

May Greeting Continued:

This year's theme for National Nursing Home Week is "Cultivating Kindness". This theme could not be more fitting. The definition of kindness is the quality of being friendly, generous and considerate. Remember – kindness is free!! It only takes a smile or a look in the eye or a simple "thank you" to make someone's day. Our fantastic Life Enrichment department has wonderful events planned for the entire week. Be sure to join in on the fun here at Warde Senior Living!!

As always, we, the associates, at Warde Senior Living, thank you for giving us the privilege of caring for your loved one. We are happy that you have placed your trust in us.

With Kindness,
Shari L. LaRoche, MS LNHA

Berry Pleasing



Peak season for picking strawberries is April, which makes May, as Strawberry Month, the perfect time to enjoy these luscious, red berries. In ancient Rome, strawberries were a symbol of Venus, the goddess of love and beauty, thanks to their heart shape and red color. Strawberries are linked to the myth of the death of Adonis. He was gored to death by a boar in a hunting accident, which broke Venus' heart. As she cried, her tears mingled with Adonis' blood, and when they hit the ground, they turned into strawberries. Strawberries have long been associated with love, purity, and perfection. No wonder they are a perfect May snack!

Baby Shower

In honor of the "Cultivating Kindness" theme of Nursing Home Week, we will be holding a fundraiser for baby items. All items will be donated to Our Place, a Catholic Charities NH program for pregnant and new parents in need. Our residents will be having a Baby Shower to see all the donated items on May 16 at 2 PM, and then taking the Warde Senior Living van to donate the items at Our Place the following week. If you are interested in donating, please drop off items by May 15.

Mother's Peace Day



Anna Jarvis is often credited with founding the first Mother's Day, in 1908, but it was poet and abolitionist Julia Ward Howe who made the first Mother's Day Proclamation for Peace, in 1870. Howe was already well known for authoring "The Battle Hymn of the Republic," and her fame lent greater weight to her advocacy for peace. As a nurse during the American Civil War, Howe had seen firsthand the ravages of war. When she saw the specter of war rising yet again at the onset of the Franco-Prussian War, she spoke out for an international Mother's Day where mothers from all over the world would give counsel on how to achieve peace. She wrote: "Arise, then, women of this day! Arise all women who have hearts, whether our baptism be that of water or of tears!" Indeed, Anna Jarvis' mother had worked with Julia Ward Howe, a relationship that inspired Jarvis' Mother's Day.

May Newsletter

Warde Senior Living | 21 Searles RD Windham, NH 03087 | 603.890.1290



May Greetings to all of our Families & Friends:



I hope this newsletter finds you all happy and healthy. April Showers, bring May Flowers!!

COVID 19 – Update: Currently, our center/campus is COVID-19 free. We appreciate all that you are doing to keep your loved one safe and wearing your masks when you are visiting!! As you may or may not know, we are no longer requiring our associates and visitors to sign in upon entering. We are also looking to possibly take away mask use in the month of May. We were waiting to get through the Easter Holiday and April school vacation week. We are very excited here to put COVID-19 behind us!!

We celebrated many special events in the month of April. I hope that you were able to see all of them on our Facebook page! Our largest celebration was the Easter Holiday. We were able to combine many of our activities with St. Matthew's Church. The adoration, paschal play with the youth group and a day of Mercy Works, were all well attended by the residents and community. It was truly a blessed month!

Special Days in May: Please refer to the May Life Enrichment Calendar with all of the special events planned.

Mother Day, Sunday, May 14
National Nursing Home Week, May 14 – May 20
National Nurse's Week – May 6 – May 12

