

MAY 2012



**THE BRIDGE**  
**AT GREELEY**  
AN ASSISTED LIVING COMMUNITY

**Staff**

**General Manager**

Mindy Rickard

**Resident Care Director**

Chris Nelson, R.N.

**Business Office Manager**

Cindy Merkt

**Activity Director**

Eileen Smith

**Maintenance Director**

Carl Ehrlich

**Dining Services Director**

Natasha Bennett



**Bring a Friend Program**

Don't forget our "Bring a Friend" program at The Bridge. You could receive a \$1,000 credit on your rent if you refer a friend who moves in and is here for at least 60 days. See Cindy or Mindy for more details.

**Armed Forces Day**

The third Saturday in May honors our nation's military.

**A Figure of Speech**

*Phrase:* Armed to the teeth

*Meaning:* To be heavily armed

*Origin:* 17th century pirates would keep as many weapons on them as they could when fighting. This usually involved carrying a knife in their teeth for added protection.



**May Is for Moms**

Tell all the mothers you know "Happy Mother's Day" on Sunday, May 13.



**It's Time for Resident Satisfaction Surveys!**

Our annual Resident Satisfaction Surveys have been mailed and we are hoping that we will have the best response ever! Make sure you fill out your response to be eligible for the drawings for fun prizes. The results of our customer satisfaction survey are very important and let us know how we can serve you better.

**Wisdom Measured by the Year**

May is Older Americans Month.

**Motivational Tip**

"Success is how high you bounce when you hit bottom."  
—George Patton

**Rosebud**

"Citizen Kane," considered by many to be the greatest film ever made, was released on May 1, 1941.



**Garage Sale Time!**

Mark your calendars for Friday, June 15, for our annual garage sale to benefit the American Cancer Society Relay for Life. Bring in your gently used items to donate for a great cause. We accept everything except clothing and shoes. We will accept coats, jackets and accessories. Call Eileen at 339-0022 with any questions.



**Come Along and Have Some Fun!**

Families are always welcome to attend our special events and activities. We are seeking volunteers to come along on our trips. Please be sure to check the calendar for any activities that look like fun!

## Seasonal Selections



Celebrate May's bounty with seasonal produce: apricots, mustard greens, peas, strawberries and raspberries.


### Wild World: Peregrine Falcon

The word "peregrine" means "wanderer"—an apt name for such a bird: Some nest on Arctic tundra and then winter in South America, flying 15,000 miles in a year. Yet they also have amazing homing instincts—some nests have been occupied for hundreds of years by successive generations. Peregrine falcons are superb hunters from the sky, dropping into dives that can reach 200 m.p.h. before they strike prey.

### Don't Miss a 'Beet'

Beets contain magnesium, potassium, iron, folic acid, and vitamins A and C. Some studies suggest that the veggie guards against cancer and heart disease. When buying beets, be sure the root end is firm and smooth. Store in the fridge for up to five days with the leaves, or remove the leaves to keep for several weeks. Eat beets boiled, steamed or roasted, or try them raw in a salad with vinaigrette—acid complements the beet's earthy flavor.

| Sunday   | Monday   | Tuesday  |
|--|--|--|
|  <p><b>Mother's Day</b></p>   |  <p><b>MEMORIAL DAY</b></p>  | <p>8:00 Paint and Polish<br/>10:00 Catholic Mass at LCCC<br/>10:15 Book Mobile<br/>1:00 \$2 Buck Lunch<br/>1:45 May Day Basket Craft<br/>3:15 TV Classics</p> <p>May Day or Lei Day (in Hawaii)<br/>Mother Goose Day<br/>World Asthma Day</p>                                      |
| <p>9:30 Morning Movie in the Living Room<br/>2:00 Our Savior's Lutheran</p> <p>International No Diet Day<br/>6-12 29th Annual National Hug Holiday Week<br/>6-12 National Music Week<br/>6-12 National Nurses Week<br/>6-12 National Run a Mile Days</p> | <p>9:00 Toning With Tiffany<br/>9:30 Chicken Soup<br/>10:00 Music With Doug<br/>1:15 Mad Libs<br/>2:30 Bible Study With Jo<br/>3:30 Wii Bowling in the Living Room</p> <p>Melanoma Monday<br/>National Roast Leg of Lamb Day</p> | <p>8:00 Paint and Polish<br/>9:30 Painting With Bonnie<br/>1:15 Van Ride With Tiffany<br/>2:00 Laugh for Your Health<br/>3:30 Memory Lane</p> <p>Have a Coke Day Birthday<br/>National Coconut Cream Pie Day<br/>National Teacher Day<br/>No Socks Day<br/>World Red Cross Day</p> |
| <p>HAPPY MOTHER'S DAY</p> <p>9:30 Morning Movie in the Living Room<br/>2:00 Kingdom Seekers With The Schuman Family<br/>3:15 Cookies and Punch</p>   | <p>9:00 Toning<br/>9:00 Pedicures With Angie<br/>9:30 Chicken Soup<br/>10:30 Putty Fun<br/>1:30 Wii Bowling<br/>3:45 Book Club</p> <p>Dance Like a Chicken Day<br/>Etiquette Week</p>  | <p>8:00 Paint and Polish<br/>9:30 Painting With Bonnie<br/>10:15 Book Mobile<br/>2:00 Music With Liz<br/>3:30 Memory Lane</p> <p>Police Officers' Memorial Day<br/>Chocolate Chip Day</p>  |
| <p>9:30 Morning Movie in the Living Room<br/>2:00 Two River's Assembly of God</p> <p>Neighbor Day<br/>Solar Eclipse</p>  | <p>9:00 Toning<br/>10:00 House Meeting<br/>2:30 Bible Study With Jo<br/>3:30 Wii Bowling in the Living Room</p> <p><b>HAPPY BIRTHDAY ORRA MAE</b></p>  | <p>8:00 Paint and Polish<br/>9:30 Painting With Bonnie<br/>1:45 Trip to Dairy Queen<br/>2:00 Laugh for Your Health<br/>3:30 Memory Lane</p> <p>Vanilla Pudding Day</p>   |
| <p>9:30 Morning Movie in the Living Room<br/>2:00 Westside Baptist</p> <p>Grape Popsicle Day</p>   | <p>9:00 Toning<br/>9:30 Chicken Soup<br/>10:30 Putty Fun<br/>2:00 Memorial Day Social on the Patio<br/>3:30 Wii Bowling in the Living Room<br/>3:45 Spelling Bee Practice</p>  | <p>8:00 Paint and Polish<br/>9:30 Painting With Bonnie<br/>2:00 Music With Leo<br/>3:30 Memory Lane</p>  |

