

May 2021



## Sierra Ridge Memory Care

3265 Blue Oaks Drive  
Auburn, CA 95602

### Sierra Ridge Management Team

Joe Dunham  
*Executive Director*

Jennifer Fuston  
*Associate Executive Director*

Lynda Murray  
*Health & Wellness Director*

Colleen Magda  
*Senior Lifestyle and Leisure Director*

Robert Selvester  
*Culinary Director*

Barbara Tarlton  
*Resident Care Director*

Levi Phillips  
*Maintenance Director*

### EMPLOYEE OF THE MONTH



Congratulations Cindy!! Thanks for your dedication and for the tasty food!

### Mission Statement

Sierra Ridge is Committed to being the Leader in Providing Quality Personal Service for our Residents while Honoring the Experience of Aging through our In the Moment Program



## SUPPORT GROUPS

When you have a loved one or family member with memory loss, it is important to find ways to deal with this difficult challenge.

Joe, our executive director, who is a avid supporter of Laura Wayman's "*A Loving Approach to Dementia Care*", and teaches a dementia 101 class, will be helping Colleen to facilitate this support group.

Sierra Ridge is happy to inform you that since Covid19 restrictions have improved, we can now meet for a support group while social distancing and wearing masks.

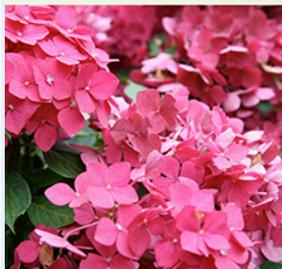
Support Groups will be held every month on the last Wednesday of the month at 11:00am. Please save the date for **26th of May at 11:00am**. We hope to see you here.

"You are as  
*welcome*  
as the *flowers*  
in **May.**"

- Charles Macklin



# MAY DAY



# MEMORIAL DAY

IN MEMORY OF MANY,  
IN HONOR OF ALL



## THANK YOU

### Opportunities to Celebrate in May

**Meditation Month**

**Physical Fitness & Sports Month**

**Teacher Day**

*May 4*

**Cinco de Mayo**

*May 5*

**Mother's Day (U.S.)**

*May 9*

**International Nurses Day**

*May 12*

**Ride a Unicycle Day**

*May 16*

**NASCAR Day**

*May 21*

**Victoria Day (Canada)**

*May 24*

**Memorial Day (U.S.)**

*May 31*

## Time in the Courtyard

Spring is a time of the year that we enjoy seeing new blossoms and the warmer weather allows us to spend more time outdoors in our courtyard. Flowers and plants are a source of beauty, delight and even spiritual inspiration.

We at Sierra Ridge experience these benefits firsthand and enjoy watering plants, feeding birds, blowing bubbles and spending time reminiscing about flying airplanes while watching planes flying overhead.

Some residents favorite thing about the fair weather is sitting and soaking up some sun. We are fortunate to have a lovely courtyard in which to do that at Sierra Ridge.



Rod enjoying the sunshine.



Kathryn relaxing while enjoying some sun



Jean soaking up some sun



Pearl Hart, "Bandit Queen" staged the last stagecoach robbery of the Wild West, on May 30, 1899.

### The Old Ballgame

On May 2, 1908, songwriters Albert von Tilzer and Jack Norworth copyrighted their song "Take Me Out to the Ball Game," unaware that it would become America's "second national anthem." The song's chorus is sung by millions, yet few know the rest of the lyrics or their feminist inspiration: the celebrity vaudevillian and suffragette Trixie Friganza.

Norworth was dating Friganza when he wrote the lyrics. While riding the New York City subway, he saw a sign that read "Baseball Today—Polo Grounds." Inspiration so overwhelmed Norworth that he scribbled the lyrics on the back of an envelope that is now on display at the Baseball Hall of Fame in Cooperstown, New York. The star of Norworth's tune is a woman named Katie Casey, a baseball super fan who "Saw all the games." She even "told the umpire he was wrong." The outspoken female fan in the song was undoubtedly modeled after his progressive girlfriend.

Friganza used her charisma, fortune and celebrity to inspire women to fight for the right to vote.

There are very few people who do not know the tune to "Take Me Out to the Ball Game".

### The Hart of the West

Billy the Kid. Jesse James. Wyatt Earp. America's Wild West has plenty of memorable names, but few of those names belong to women. History has largely forgotten the name Pearl Hart, even though she staged the last stagecoach robbery of the Wild West, on May 30, 1899.

