

Medilodge Monthly



May 2020



Carts! Carts! Carts! What is this About?

For everyone's safety only a limited amount of people should be in one area and stay 6-feet apart from one another! With that, we will be facilitating a lot of cart activities throughout the building to best accommodate everyone! When there is a small group activity it will be using the right safety precautions!



Coffee/Cocoa Cart

Watch out! Hot coffee, tea and hot chocolate coming through the halls!



Snack Cart

Feeling Hungry? Snack carts are on their way through the halls!



Library Cart

Come get your books! Come get your magazines! We've got it all on our own personal Library Carts! They will be wheeling down the hall on the days and times found on your activity calendar!



Dollar Store!

There will be a dollar store open here at Medilodge of Okemos for you to shop around and buy items of your choosing! Everything will be \$1.00!



May 28th

10:00 – 3:30pm

Craft Cart

Feeling crafty? Good news! We will be having some different craft carts coming down the halls throughout the month!



Puzzle Cart

Do you like a good brain teaser? Well we have the right thing for you! We have word search puzzles, crossword puzzles, Sudoku puzzles, and so much more!!



Nail Days



Everyone loves a new color on those beautiful nails! **Every other Thursday at 10:30am** will be Nail Day!

Although, at any time throughout the week you may request to get your nails painted by staff!

Bingo!

Bingo will be held in and out of the day rooms every Tuesday and Thursday!



Monthly Resident Council Meeting

- ❖ You are invited to our monthly resident council meeting on **May 18th afternoon in the Day Rooms!**
- ❖ The resident council meeting is a time for residents to voice their opinions about nursing, dietary, maintenance, housekeeping/laundry, activities, social services, administration, environmental services, resident rights and grievance procedures.
- ❖ We also discuss what the facility can do to enhance your quality of life!



May Birthdays!

Eugene B.

Jeanne H.

Lynn W.

Randy F.

Steven S.



Barbara R.

Wilma M.

Channel 10!

Tune in to **channel 10 on the TV** in your room for daily movies shown!

Times and movie descriptions will be provided in the morning on your activity sheet!



Birthday Cart!

Keep a look-out for the birthday cart on **May 29th** starting at **2:30pm** to celebrate all of our May birthdays!

Popcorn Cart!

Every Wednesday at 2:30pm there will be a popcorn cart rolling the hallways for all residents!



\$0.50 for Staff!



FUN FACT!

May Fun Facts!

FUN FACT!

- ❖ The birthstone of May, the emerald, symbolizes success and love.
- ❖ It is the third and last month of the season of spring!
- ❖ May was once considered a bad luck month to get married. There is a poem that says “Marry in May and you’ll rue the day.”
- ❖ In Old English May is called the “month of three milking’s” referring to a time when the cows could be milked three times a day.
- ❖ The last week of May is Library and Information week!

May National Days to Celebrate!

2nd: National Baby Day

4th: National Bird Day

13th: National Apple Pie Day



17th: National Idaho Day

22nd: National Solitaire Day

31st: National Smile day

6th – 12th: National Nurses Week



THE MONTHLY GAZETTE



"An optimist is the human personification of spring."

~ Susan J. Bissonette

Tree of the Month – Fig

The fig tree, or *figus carica*, originated in Asia and is part of the mulberry family. It thrives in dry, sunny locations and is believed to be the first plant cultivated by humans. The deciduous plant is prized for its decorative value and its fruit, the fig, which is a delicacy in many parts of the world. The trees do not grow flowers on their branches; instead the blossoms grow inside the fruit. These tiny flowers make the crunchy edible seeds that are a hallmark of the fruit's texture.

Fig trees have come to symbolize prosperity, fertility, knowledge, and sweetness.



In fact, many experts surmise that a fig, not an apple, was the fruit eaten in the Garden of Eden. Ancient Romans believed figs bestowed youth, vitality, and smooth skin. Early Olympians relied on the high fiber fruit to improve their workouts, and winners received fig laurels rather than the gold, silver, and bronze medals of today.

