



LETTER FROM THE ADMINISTRATOR

May has arrived again. All the April showers should bring us May flowers, at least that is what the tale says. May is historically a busy month. There is a lot happening during May. From season is here, graduations from high school and colleges will be occurring, kids getting out of school for the summer, vacation plans are being made. There is just a lot happening this month.

I will never forget my high school graduation in May of 1983. We were having graduation practice at 10:00 a.m. Thursday morning prior to the actual graduation Friday evening. The skies were dark and heavy, looking like a storm was brewing. We were out on the football field where graduation was to be held, and at once, the hail began. The sky was

green, and it looked rough outside. The winds began to gust and blow the dirt and trash that was in the parking lot around, almost swirling around in the air. We all ran into the gym as quickly as we could, trying to avoid the hail and large drops of rain that were now falling. Most of us got into the gym when we heard the freight train coming. A small tornado was on top of us. The power went out, the gym was pitch black, and it felt like the walls and ceiling were breathing in and out. And all at once, it stopped, just as quickly as it began.

The school officials slowly opened the gym doors that led to the football stadium, and we could see all the light poles were torn down and laying around the field, on the track, and on the stadium bleachers. What a mess. And graduation was

the next evening at 7:00 p.m. We were unsure as to whether graduation would now be held in the stadium or in the gym. Somehow, someone made the repairs and we had our graduation in the stadium on that Friday night. One of those few days in your life you just don't forget.

Let's hope this May is quieter than the one in 1983. Get outside and enjoy the nice days, enjoy the flowers that are in bloom, and prepare for the hot months to come!

Happy May!!

Kevin W. Garriga

ADMINISTRATOR

SOUTHERN KNIGHTS
SENIOR LIVING COMMUNITY

Special Event: OUR TALENT SHOW!



TEAM MEMBERS OF THE MONTH



Martiza L., Resident Choice



Lisa A., Administrator's Choice



Activities and Shenanigans: Cupcakes and Balloons!



Memorial Day History

Recognizing Memorial Day started in 1868, when the division of the Grand Army of the Republic demanded that their commander, General John A. Logan, adorn the graves of their fallen war comrades with flowers. It was an event that began to recognize the soldiers who died in the American Civil War. After World War I, all men and women who died in military action were also included.

Many people assume Memorial Day is the same as Veterans Day, but Memorial Day is actually a day to honor fallen military men and women, whereas Veterans Day is a day to recognize the veterans who served in the military.

Control Cholesterol Through Your Diet

1. Eat in moderation. Excess food can lead to weight gain or obesity.
2. Stay away from fatty foods.
3. Steer clear of sweets as they are a principal source of saturated fats.
4. Eat more vegetables. Vegetables contain vitamins and minerals, which are cholesterol-lowering elements.
5. Boost your fiber intake. Fiber-rich foods are also known to lessen cholesterol in the blood.

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RIDGELINE
MANAGEMENT COMPANY

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MAY – WORD SEARCH

N	S	R	V	M	M	E	M	O	R	I	A	L	Q	Q
R	O	J	B	G	E	T	F	T	D	B	F	T	F	N
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ARTERIES
BIRDS
CELEBRATE
CHOLESTEROL
DIET

GOLDEN
MEMORIAL
MOTHER
NURSE
OSTEOPOROSIS

SOLDIERS
STORIES
STROKE
VISION
YOUTHFUL