| Wednesday  | Thursday  | Friday   | Saturday   |
|--|---|--|--|
| <p>2</p> <p>9:00 Toning<br/>9:30 Chicken Soup<br/>10:30 Wii Games<br/>1:45 Courtyard Cafe<br/>3:15 Bible Study With Arni<br/>5:45 Poker</p> <p>Great American Grump Out<br/>National Truffles Day<br/>1933- First Sightings of the Loch Ness Monster</p> | <p>3</p> <p>9:00 Shopping at Walmart<br/>10:00 AFEP With Eileen<br/>1:45 Shopping at TJ MAXX<br/>3:30 Memory Lane<br/>5:45 Bingo With Kristin</p> <p>Anniversary of National Public Radio's First Broadcast (1971)<br/>Garden Meditation Day<br/>National Day of Prayer</p> | <p>4</p> <p>9:00 Toning<br/>9:30 Chicken Soup<br/>10:15 Scrabble<br/>10:45 Walking Club<br/>1:30 Bingo With Tiffany<br/>3:15 Happy Hour</p> <p>International Firefighters Day<br/>International Tuba Day<br/>Star Wars Day<br/>" May the 4th Be With You!"</p> | <p>5</p> <p>9:30 Bingo With Tiffany<br/>1:45 Mocha Coca-Cola Float Social<br/>3:30 Wii Bowling in the Living Room</p> <p><b>HAPPY BIRTHDAY BETTY</b><br/>138th Running of the Kentucky Derby<br/>Cinco de Mayo<br/>National Hoagie Day</p> |
| <p>9</p> <p>9:00 Toning<br/>9:30 Chicken Soup<br/>10:30 Walking Club<br/>2:00 Fiddlin' Bill<br/>3:15 Bible Study With Arni<br/>5:45 Poker</p> <p>Lost Sock Memorial Day<br/>National Butterscotch Brownie Day<br/>National Receptionist Day</p>          | <p>10</p> <p>9:00 Shopping at Walmart<br/>10:00 Music With Molly<br/>2:00 Bridal Shower for Kristin<br/>3:30 Wii Bowling in the Living Room<br/>5:45 Bingo With Kristin</p> <p>Clean Up Your Room Day<br/>National Shrimp Day<br/>World Lupus Day</p>                       | <p>11</p> <p>9:00 Toning<br/>10:0 Music With Jim<br/>1:30 Bingo<br/>3:15 Happy Hour<br/>5:45 Tony Melendez at UCCC</p> <p>Military Spouse Appreciation Day<br/>Provider Appreciation Day</p>   | <p>12</p> <p>9:30 Bingo With Carrie<br/>2:00 Music With Westwind Connection</p> <p>Letter Carriers "Stamp Out Hunger" Food Drive<br/>Limerick Day<br/>National Babysitters Day<br/>National Nutty Fudge Day</p>                            |
| <p>16</p> <p>9:00 Toning<br/>9:30 Chicken Soup<br/>10:30 Walking Club<br/>1:30 Trivia Time<br/>3:15 Bible Study With Arni<br/>5:45 Poker</p> <p>Wear Purple for Peace Day<br/>Love a Tree Day</p>  | <p>17</p> <p>9:00 Shopping at Walmart<br/>10:00 AFEP With Eileen<br/>2:00 Music and Memories With Sharon Sheets<br/>5:30 Bingo With the Armstrong Family</p>  | <p>18</p> <p>9:00 Toning<br/>9:30 Chicken Soup<br/>11:15 Out for Lunch Bunch Fat Alberts<br/>2:00 Dee Perkins<br/>3:15 Happy Hour</p> <p>Museum Day</p>  | <p>19</p> <p>9:30 Bingo With Carrie<br/>1:30 Afternoon Social<br/>3:15 Andy Griffith Marathon</p> <p>Armed Forces Day</p>  |
| <p>23</p> <p>9:00 Toning<br/>9:30 Chicken Soup<br/>10:30 Crosswords<br/>1:30 Sentimental Journeys<br/>3:15 Bible Study With Arni<br/>5:45 Poker</p> <p>Lucky Penny Day<br/>Taffy Day<br/>World Turtle Day</p>  | <p>24</p> <p>7:00 Men's Breakfast<br/>9:00 Shopping at Walmart<br/>10:15 AFEP With Eileen<br/>2:00 Eric and the Amazing Angelyne<br/>5:45 Bingo With Robbyn</p>   | <p>25</p> <p>9:00 Toning<br/>9:30 Chicken Soup<br/>10:15 Out to Coffee<br/>10:30 Scrabble<br/>1:30 Bingo With Tiffany<br/>3:15 Happy Hour</p>  | <p>26</p> <p>9:30 Bingo With Tiffany<br/>1:15 Van Ride With Tiffany<br/>3:30 Memory Lane</p> <p>Jazz Day<br/>Blueberry Cheesecake Day<br/>Cherry Dessert Day</p>   |
| <p>30</p> <p>9:00 Toning<br/>9:30 Chicken Soup<br/>10:30 Walking Club<br/>1:30 Courtyard Cafe<br/>3:15 Bible Study With Arni<br/>5:45 Poker</p> <p>Hug Your Cat Day</p>  | <p>31</p> <p>9:00 Shopping at Walmart<br/>10:00 Morning Movie<br/>2:00 Hand Waxes With Angie<br/>3:00 Memory Lane<br/>5:45 Bingo With Tasha</p>   |  <p>Women's Health Care Month</p>   | <p>Calendar is subject to schedule changes. Please check Daily Board located outside the Activity Room for all updates. Thank You.</p>   |



