

### 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


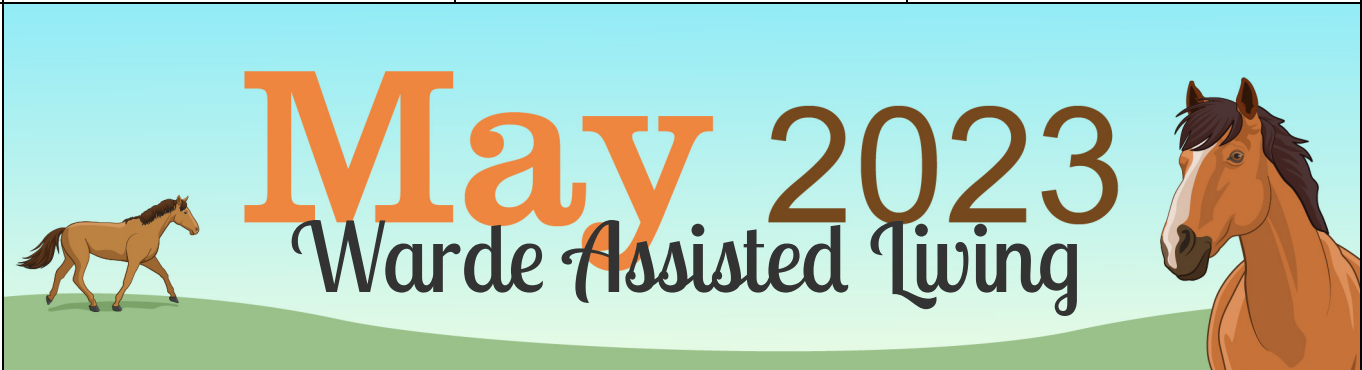
**Mother's Day**  
May 14

**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
<b>Key:</b> 1- 1st Floor Dining Room 2- 2nd Floor Dining Room G- Gathering Room 	<b>1</b> 8:30 Daily Chronicle 10:00 Outside Stroll 11:00 Rosary - Chapel 2:00 "What's News?" w/ Sr. Rosemary- G  May Day	<b>2</b> 8:30 Daily Chronicle 9:30 Outing: Dollar General 11:00 Rosary - Chapel 2:00 Painting- G	<b>3</b> 8:30 Daily Chronicle 10:00 Future In Sight Presentation- IL Dining Room 11:00 Mass - Chapel 2:00 National OJ Day: Orange Julius Drinks- Foyer	<b>4</b> 8:30 Daily Chronicle 10:00 Yoga w/ Sandy- Foyer 11:00 Rosary - Chapel 2:00 Music with Dove & Suzie- G	<b>5</b> 8:30 Daily Chronicle 10:00 Piñata- Foyer 11:00 Rosary - Chapel 12:00 Taco Bar for Lunch 2:00 Margaritaville (Cinco De Mayo Party)- 1  Cinco de Mayo	<b>6</b> 8:30 Daily Chronicle 10:15 Horse Races- 2 11:00 Rosary - Chapel 1:00 Spring Planting 4:00 Mass- Chapel
<b>7</b> 8:30 Daily Chronicle 10:15 Morning Stretch- 2 11:00 Rosary - Chapel 2:00 BINGO- 2	<b>8</b> 8:30 Daily Chronicle 10:00 National Herb Day- Let's Plant- Deck 11:00 Rosary - Chapel 2:00 "What's News?" w/ Sr. Rosemary- G	<b>9</b> 8:30 Daily Chronicle 10:00 TV Yoga- Foyer 11:00 Rosary - Chapel 2:00 Outing: Walmart	<b>10</b> 8:30 Daily Chronicle 10:00 Wii Bowling- Café 11:00 Mass - Chapel 2:00 Celebrate Bernie- G	<b>11</b> 8:30 Daily Chronicle 10:00 Outing: Farmhouse Roasters 11:00 Mass - Chapel 2:00 Scrabble- Foyer	<b>12</b> 8:30 Daily Chronicle 11:00 Rosary - Chapel 2:00 May Procession- Chapel	<b>13</b> 8:30 Daily Chronicle 10:15 Coffee & Chats- 2 11:00 Rosary - Chapel 2:00 Color Me Calm- 2 4:00 Mass- Chapel
<b>14</b> 8:30 Daily Chronicle 10:15 Exercise- 2 11:00 Rosary - Chapel 2:00 Mother's Day Tea  Mother's Day National Skilled Nursing Week	<b>15</b> 8:30 Daily Chronicle 11:00 WMUR Weather Hayley LaPoint Visit- Location TBA 2:00 Carnival Games- G	<b>16</b> 8:30 Daily Chronicle 10:00 Outside Stroll 11:00 Rosary - Chapel 2:00 Baby Shower Fundraiser- 1	<b>17</b> 8:30 Daily Chronicle 10:00 Baking- Café 11:00 Mass - Chapel 2:00 Farmer's Market Party- G	<b>18</b> 8:30 Daily Chronicle 10:00 Yoga w/ Sandy- Foyer 11:00 Rosary - Chapel 2:00 Music with Mark- G	<b>19</b> 8:30 Daily Chronicle 11:00 Rosary - Chapel 2:00 Spring Fling Dance with Al & Tom's Hit Parade- G	<b>20</b> 8:30 Daily Chronicle 10:15 Creative Crafts- 2 11:00 Rosary - Chapel 2:00 Movie Matinee-2 4:00 Mass- Chapel  Armed Forces Day
<b>21</b> 8:30 Daily Chronicle 10:15 Drumming Circle- 2 11:00 Rosary - Chapel 2:00 BINGO- 2	<b>22</b> 8:30 Daily Chronicle 10:00 Outside Stroll 11:00 Rosary - Chapel 2:00 "What's News?" w/ Sr. Rosemary- G  Victoria Day (Canada)	<b>23</b> 8:30 Daily Chronicle 10:00 Coffee & Chats- Foyer 11:00 Rosary - Chapel 2:00 Summer Crafts- Café	<b>24</b> 8:30 Daily Chronicle 11:00 Outing: Olive Garden 11:00 Mass - Chapel 2:00 Uno- Café	<b>25</b> 8:30 Daily Chronicle 10:00 Happy Hearts Club- Café 11:00 Mass - Chapel 2:00 Birthday Party w/ Adam- 1  Shavuot Begins	<b>26</b> 8:30 Daily Chronicle 11:00 Rosary - Chapel 2:00 Movie Matinee- Foyer	<b>27</b> 8:30 Daily Chronicle 10:15 Coffee & Chats- 2 11:00 Rosary - Chapel 2:00 Color Me Calm- 2 4:00 Mass- Chapel
<b>28</b> 8:30 Daily Chronicle 10:15 Exercise- 2 11:00 Rosary - Chapel 2:00 BINGO- 2	<b>29</b> 8:30 Daily Chronicle 10:00 Outside Stroll 11:00 Rosary - Chapel 12:00 Memorial Day Cook Out 2:00 "What's News?" w/ Sr. Rosemary- G  Memorial Day	<b>30</b> 8:30 Daily Chronicle 10:00 TV Yoga- Foyer 11:00 Rosary - Chapel 2:00 The Baking Bunch- Café	<b>31</b> 8:30 Daily Chronicle 10:00 Coffee Pastries- Deck/Foyer 11:00 Mass - Chapel 2:00 Outing: Walmart			

Activities subject to change; see daily chronicle.