

Fun Facts

Birthstone: Emerald

Flower: Lily of the Valley or the Mayflower (pictured)

Celebrity Birthdays: Bing Crosby, Audrey Hepburn, Nellie Bly, Orson Welles, Salvador Dali, Florence Nightingale, Peggy Lee, Sally Ride, Bob Hope

BFM Birthdays: Linda H. 5/5, Janie O. 5/8

BFF Birthdays: Willard G. 5/12, Paul G. 5/23



"A great attitude becomes a great day which becomes a great month which becomes a great year which becomes a great LIFE!"

Mark Your Calendars!

5/11 Resident Council and Food Committee

Outings:

5/11 Darn Near Over the Hill Gang Outing
5/18 Ladies' Lunch Outing
5/26 Group Shopping Trip

Entertainment:

5/1 Carl Sparks @ 6pm
5/26 The Rosses @ 6pm
5/30 David Gray @ 6pm

Pet Therapy:

5/5 & 5/19 (Courtesy of the Wabash County Animal Shelter)

Resident Birthday Party:

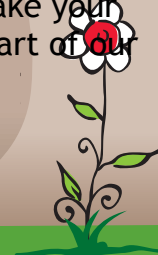
5/29 (Courtesy of Premier HHC)

Finally, Spring is here!

Our residents and BFM's are thrilled to see the sun shining and to hear the birds chirping. The warm weather presents more exciting opportunities for our residents. Last year our residents visited a few hot spots in Wabash. This year we want to do more! We want our trips to be fun and exciting, but we also want them to be meaningful. Last year our residents took a trip down memory lane by visiting the NEW Curbateria. That was a great time, but we need your help this year. Any suggestions would be greatly appreciated, and of course, all of you are welcome to attend!

A quick update on happiness...

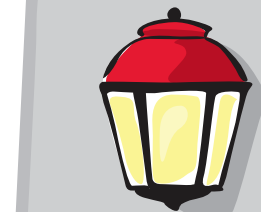
April was another month with GREAT results! 81% top box between residents and families. The comments we received were very heartwarming and encouraging. The feedback we receive motivates us to do the things we do. The hard work is paying off with....RESIDENT HAPPINESS! That's why we're all here. I'm ecstatic to see these type of results two months in a row. Thank you all so much for your feedback and the privilege to make your loved ones a part of our family!



May 2017

May is National Stroke Awareness Month. Here are some facts about stroke.

1. Get your blood pressure under control. High BP is a risk factor.
 2. Lose that extra weight- even 10 lbs makes a difference.
 3. Exercise regularly- it can be as simple as walking every day.
 4. Drink alcohol in moderation- red wine is the heart-healthiest choice.
 5. If you have atrial fibrillation, get it treated by your physician.
 6. Treat diabetes. Keep your blood sugar under control.
 7. Quit smoking- this significantly decrease your risk of stroke.
- Since such a high percentage of strokes could have been prevented, let's focus on what we can do to prevent a stroke. Here are some tips...



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May

9a Clip N Style
 10:30a Exercise
 11a Manicures
 2:30p Swatball
 3:15p Sing-a-Long
 6 pm Carl Sparks
 1

10:30a Exercise
 11a Swat Bop
 1:30p Euchre
 5:45p Hangman
 2

10:30a Bible Study
 2:30p Duster Ball
 3:15p Hangman
 5:45p Spelling Bee
 3

10a Trivia
 10a Make Butter
 1:30p Euchre
 2:30p Target Shooting
 3:15p Story Time
 5:45p Wii Bowling
 4

9:30a Pet Therapy
 10:30a Balloon Bop
 11:30a Happy Feet
 2:30p Trivia
 3:15p Target Toss
 5:45p Wheel of Fortune
 5

10:30a Target Toss
 1:15p Target Shooting
 6

11a Balloon Bop
 1:30p Euchre
 3:30p Church Service
 7

9a Clip N Style
 10:30a Manicures
 11:30a Exercise
 2:30p Target Toss
 3:15p Spelling Bee
 5:45p Monday Mayhem
 8

10:30a Exercise
 11a Swat Bop
 1:30p Euchre
 5:45p Hangman
 9

10:30a Bible Study
 2:30p Paddle Ball
 3:15p Hangman
 5:45p Spelling Bee
 10

10a Trivia
 10:15a Resident Council and Food Committee
 11a Darn Near Over the Hill Gang Outing
 1:30p Euchre
 2:45p Fruity Flowers
 5:45p Wii Bowling
 11

10:30a Balloon Bop
 11:30a Doris's Deal
 1p Bingo w/Students
 2:30p Coffee Filter Butterflies
 3:15p Butterfly Trivia
 5:45p Wheel of Fortune
 12

10a Pre-Mother's Day Brunch
 10:30a Duster Ball
 1p Chair Volleyball
 13

Mother's Day
 11a Balloon Bop
 1:30p Euchre
 3:30p Church Service
 14

9a Clip N Style
 10:30a Manicures
 11:30a Exercise
 2:30p Kourtyard Kerplunk
 3:15p Sing-a-Long
 5:45p Monday Mayhem
 15

10:30a Exercise
 11a Swat Bop
 1:30p Euchre
 5:45p Hangman
 16

10:30a Bible Study
 2:30p Dandelion Painting
 3:15p Spring in Indiana
 5:45p Spelling Bee
 17

10a Trivia
 10a Make Butter
 11a Ladies' Lunch Outing
 1:30p Euchre
 2:30p Pudding Pots - Make then Eat Them
 5:45p Wii Bowling
 18

9:30a Pet Therapy
 10:30a Balloon Bop
 11:30a Happy Feet
 2:30p Trivia
 5:45p Wheel of Fortune
 19

10:30a Target Toss
 1:15p Target Shooting
 20

11a Balloon Bop
 1:30p Euchre
 3:30p Church Service
 21

9a Clip N Style
 10:30a Manicures
 11:30a Exercise
 2:30p Make Nummy Nests
 3:15p Eat the Nests
 5:45p Monday Mayhem
 22

10:30a Exercise
 11a Swat Bop
 1:30p Euchre
 5:45p Hangman
 23

10:30a Bible Study
 2:30p Make Apple Slice "Donuts"
 3:15p Apple Trivia
 5:45p Spelling Bee
 24

10a Trivia
 11a Shopping Outing
 1:30p Euchre
 2:30p Kourtyard Kerplunk
 3:15p
 5:45p Wii Bowling
 25

Sally Ride Day
 10:30a Balloon Bop
 11:30a Doris's Deal
 1p Bingo w/Students
 2:30p Make & Launch Straw Rockets
 3:30p Shuttle Trivia
 6p The Rosses
 26

10:30a Duster Ball
 1p Chair Volleyball
 27

11a Balloon Bop
 1:30p Euchre
 3:30p Church Service
 28

Memorial Day
 10:30a Manicures
 11:30a Exercise
 1p Monthly Birthday Party
 2:30p Honoring Our Veterans
 5:45p Monday Mayhem
 29

9a Clip N Style
 10:30a Exercise
 11a Swat Bop
 1:30p Euchre
 1:30p Monthly Birthday Party
 2:45p Sheep Grahams
 6p David Gray
 30

11a Balloon Bop
 2:30p Swatball
 3:15p Patriotic Sing-a-Long
 5:45p Spelling Bee
 31