### **Armchair Travels: Sydney, Australia**

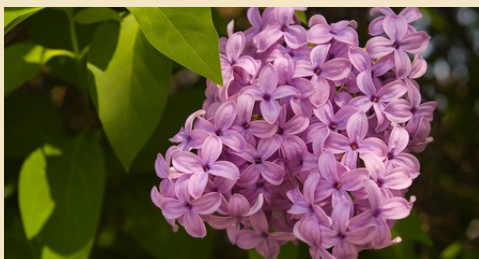
Sydney, Australia, offers more than just opera. Australia's most populous city, Sydney is also one of the most beautiful. Sydney Harbour is the site of the landmark Harbour Bridge and the iconic Sydney Opera House. The Opera House, which opened in 1973, is also home to dance and theater companies and a symphony. In addition to manmade structures, Sydney is full of natural beauty, from the beaches to the numerous parks in and around the metropolitan area. Housing more than 4.5 million people, Sydney is a dynamic city with a rich history.

### **Monthly Celebrations**

This May, turn your attention to Arthritis Awareness Month. Be happy for National Smile Month, create something new during National Inventors' Month and pick up a good book for Get Caught Reading Month.

### **Popcorn Pick: 'His Girl Friday'**

Fast-talking reporters Hildy Johnson and Walter Burns spend 90 minutes fighting and writing in 1940's "His Girl Friday." When Hildy arrives to tell her ex-husband, newspaper editor Walter, that she is getting remarried and leaving the journalism profession for good, Walter puts her on what could be the greatest scoop of her career. Working on the story as her last hurrah, Hildy also has to deal with Walter framing her new fiancé for petty crimes, trying to convince her not to leave and hiding a fugitive. Rosalind Russell and Cary Grant lead this frantic film to success.



### **V-E Day**

May 8 marks Victory in Europe Day, when the Germans surrendered to Allied forces in 1945.

### **Baby Steps**

When creating a to-do list, write down the next step, not the overall goal. This helps break down the process, and you will know exactly what to do next.

### **Famous Faces Born in May**

- May 3, 1903: Bing Crosby
- May 7, 1950: Tim Russert
- May 8, 1884: Harry S. Truman
- May 9, 1946: Candice Bergen
- May 13, 1950: Stevie Wonder
- May 16, 1955: Olga Korbut
- May 18, 1946: Reggie Jackson
- May 22, 1844: Mary Cassatt
- May 26, 1951: Sally Ride
- May 29, 1917: John F. Kennedy

### **Easy Way to Cut Calories**

Fill half your plate with salad, fruits or veggies. This leaves less room for the more caloric meats and starches.