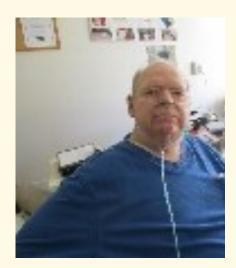
#### **Flower for May**



Lilly of the Valley
Lilly of the valley is
known for its pure white,
bell-shaped flowers and
unforgettable perfume.
Lily of the valley is a
shade-loving plant, it is
also a tough and reliable
ground cover that will
grow almost everywhere
in the country.

# Resident of the Month

#### Dean Rolen



Dean has his own fishing boat, and he has some very interesting fishing stories to tell. Dean said he can't wait to take his grand children fishing. He went on a bus ride with us and we learned quit a bit about him. He likes fishing very much and he loves being out on the water. Thank you for sharing your fishing adventures with us Dean, we enjoyed them very much.

# May 2018

Health Center 3959 Sheridan Ave. North Bend, OR 541-756-4151

			041 100 4101					
Sun	Mon	Tue	Wed	Thu	Fri	Sat		
May!		1 May Day 8am Breakfast Club 11am Find the Hidden Object 1pm Bus Ride to Winchester Bay 2pm coffee and cookies social 3pm Hydration pass	8am Breakfast Club 10am Furry Friends 1pm Word search 2pm Bingo in the dining room 3pm Hydration pass		International Space Day 8am Breakfast Club 10:00am Bus Ride to the Beach 1pm Wheel of Fortune 2pm Coffee & Cookie Social 3:30pm Simple Harmonies Residents Birthday Party	5 Cinco de Mayo Movies Puzzles Color Sheets Cards Ball Toss Trivia Cards Dominos		
6 Morning Movie Coffee & Visiting Trivia Cards 1pm Music with Ray 2pm Bible Study with Steve	7 National Nurse Week 8am Breakfast Club 11am Activities in the dining room 1pm Music with Carol 2pm Catholic Mass 3pm Trivia	8 8am Breakfast Club 11am Word Search 1pm Scenic Bus Ride 2pm clay molding 3pm games in dining room	9 8am Breakfast Club 11am Activities in the dining room 1pm Painting in the dining room 2pm Popcorn & Movie 3pm Hydration Pass	1pm Activities in the dining room	11 Twilight Zone Day 8am Breakfast Club 11am Find the Hidden Object 2pm Word Search 2:30pm Working on collage 3pm Mothers Day Celebration	12 Movies Puzzles Color Sheets Cards Ball Toss Trivia Cards Dominos		
13 Mother's Day Morning Movie Coffee & Visiting Trivia Cards 1pm Music with Ray 2pm Bible Study with Steve	Dance Like A Chicken Day 8am Breakfast Club 11am Word Search & Trivia 2pm Country Music with Dick 2pm Catholic Mass 3pm Afternoon Movie	National Chocolate Chip Day 8am Breakfast Club 11am Bingo in the dining room 1pm Scenic Bus Ride 2pm working on our collage 2:30pm coffee and cookie	16 8am Breakfast Club 10am Furry Friends 1pm Trivia and Word Search 2pm Painting in the dining room 3pm After noon movie	11am one on one visits 1pm Music with Robin 2pm Find the hidden object 3pm Coffee Social in the dining	18 8am Breakfast Club 10am Bus ride to Winchester Bay 1pm working on our collage in th Dining room 2pm Wheel of Fortune 2:30pm Coffee and Cookie So- cial	19 Movies Puzzles Color Sheets Cards Ball Toss Trivia Cards Dominos		
20 Morning Movie Coffee & Visiting Trivia Cards 1pm Music with Ray 2pm Bible Study with Steve	21 National Memo Day 8am Breakfast Club 11am Word Search & Trivia 1pm Working on collage 2pm Catholic Mass 3pm Movie and puzzles in the dining room	22 8am Breakfast Club 11am find the Hidden Object 1pm Bus Ride to Bandon 2pm Bingo in the dining room 2:30pm coffee and cookie so- cial	23 Lucky Penny Day 8am Breakfast Club 11am working on puzzles 1pm Trivia & Word Search 2pm Music with Love Song 3pm Hydration Pass	11am one on one visits 1pm Yahtzee in the dining room	25 8am Breakfast Club 10:00am Scenic Bus Ride 1pm working on our collage in th Dining room 2pm Coloring in the dining room 2:30pm Coffee and Cookie So- cial	Cards		
27 Morning Movie Coffee & Visiting Trivia Cards 1pm Music with Ray 2pm Bible Study with Steve	28 Memorial Day  8am Breakfast Club 11am Word Search & Trivia 1pm Wheel of Fortune 2pm Catholic Mass 3pm Afternoon Movie	29 8am Breakfast Club 11am Wheel of Fortune 1pm Bus Ride to Winchester Bay 2pm Word Search & Trivia 2:30pm coffee and cookie social	30 8am Breakfast Club 11am Yahtzee in the dining room 1pm Trivia & Word Search 2pm After noon movie 3pm Popcorn in dining room	31 8am Breakfast Club 11am one on one visits 1pm Activities in the dining room 2pm Wheel of Fortune 3pm Coffee Social in the dining room				