Pearl Taylor was born in Ontario, Canada, to a respectable family. She fell in love with a gambler named Frederick Hart. The couple's drinking, gambling, and joblessness drew them to the Chicago World's Fair in 1893 in search of work. Instead, Hart found Buffalo Bill's Wild West Show and fell in love with the cowboy lifestyle.

Hart next ended up in the mining town of Globe, Arizona, where she met another drifter, named Joe Boot. Hart and Boot were both broke, so they decided to rob the Globe-to-Florence stagecoach. Armed with a .38 revolver and dressed like a man, she made off with \$431, but was soon captured.

After her capture, Hart regaled reporters with a dramatic retelling of her exploits. Fans begged for autographs, and she signed them as the "Bandit Queen." Hart escaped from jail in Yuma and was found in New Mexico. She became pregnant in the Yuma jail a year later and was released with a pardon from the Arizona governor, who hoped to avoid a scandal. Hart's wild life story has earned her a



Beth having fun during ball toss.



## Happy May Birthdays!

In astrology, those born from May 1–20 are Bulls of Taurus. While Taureans enjoy the comforts of luxury, they are unafraid of hard work and dedicate themselves to the tasks at hand. Those born from May 21–31 are Twins of Gemini. With a feeling that something or someone is always missing, Twins forever seek new friends and opportunities. They are curious, intelligent, and sociable communicators and negotiators.

### Happy May Birthday to:

Joann H - 06th of May

Linda - 11th of May

Margaret - 25th of May

Hope you have a birthday filled with lots of love and happy surprises!!  
Happy Birthday!!



Jean and Marjorie working hard on their crafts.



Kelly pretending to be a butterfly

## Humor Me

A lady took out an ad in the classifies that said:

### Husband Wanted!

The next day she received over one hundred letters. They all said the same thing;

**"You can have mine!"**

# Happy Mother's Day

Sunday, May 9th



## Honoring Mother Ocean

Good sons and daughters will remember that May 9 is Mother's Day, a day to shower mom with love and appreciation. But will we also remember that May 10 is Mother Ocean Day? Just as our mothers gave us life and nurtured us, so too do our oceans sustain life on planet Earth. Oceans produce half of all the world's oxygen and absorb massive amounts of carbon dioxide. Covering 70% of Earth's surface, our oceans are also responsible for regulating climate and weather patterns. Preserving the health of our oceans is our first line of defense against a rapidly warming planet. On this day, perhaps you can visit the beach for a local cleanup or watch a documentary about

## Memories of My Mother



It always irked my single mother that her grocery store didn't carry eggs in packages of six—just by the dozen. Then one day, her wish came true. She walked into the grocery and found fresh eggs in cartons of six. "I was so excited," she told us later, "that I bought two!" —*Thomas Hassmann*

A local lumberyard was having an open house, and my mother really wanted to go. Dad, though, had no interest. After badgering him with no luck, she finally said, "If you don't go, I'll be the only woman there." Dad shrugged. "If I go, you'll still be the only woman there." —*Gerald E. Bronnenberg*

What I remember most about my dad's jokes is my mother's reaction. While everyone else was howling at one of his punch lines, my mom would always respond, "Bernard, no one thinks you're funny." —*Nedra Cawley*  
(Courtesy of *ReadersDigest.com*)

Your mother is always with you. She's the whisper of the leaves as you walk down the street. She's the smell of certain foods you remember, flowers you pick, the fragrance of life itself. She's the cool hand on your brow when you're not feeling well. She's your breath in the air on a cold winter's day. She is the sound of the rain that lulls you to sleep, the colors of a rainbow; she is Christmas morning. Your mother lives inside your laughter. She's the place you come from, your first home, and she's the map you follow with every step you take. She's your first love, your first friend, even your first enemy, but nothing on Earth can separate you not time, not space, not even teeth



## Puzzles Please

When I was a child my mother always had a puzzle going. Little did I know that puzzles are fun, and that there are many aspects of puzzles that are good for us. As we age, our ability for finer motor skills diminishes and doing puzzles improves that. Puzzles also sharpen our hand-eye coordination and help us to focus. It is also fun because puzzles are self-correcting; the piece either fits or not. Doing a puzzle with someone else around also promotes conversation, companionship and friendship. We love seeing our residents engaged in puzzles and having fun. Obviously, Mother did know best!