Special Days

May Day

May 1

Cinco de Mayo

May 5

Mother's Day

May 10

Armed Forces Day

(U.S.)

May 16

Victoria Day

(Canada)

May 18

Memorial Day

(U.S.)

May 25

Birthstone – Emerald



The emerald is the birthstone for May. This bright green gemstone's name is derived from the Greek word *smaragdos*, which was a general term for green stones. In the Middle Ages, it was believed that the stone held the power to foretell the future, to cure epilepsy and fever, and to protect the wearer from panic. Aristotle thought emeralds soothed eyesight. The stunning stones have been found across the world. However, Colombia is known to mine the largest and highest-quality emeralds at its Muzo mine.

Flower – Lily of the Valley



Lily of the valley, the flower for the month of May, is native to Europe but now grows across North America and Northern Asia. Legend has it that these delicate, white, bell-shaped flowers, which bloom in May, first sprung to life from Eve's tears after she and Adam were exiled from the Garden of Eden. The plant has come to signify purity and innocence and is often used in bridal bouquets. Giving these pretty little lilies as a gift sends the message, "I am humbled by my love for you" and "You complete me."

May Days to Remember

May 1, 1930

The planet Pluto, which has now been downgraded to a dwarf planet, was officially named by 11 year old Venetia Burney. The "dark planet" needed a name and her suggestion of honoring Pluto, the Roman god of the underworld, was selected.

May 1, 1967

Elvis Presley married Priscilla Beaulieu in a small, secret ceremony in Las Vegas.

May 3, 1802

Washington, D.C., was incorporated as a city by the U.S. Congress.

May 6, 1527

The army of the Holy Roman Emperor Charles V attacked and plundered Rome. In the end, approximately 12,000 people were murdered, and the city was looted by the rampaging, undisciplined army, whose commander was killed at the start of the battle.

May 8, 1899

New Zealand-born scientist Ernest Rutherford published his discovery of alpha and beta radiation particles. The physicist and chemist is known as the father of nuclear physics.



No Way to May?

Once upon a time, brides took pains to avoid having their wedding in May, as it was considered bad luck to marry during the month.

"Marry in May, you'll rue the day," warned an anonymous poet, who advised waiting until June.

May Zodiacs

Taurus (The Bull)

May 1–20

Gemini (The Twins)

May 21–31

May is the fifth month of the year on the Gregorian calendar and one of seven Gregorian months with 31 days. May is a special month for many cultures. For Roman Catholics, it is the month to honor the Virgin Mary; for Buddhists, it marks the Buddha's enlightenment; for early pagan cultures, May was the time to celebrate fertility and abundance in tribute to the month's namesake, Maia, goddess of the life cycle. *Maia* means "she who brings increase" in Latin.

Mad for Mercury

In addition to its association with the Greek goddess Maia, May is affiliated with Mercury (known in Greek as Hermes), the Roman god of merchants, trade, thieves, and travelers. Maia was considered to be Mercury's mother. Both gods were routinely celebrated in the Festival of Mercury, or *Mercuralia* Festival, on the Ides of May, or May 15, Mercury's birthday. Honoring him was said to bring good luck and money.

What's Lucky in May?

