

May 2023

The Residence at North Ridge

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Celebrating May

Adopt a Horse Month

Older Americans Month

Mystery Month

May Day

May 1

Star Wars Day

May 4

Cinco de Mayo

May 5

Salvation Army Week

May 15–21

Mother's Day

May 14

International Museum

Day

May 18

Victoria Day (Canada)

May 22

World Lindy Hop Day

May 26

Memorial Day (U.S.)

May 29

Resident Spotlight

This month our Spotlight Resident is Butch. Our residents interviewed him recently during a special Social Hour. The first question asked was, how did you get the name Butch? He said the day he was born, his mom took one look at him and said, "He looks like a Butch!" It took his parents a few days before they came up with his legal name, David, to put on his birth certificate. When asked how many siblings he had, Butch answered, "A lot!" He grew up with 4 brothers and 4 sisters. When he was in his early 20's, the family learned that they had 2 additional sisters. His mother had 2 girls from a previous marriage that lived in another state. This brought the total number of siblings to 11, now a close-knit gang that spends holidays, vacations and family celebrations together. Butch grew up in North Minneapolis. He was born at Swedish Hospital, attended school at Lowell Elementary and Jordan Junior High. He graduated from North High in 1971. He worked for Douglas Corporation for 28 years. He started at an entry level making 85 cents per hour. Before leaving the company he had moved up to the role of Night Plant Manager and had over 100 people reporting to him! In his free time Butch enjoyed going camping with his brothers. The Black Hills was his favorite destination. Butch is a big movie fan, too. He has an amazing collection of movie DVD's. He also likes sports. He first got involved with sports through the Boys' Club, they always called him when they needed an extra player. He played football and hockey but was best at baseball. And we all know how good Butch is at Trivia! Thank you, Butch, for being in "The Spotlight".



Mom and Siblings



MGM Lion in Las Vegas

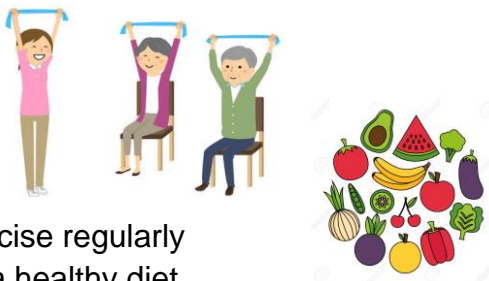
High Blood Pressure Awareness

May is High Blood Pressure Awareness Month.

Did you know...

- Only 1 in 4 with high blood pressure have their condition under control.
- High blood pressure increases your risk of heart disease and stroke.
- High blood pressure usually shows no symptoms. Have your blood pressure measured to keep it in check.

Tips to prevent and manage high blood pressure:



- Exercise regularly
- Eat a healthy diet
- Maintain a healthy weight
- Stop smoking and limit alcohol and sodium intake



You are also invited to join us for a

Blood Pressure Clinic

Wednesday, May 24

At 2:00

In The Activity Room

A healthy snack will be served.

Presented in partnership with



Wildlife Wonderlands

May is Gardening for Wildlife month, offering plenty of time to plant the flowers, shrubs, and trees that are vital habitat for insects, birds, mammals, and more. Whether you have a city balcony or several acres in the country, the first crucial step to providing habitat for wildlife is to plant native species. These are the flowers, trees, and shrubs that are best suited to survive in the local climate. These species often act as invaluable food sources for wildlife. After all, animals have evolved side-by-side with these plant species for millennia. Native plants also provide spaces for animals to hide from predators, take shelter from the elements, and build nests and dens to raise young.

One of the most important contributions native species make is to attract insects. Insects aren't just a food source for animals; they also play a vital role as pollinators. Equally important to a wildlife garden is a water source. This can be a stream or fountain, but a shallow bird bath is often good enough.

And speaking of gardening...

We will be planting flowers in our outdoor flowerpots on Thursday, May 18th around 1:30. Meet in the Activity Room and we'll come up with a game plan from there. You are welcome to help us plant or if you just want to come "supervise" and spend some time outdoors, that's fine, too. Spring is such a spectacular time in Minnesota, let's "dig in" and enjoy it!



Bingo Bucks Auction

Directly following Bingo
(approximately 2:30)

Tuesday, May 23

And

Friday, May 26

Remember to bring your Bingo Bucks
with you to Bingo!



Cheers to Mom!

Celebrating
Mother's Day with
Mom-osa Mocktails
and
A Piano Bar

Please join us
Friday, May 12th
1:30-2:30
Activity Room

Friends & Family
Are Welcome!

Coffee Talk



Wellness Presentation

This month's topic:

Alternative Methods of

Pain Management

Thursday, May 25

10:30

Activity Room



Schedule Change

Due to the Memorial Day Holiday, grocery shopping will be moved to Tuesday that week. We will be shopping at HyVee on May 30, with the bus leaving at 10:00. Sorry for any inconvenience this may cause. Please plan accordingly. Thanks for your understanding!



Remember -
our fallen heros.
They are the reason
that we are free.

Memorial Day, Monday May 29th

New Neighbors



Ethan R.- 3rd Floor
Shamima K.- 1st Floor
Carol S.- 2nd Floor
Thoi N. 1st Floor
Chanhom S.- 1st Floor

We are so happy to welcome our new residents to The Residence at North Ridge. Please greet these new neighbors and introduce yourself when you get the chance.



Staff Birthdays

Williametta (HHA) 5/07
Samueletta (HHA) 5/13
Dekontee (HHA) 5/20
Kelvin (Maintenance) 5/26
Liz (Business Office) 5/31

Staff Anniversaries

Amy (Executive Director) 6 years
Susan (Assistant Executive Dir.) 1 year

May Birthdays

In astrology, those born from May 1–20 are Taurus' Bulls. Bulls are reliable workers who take a slow-and-steady approach to finishing tasks. They do expect a reward for their hard work and love little indulgences. Those born from May 21–31 are the Twins of Gemini. Energetic and spontaneous, Geminis are great at connecting with others, making them ideal candidates for networking and sales.

Dwayne Johnson (actor) – May 2, 1972
Audrey Hepburn (actress) – May 4, 1929
George Clooney (actor) – May 6, 1961
Don Rickles (comedian) – May 8, 1926
Fred Astaire (dancer) – May 10, 1899
Stevie Wonder (musician) – May 13, 1950
Malcolm X (activist) – May 19, 1925
Mr. T (actor) – May 21, 1952
Patti LaBelle (singer) – May 24, 1944
Ian Fleming (novelist) – May 28, 1908
Brooke Shields (actress) – May 31, 1965

Resident Birthdays

Marge K. 5/04
Jock R. 5/14
Minh H. 5/19
Nancy N. 5/19
Gail W. 5/23
Barb M. 5/24
Lena S. 5/27

