



LETTER FROM THE ADMINISTRATOR

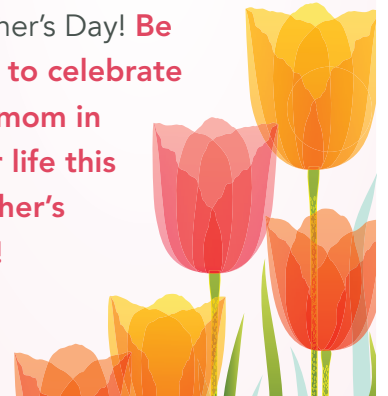
Stop to smell the roses!

As we all get caught up in the busy day to day, sometimes it is a struggle to remember to slow down and embrace those little things that mean so much! Growing up, my Mom would come home from work, perk a pot of coffee and meander outside. While she sat in her gazebo, she would envision all the new plants she could shop for to fill her flower gardens. Then on the weekends it was an adventure to the local nursery for the size, shape, and color she had already planted in her mind. As a young girl I thought, 'Why would you keep adding more to your to-do list?' The process became ever so clear to me one day a few years

back while I was tending to my own yard. As I mowed and thought of landscaping ideas for my family I thought AH-HA, that's what she was doing! The mundane nine to five was washed away with every flower she watered or rose she clipped. As we approach summer I pray that you all can break away into your 'happy place' and leave the stresses of your day to day behind! This process is so easy to loose sight of, and before you know it your frustrated and overwhelmed. Remember, breathe in the new blooms and feed the soul! I am excited to see all of our new floral touches around the property. My hopes are for residents, family and staff to get out and smell the roses!

*Mother's Day is
on May 12th*

Mother's Day celebrates moms, foster moms, surrogate moms, grandmothers, aunts, and the other important women role models in your life. Approximately 152 million cards are mailed and 122 calls are made on Mother's Day! **Be sure to celebrate the mom in your life this Mother's Day!**



SOUTHERN KNIGHTS
SENIOR LIVING COMMUNITY

Activities and Shenanigans

HAPPY BIRTHDAY!

Herb W.

Robbye L.

John B.



MAY 26TH: NATIONAL HEAT AWARENESS DAY

The National Weather Services advises citizen to never leave children, pets, or disabled persons in a car for any length of time. Sunlight can pass through a windshield but gets trapped inside the car. Even in winter, heat can get trapped inside a car.

To protect yourself from the heat, try these tips:

Drinking water. It may sound obvious but drinking lots of water may help regulate your temperature.

Electrolyte salts. These salts can be found in sports drinks. Regularly replenishing these salts may help during hot and sometimes humid conditions.

Wear sunscreen.

Wear light colored clothes. Light colors reflect sunlight away while dark clothes absorb sunlight.

We hope you have a wonderful Memorial Day weekend!





UPCOMING EVENTS

5/2

Taking a trip with Precinct 4:
Going to Atkinson Farms

5/14

Cotton Patch Cafe



National Stroke Month

How can you determine if you are having a stroke?

- A stroke may cause numbness in the face, arm or leg, usually on one side. If it's hard for you to smile, a stroke may be occurring.
- Strokes may cause incoherent speech or slurred speech
- Strokes may cause paralysis.

High cholesterol, being overweight, smoking, a poor diet, and lack of activity may increase your chances of having a stroke.

The most important thing about a stroke is that time is of the essence. When a stroke occurs, the brain is being deprived of oxygen. An artery could be blocked, forming a blood bubble or aneurysm, or an artery may be broken which causes blood to pool into places it shouldn't. If you or someone you know is experiencing stroke symptoms, get medical help immediately.

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MAY – WORD SEARCH

A	R	T	E	R	Y	X	O	K	Y	O	G	V	V	Y
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ARTERY
ARTHRITIS
BONES
DENSITY
EARS

HAPPINESS
HEARING
HEAT
MOTHER
OSTEOPOROSIS

RED CROSS
SOULFULLY
STROKE
VISION
VITAMINS