Lucky Color: Light Green

Lucky Animal: Rabbit

Lucky Letters: N and W

Lucky Day: Saturday

Lucky Plant: Lily of the Valley



May Birthdays

David Beckham (soccer player) – May 2, 1975

Ellie Kemper (actress) – May 2, 1980

Myriam Fares (singer and dancer) – May 3, 1983

Tony Blair (politician) – May 6, 1953

Enrique Iglesias (pop star) – May 8, 1975

Florence Nightingale (nurse) – May 12, 1820

Stevie Wonder (singer) – May 13, 1950

Mark Zuckerberg (entrepreneur) – May 14, 1984

Kadir Nelson (artist) – May 15, 1974

Janet Jackson (singer) – May 16, 1966

Tina Fey (comedienne) – May 18, 1970

Mary Pope Osborne (author) – May 20, 1949

Ekaterina Gordeeva (ice skater) – May 28, 1971

Clint Eastwood (actor) – May 31, 1930

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

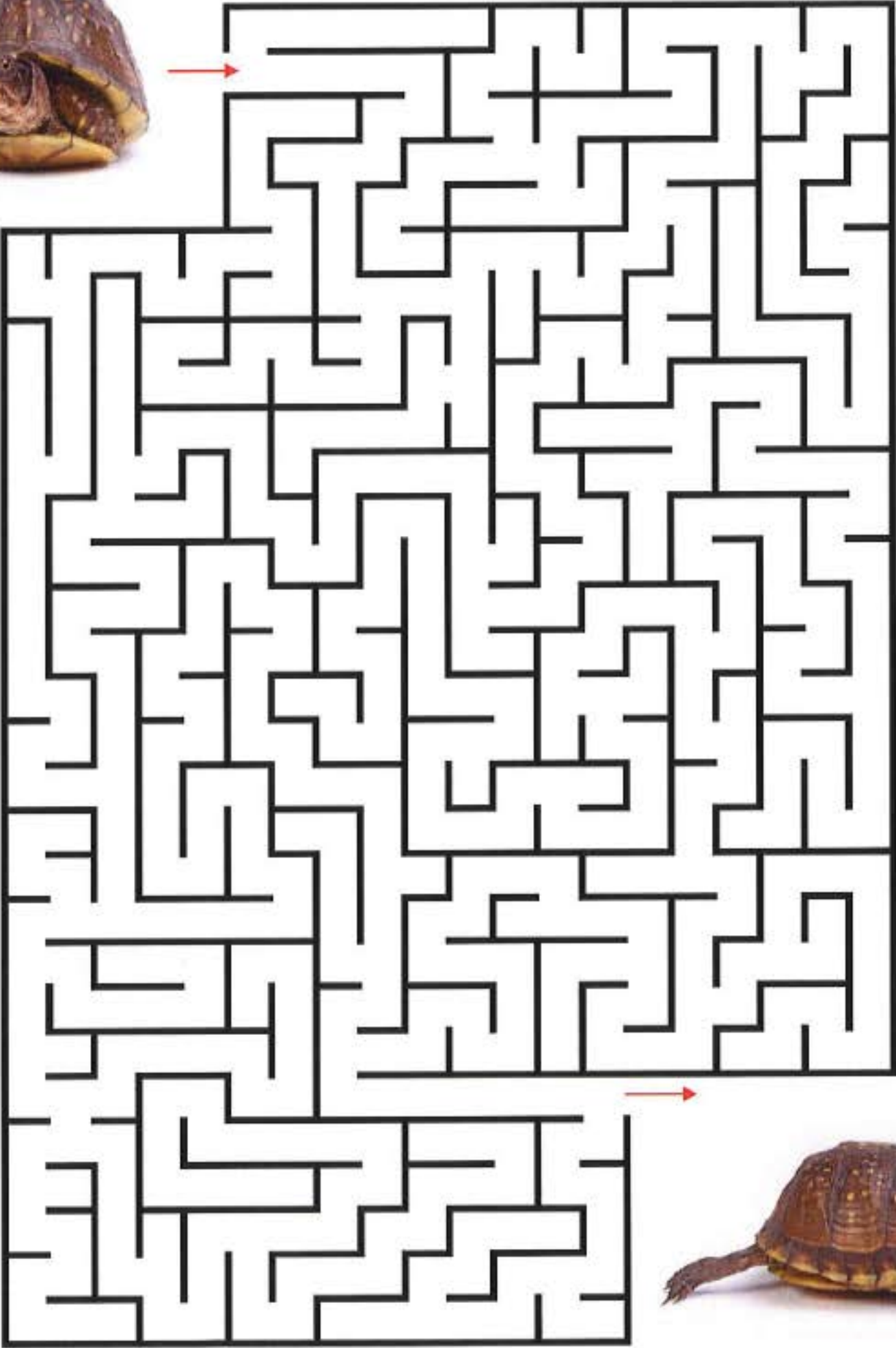
Saturday

May 2020

Medilodge Of Okemos

9:00 Room Visits 10:30 Coffee/Cocoa/Lemonade Cart 2:00 Hallway You Be The Judge 4:00 Room Visits 	9:00 Room Visits 10:30 Hallway Exercise 2:30 Craft Cart 4:00 Room Visits	9:00 Room Visits 10:30 Coffee/Cocoa Cart 1:30 Fiesta Bingo – GL/B 3:00 Fiesta Bingo – M 4:00 Room Visits 	9:00 Room Visits 10:30 Coffee/Cocoa Cart 2:30 Popcorn Cart 4:00 Room Visits	9:00 Room Visits 10:30 Nail Day 1:30 Bingo – M 3:00 Bingo – GL/B 4:00 Room Visits 7:00 Hallway Short Stories	9:00 Room Visits 10:30 Coffee/Cocoa Cart 2:30 Ice Cream Truck 4:00 Room Visits <small>May Day</small>	9:00 Room Visits 10:30 Library Cart 2:00 Hallway Trivia Pursuit 4:00 Room Visits
9:00 Room Visits 10:30 Coffee/Cocoa Cart 2:00 Flowers! 4:00 Room Visits 	9:00 Room Visits 10:30 Hallway Exercise 1:30 Bingo – GL/B 3:00 Bingo – M 4:00 Room Visits	9:00 Room Visits 10:30 Coffee/Cocoa Cart 2:30 Hallway Ask The Chef 4:00 Room Visits	9:00 Room Visits 10:30 Coffee/Cocoa Cart 2:30 Popcorn Cart 4:00 Room Visits	9:00 Room Visits 10:30 Snack Cart 1:30 Bingo – M 3:00 Bingo – GL/B 4:00 Room Visits 7:00 Hallway Busy Hands!	9:00 Room Visits 10:30 Coffee/Cocoa Cart 2:30 Ice Cream Truck 4:00 Room Visits	9:00 Room Visits 10:30 Library Cart 2:00 Hallway Word in a Word 4:00 Room Visits <small>Armed Forces Day</small>
