

Executive Director

As the vibrant colors of spring surround us, we are reminded of the beauty and inevitability of change. Just as flowers bloom and seasons shift, our lives do undergo transformations, often bringing new opportunities, challenges, and growth. As we step into the month of May, let us embrace change with open arms and optimism. Cultivating Gratitude: Finding Joy in the Present Amidst the whirlwind of change, it's essential to pause and appreciate the blessings in our lives. Cultivating gratitude allows us to find joy in the present moment and cherish the simple pleasures that surround us. Take a moment each day to reflect on the things you are grateful for, whether it's a warm cup of coffee, a beautiful sunset, daily interaction with other residents or the love and support of family and friends. By fostering a spirit of gratitude, we can navigate life's challenges with grace and positivity.

As we bid farewell to April and welcome the month of May, let us embrace change with courage, gratitude, and an open heart. Together, let us embark on this journey of transformation, knowing that each step brings us closer to our goals and dreams.

Wishing you a May filled with joy, growth, and endless possibilities!



MAY 2024

Ligi Mony for Employee of the Month!

We are delighted to announce Ligi as our Employee of the Month! Ligi has consistently demonstrated exceptional dedication and skill as a medical technologist, making a significant impact on our team and the quality of care we provide. Beyond her technical expertise, Ligi embodies compassion and empathy in her interactions with residents and colleagues alike. She goes above and beyond to provide support and assistance whenever needed, creating a positive and supportive environment for everyone. Thank you, Ligi, for the positive impact you make on our organization every day. Congratulations on being named Employee of the Month – it is well-deserved!







ASSISTED LIVING AL#010063

MAY 2024

Assisted Living Locations..

Activity Room AR **AL Courtyard ALC** AL Parking Lot ALPL В Bistro Independent Living IL Library LL Lobby Outing 0 Spa Spa . Garden

Transportation Schedule..

Monday, 10am **Grocery Stores** 9:45 Tuesday, 10am Walmart 10am Wednesday, 10am Post Office/Bank Thursday, 10am Walmart 10am TBA Friday, Field Trips/Outings

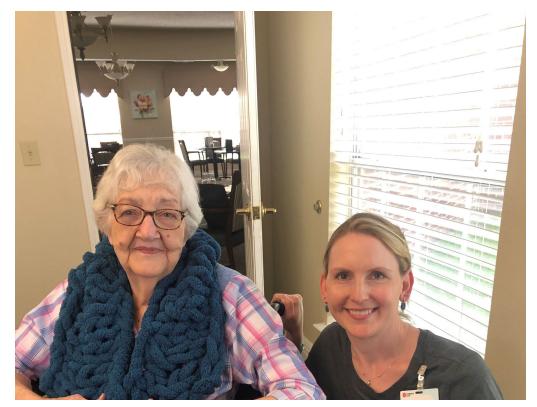
Happy Birthday!

7-Delores Gierczek 10-Karen Tarrant 28-Immagene Latham 30-Camara C. Clifton

"Wherever you go,
no matter what the weather,
always bring your
own sunshine."
—Anthony J. D'Angelo



Using their hands for hand knitting!



Finished product! Joyce Norton Modeling the latest fashion. Thanks Julie. :)

A Rainbow of Sound

A humming air conditioner or the pitter-patter of a gentle rain are familiar examples of ambient noise. Many people play what they call "white noise" to help them focus or fall asleep, but this is only one type of ambient

Noise, just like light, can be categorized into different colors based on the size and frequency of their sound waves. The most well-known is **white noise**, which includes all frequencies we can hear. It's characterized as a steady hum, such as TV static or the buzz of a fan. White noise is the go-to setting on a sound machine to drown out disruptive noise.

Pink noise, a touch deeper than white noise, has gained attention for helping people get better, more restful sleep, which can improve memory. Examples of pink noise include rain, ocean waves and a heartbeat. In the middle of the sound spectrum, green noise has a calming effect. Often containing steady sounds of nature such as a babbling brook, green noise is recommended for studying or working.

If you prefer something low and rumbly, **brown**, aka **red noise**—like crashing waves, thunder or the hum of an airline jet—is great for blocking out other unwanted sounds.

Higher on the spectrum are **blue** and **violet noises**, similar to the hiss of a kinked hose. While the average person may find these sounds irritating, they can be effective therapies for tinnitus (a ringing or buzzing in the ears).