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:00 Room Visits 10:15 Move and Groove into The Month of May 11:00 Rosary - Chapel 2:00 Celebrate May Day 3:00 Arm Chair Travel - Great Britain - Video May Day	2 9:00 Room Visits 10:15 Balloon Tennis 11:00 Rosary - Chapel 2:00 Word Games 3:00 Good Housekeeping Day - Magazine Hour	3 9:00 Room Visits 10:15 Current Events and Coffee 11:00 Mass - Chapel 2:00 Creative Crafts 3:00 Polka Day - Lawrence Welk Polka - Video 6:15 BINGO	4 9:00 Room Visits 10:15 Balloon Volleyball 11:00 Rosary - Chapel 2:00 Music with Dove and Suzie - Gathering Room 3:00 Happy Birthday Audrey Hepburn - Video	5 9:00 Room Visits 10:15 Soccer 11:00 Rosary- Chapel 12:00 Taco Bar for Lunch 2:00 Cinco de Mayo Fiesta - 1st Floor Dining Room 3:00 Arm Chair Travel - Mexico - Video Cinco de Mayo	6 9:00 Room Visits 10:15 Kentucky Derby Horse Racing 11:00 Rosary - Chapel 1:00 Spring Planting 4:00 Mass - Chapel National Nurses Week
	7 9:00 Room Visits 10:15 Morning Stretch 11:00 Rosary - Chapel 2:00 BINGO	8 9:00 Room Visits 10:15 Coffee, Coloring, and Chats 11:00 Rosary - Chapel 2:00 Manicures, Massages, and Musicals	9 9:00 Room Visits 10:15 Twister 11:00 Rosary - Chapel 2:00 Magazine Hour - Cut and Collage	10 9:00 Room Visits 10:15 Ball Toss 11:00 Mass - Chapel 2:00 Scrapbooking 3:00 Happy Birthday Rick Steves - Travel To The Holy Land - Video 6:15 BINGO	11 9:00 Room Visits 10:15 Move and Groove 11:00 Rosary - Chapel 2:00 Balloon Volleyball 3:00 Resident Council	12 9:00 Room Visits 10:15 Soccer 11:00 Rosary - Chapel 2:00 May Procession- Chapel
14 9:00 Room Visits 10:15 Exercise Group 11:00 Rosary - Chapel 2:00 Mother's Day Tea Mother's Day National Skilled Nursing Week	15 9:00 Room Visits 10:15 Move and Groove 11:00 Rosary - Chapel 11:00 Weather Presentation - Location TBA 2:00 Carnival Games- Gathering Room	16 9:00 Room Visits 10:15 Reminisce - All About Babies 11:00 Rosary - Chapel 2:00 Baby Shower Fundraiser -1st Floor Dining Room	17 9:00 Room Visits 10:15 Baking In A Bag - Dog Biscuits 11:00 Mass - Chapel 2:00 Farmer's Market Party - Gathering Room 6:15 BINGO	18 9:00 Room Visits 10:15 Balloon Volleyball 11:00 Rosary - Chapel 2:00 Music with Mark - Gathering Room	19 9:00 Room Visits 10:15 Soccer 11:00 Rosary - Chapel 2:00 Spring Fling Dance with Al and Tom's Hit Parade- Gathering Room	20 9:00 Room Visits 10:15 Creative Crafts 11:00 Rosary - Chapel 2:00 Movie Matinee 4:00 Mass - Chapel Armed Forces Day
21 9:00 Room Visits 10:15 Drumming Circle 11:00 Rosary - Chapel 2:00 BINGO	22 9:00 Room Visits 10:15 Coffee, Coloring, and Chats 11:00 Rosary - Chapel 2:00 Manicures, Massages, and Musicals	23 9:00 Room Visits 10:15 Kick Ball 11:00 Rosary - Chapel 2:00 How Much Does It Cost?	24 9:00 Room Visits 10:15 Ring Toss 11:00 Mass - Chapel 2:00 Sip and Color 3:00 Patriotic Sing Along Video 6:15 BINGO	25 9:00 Room Visits 10:15 Soccer 11:00 Rosary - Chapel 2:00 Birthday Party with Adam - 1st Floor Dining Room Shavuot Begins	26 9:00 Room Visits 10:15 Move and Groove 11:00 Rosary - Chapel 2:00 Cherry Dessert Day 3:00 Happy Birthday John Wayne - McLintock! - Video	27 9:00 Room Visits 10:15 Coffee and Chats 11:00 Rosary - Chapel 2:00 Color Me Calm 4:00 Mass- Chapel
28 9:00 Room Visits 10:15 Exercise Group 11:00 Rosary - Chapel 2:00 BINGO	29 9:00 Room Visits 10:15 Move and Groove 11:00 Rosary - Chapel 12:00 Memorial Day Cook Out 2:00 Celebrate Memorial Day 3:00 Lawrence Welk Video - To America with Love	30 9:00 Room Visits 10:15 Balloon Tennis 11:00 Rosary - Chapel 2:00 Ice Cream Social 3:00 Glenn Miller Video Concert	31 9:00 Room Visits 10:15 Golf 11:00 Mass - Chapel 2:00 Twenty Questions 6:15 BINGO			

Activities subject to change; see daily chronicle.