9:00 Room Visits 10:30 Coffee/Cocoa Cart 2:00 Hallway What Would You Do? 4:00 Room Visits	9:00 Room Visits 10:30 Hallway Exercise 1:30 Resident Council – B 2:00 Resident Council – GL 2:30 Resident Council – M 4:00 Room Visits <small>Victoria Day (Canada)</small>	9:00 Room Visits 10:30 Coffee/Cocoa Cart 1:30 Bingo – GL/B 3:00 Bingo – M 4:00 Room Visits	9:00 Room Visits 10:30 Coffee/Cocoa Cart 2:30 Popcorn Cart 4:00 Room Visits	9:00 Room Visits 10:30 Nail Day 1:30 Bingo – M 3:00 Bingo – GL/B 4:00 Room Visits 7:00 Hallway Pick A Card Game!	9:00 Room Visits 10:30 Coffee/Cocoa Cart 2:00 Ice Cream Truck 4:00 Room Visits	9:00 Room Visits 10:30 Puzzle Cart 2:00 Hallway Pictionary 4:00 Room Visits
9:00 Room Visits 10:30 Coffee/Cocoa Cart 2:00 Hallway Name 10 4:00 Room Visits	9:00 Room Visits 10:30 Cards/Remembrance 1:30 Music Bingo – GL/B 3:00 Music Bingo – M 4:00 Room Visits 	9:00 Room Visits 10:30 Coffee/Cocoa Cart 1:30 Bingo – GL/B 3:00 Bingo – M 4:00 Room Visits	9:00 Room Visits 10:30 Coffee/Cocoa Cart 2:30 Popcorn Cart 4:00 Room Visits	9:00 Room Visits Dollar Store Open 10:00 – 3:30pm  7:00 Hallway Trivia Pursuit <small>Thousand Islands</small>	9:00 Room Visits 10:30 Coffee/Cocoa Cart 2:30 Birthday Cart! 4:00 Room Visits 	9:00 Room Visits 10:30 Library Cart 2:00 Hallway Sing a Long 4:00 Room Visits
9:00 Room Visits 10:30 Coffee/Cocoa Cart 2:00 Hallway Short Stories 4:00 Room Visits	<div style="display: flex; justify-content: space-between;"> <div style="text-align: center;">  <p>May Birthdays! Eugene B. Lynn W. Steven S.</p> </div> <div style="text-align: center;">  <p>Barbara R. Wilma M. Jeanne H.</p> </div> <div style="text-align: center;"> <p>Randy F.</p> </div> </div>					<div style="border: 1px solid black; padding: 5px;"> <p>Channel 10 on your TV there are movies every day at:</p> <p>10:00am 12:00pm 2:00pm 4:00pm</p> </div> 

