



505 Enterprise Drive SW  
Independence, Iowa 50644

Happy Birthday

Lavonne Palmer May 21st

Karen Holden May 15th

Kate Soppe May 7th

happy  
birthday

MAY



Cinco de Mayo  
May 5th

International  
Nurses Day  
May 12th

National Wine  
Day  
May 25th

National  
Hamburger day  
May 28th

Memorial Day  
May 31st

### Happy National Nurses Month!

In honor of nurses across the country, we celebrate National Nurses Week! This year National Nurses Week begins May 6th and goes through May 12th. Did you know that blue is the color used for nurses week. Blue denotes depth, stability, trust, loyalty, wisdom, confidence, and intelligence. Blue has a soothing, relaxing and calming effect and can lower blood pressure. It is not a coincidence that NHS Solutions chose blue and green for its logo colors.

National Nurses Week began in 1953. It provides an opportunity to give recognition to nurses and educate the public about the impact nurses have on health and the prevention of disease. This year's Nurses Week theme is "Culture of safety – it starts with YOU."

There are many ways to celebrate Nurses week whether you are a nurse or not. If you are a nurse, take time to celebrate your profession. If you are not a nurse, you most likely know one. Take the time to acknowledge what they do for the health of our nation each day and thank a nurse.

We would like to extend a special thank you to our nurses, Sandi and Kelly! They go above and beyond to ensure our residents receive the best care day in and day out!





## Happy Speech Therapy Month

### What is speech therapy?

A speech-language pathologist is a healthcare provider who specializes in evaluating and treating people of all ages with problems speaking, communicating or swallowing. Speech-language pathologists help people increase or maintain speech or swallowing skills or adapt to permanent disability in these areas. Many people living with these problems can gain more independence and enjoyment in everyday activities by attending Speech Therapy. NIT speech-language pathologists will give you an individualized evaluation. We will test the strength, flexibility and coordination of the muscles in your mouth and throat for articulation and swallowing. Your therapist will evaluate how fast you can form words and comprehend what is being said to you. We assess how long you can pay attention to and remember information. And then, using the results from the evaluation, we will determine what is interfering with your ability to speak, swallow and communicate with family and friends. Once the issues have been identified, a treatment plan will be developed according to your needs. Speech Therapy Month is a great month for giving it a try!

**SPEECH  
THERAPY**