

*Everyone Deserves
a Great Life*

May 2017



AMERICAN GRAND ASSISTED LIVING

COBBLESTONE COURT AND LIBERTY SQUARE

793 & 795 TARRAGON DR. • KAUKAUNA, WI 54130 • (920) 759-0690

WWW.FACEBOOK.COM/MERIDIANS/L/

Family Luncheon

We are having a family luncheon on May 19th from 11:00am to 1:00 pm. The luncheon will be at Mohnen's Family Restaurant for our residents and their families. This will be our third event for the year. We are excited to spend time with everyone, and get to know each other!

Open House

Our Family to Yours: We are having an open house on May 24th from 4pm to 7pm. We are excited to meet you, and see what we can do for you!



Employee Staff Meeting

May's employee staff meeting will be on Thursday, May 18th, at 9am and 3pm. All employees are required to attend. Employee education and trainings will be held at this time.

Food Council

Food council for the month of May will be on Friday, May 26th, at 10:30am. Residents are encouraged to attend. Suggestions are welcome. All questions and concerns will be addressed.

Resident Council

Resident council for the month of May will be on Friday, May 19th, at 10:30am. Residents are encouraged to attend. All questions and concerns will be addressed.



May Day Is Lei Day

Aloha! Since 1927, Hawaiians have celebrated May 1 as Lei Day. Residents wear leis—traditional necklaces of fragrant flowers, large seeds, shells or feathers—while celebrating the history and culture of the islands with lei workshops, concerts and dancing.



Emerging Monarchs

A new generation of monarch butterflies will emerge and start fluttering about in May. Easily recognized by their brilliant black, orange and white-patterned wings, the monarchs' main task is searching for milkweed plants on which to lay eggs, which will hatch as caterpillars and transform into the next generation to take flight.



Beefed-Up Barbecues

The unofficial start of the season of sun and fun, Memorial Day is often ushered in with picnics and cookouts. Likely to be on the menu is beef, typically in the form of hamburgers and steaks. The holiday is said to be the biggest beef-eating day of the year.

Kindness

Spread Good Cheer

Doing good can make you feel good and possibly add years to your life. Performing a kind act releases the hormone oxytocin, which can lower stress and produce a calming effect. Research shows people who consistently practice simple good deeds, such as holding a door open and complimenting someone, as well as more involved charitable acts like volunteering, experience health benefits that may contribute to a longer and happier life.



Supporting Our Nation's Mothers

For more than 80 years, the American Mothers organization has worked "to champion women by honoring, educating and serving mothers at home, at work and in the world."

American Mothers was originally a committee formed by a group of influential citizens—including J.C. Penney, Norman Vincent Peale and Eleanor Roosevelt—who strived to honor the role that mothers hold in strengthening families and the nation. In 1935, Sara Delano Roosevelt, mother of then-president Franklin D. Roosevelt, presented the first Mother of the Year award to Lucy Keen Johnson of Georgia.

Since then, the nonprofit organization has selected a Mother of the Year from the 50 states, the District of Columbia and Puerto Rico, then named a national honoree.



Nominations can be made at AmericanMothers.org from Mother's Day through Nov. 15.

The official sponsor of Mother's Day, American Mothers works year-round to implement service and educational programs, provide scholarships, and raise awareness of issues that impact mothers. They've also partnered with the United Nations to serve mothers and families at a global level.



Happy Birthday

Resident Birthdays!

May 2nd	Shirley Longsine
May 7th	Kermit Buman
May 18th	Harry Wilson
May 18th	Joan Heinzen
May 23rd	Kathryn McKay

Team Member of the Month

Employee of the Month

Deanna McKenzie is our employee of the month for May. She likes to watch Netflix, spend time with her family, and enjoys cooking. She is a mother of four and a grandmother of two. Deanna does a fantastic job and is loved and appreciated by everyone.

Chef of the Month

Tyler is nominated for Chef of the Month. He likes to watch Netflix, sing, and cook. He is a great Chef and never gives up. Tyler is appreciated by all and his desserts are awesome!



Celebrate Mothers

In 1905, Anna Jarvis began a campaign to make Mother's Day a recognized holiday in the United States. Jarvis' own mother had been a peace activist who cared for wounded soldiers on both sides during the Civil War. Celebrate the mothers in your life on the second Sunday in May.

History of Memorial Day

Memorial Day, originally called Decoration Day, is a day of remembrance for those who died in our nation's service. It was officially proclaimed on May 5, 1868, by a general. It was first observed on May 30, 1868, when flowers were placed on the graves of Union and Confederate soldiers at Arlington National Cemetery.



Appreciating America's Military

May is a month to appreciate warmer days, sunshine and all that comes with spring. And since 1999, it's also designated as Military Appreciation Month, a time to formally and publicly thank and support the men and women who have served or currently serve to protect our freedom and liberty.

The month of May was chosen because it already includes the most military-related commemoration days: Loyalty Day, Victory in Europe (VE) Day, Armed Forces Day, Military Spouse Appreciation Day and, most well-known, Memorial Day.

The congressional resolution for Military Appreciation Month calls for a proclamation from the president regarding the important role these men and women fill, but you can celebrate in your own community any way you choose. One of the easiest, yet most meaningful, is to offer a heartfelt thank-you to all service members, past and present.

Wit & Wisdom

"All the great things are simple, and many can be expressed in a single word: freedom, justice, honor, duty, mercy, hope."
—Winston Churchill





"Honor always comes at a price, else it would be worthless."
—Michelle Griep

"Duty, Honor, Country: Those three hallowed words reverently dictate what you ought to be, what you can be, what you will be."
—Douglas MacArthur

"There is no dishonor in losing the race. There is only dishonor in not racing because you are afraid to lose."
—Garth Stein

"No person was ever honored for what he received. Honor has been the reward for what he gave."
—Calvin Coolidge

May 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	 12	13
 14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	Memorial Day 29	30	31	 <i>May</i> 		

"This Month In History"

MAY

1875: The first Kentucky Derby is held, and the horse Aristides is the winner. The Derby is now the longest-running sporting event in the U.S.

1910: Glacier National Park in Montana is established.

1935: Thanks to newly installed lights, Cincinnati's Crosley Field hosts the first MLB night game.

1945: Celebrations erupt after President Harry S. Truman announces the end of World War II in Europe.

1959: Starring Ethel Merman, the musical "Gypsy" opens on Broadway.

1968: The Gateway Arch in St. Louis is dedicated.

1971: Soul singer-songwriter Marvin Gaye releases the album "What's Going On."

1986: Five million people across the country join in "Hands Across America" to raise money for the nation's hungry and homeless.

1997: In a six-game chess match in New York City, IBM's Deep Blue supercomputer defeats world champion player Garry Kasparov.

2003: The Treasury Department unveils a redesigned \$20 bill that includes added colors to prevent counterfeiting.

2005: Carrie Underwood wins the televised singing competition "American Idol," launching the country star's career.

2011: After 25 years, the daytime TV talk show "The Oprah Winfrey Show" airs its final broadcast.