A-Mazing Turtle



Searching for May

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.

Y	Y	S	F	I	N	W	Z	K	K	C	B	C	G	V
L	A	Q	S	O	I	Y	F	F	D	I	J	P	I	F
S	D	D	Y	F	T	M	X	N	I	N	M	C	V	I
Q	S	P	Y	O	D	F	G	B	Z	C	T	V	N	G
Y	E	L	L	A	V	E	H	T	F	O	Y	L	I	L
A	C	M	M	N	M	H	L	R	R	D	T	S	Z	R
D	R	E	E	I	J	L	E	I	N	E	A	N	M	E
S	O	Z	N	R	U	T	A	G	S	M	U	I	D	I
R	F	I	Q	B	A	D	G	H	Q	A	R	W	O	D
E	D	D	Z	H	A	L	D	W	Z	Y	U	T	U	G
H	E	X	U	Y	W	W	D	V	Y	O	S	V	V	O
T	M	K	E	N	T	U	C	K	Y	D	E	R	B	Y
O	R	Z	H	Y	A	D	L	A	I	R	O	M	E	M
M	A	N	U	R	S	E	S	D	A	Y	C	X	V	I
K	C	G	N	I	R	P	S	A	Q	J	Z	M	F	R



ARMED FORCES DAY

KENTUCKY DERBY

NURSES DAY

BULL (Taurus)

LILY OF THE VALLEY

SPRING

CINCO DE MAYO

MAY DAY

TAURUS

EMERALD

MEMORIAL DAY

TWINS (Gemini)

GEMINI

MOTHER'S DAY

VICTORIA DAY

Mixed-Up Backyard Games

Unscramble the letters to reveal words that are backyard games.

1. SEESRSHOOH _____
2. EQOTCUR _____
3. BNAIODMNT _____
4. CBOCE _____
5. WALN ARDTS _____
6. LELVLYALBO _____
7. DRE VERRO _____
8. SERBEIF _____
9. MUPJ REPO _____
10. TAEHLRLEBT _____
11. ECNHOROL _____
12. EBSKBLLAAT _____
13. EIDH-DAN-ESEK _____
14. OHHCCOPTS _____
15. TCEURPA ETH GLFA _____
16. EIWFLF LLAB _____
17. IGNR SOST _____
18. EFREZE GAT _____





Famous May Birthdays

The following people were born in May. Can you find their **last names**? Search horizontally, vertically, diagonally, forward, and backward.

- A. Fred **ASTAIRE**
- B. Yogi **BERRA**
- C. Tony **BLAIR**
- D. George **CLOONEY**
- E. Pierre **CURIE**
- F. Audrey **HEPBURN**
- G. Joe **LOUIS**
- H. Don **RICKLES**
- I. Peter **TCHAIKOVSKY**
- J. Harry S. **TRUMAN**
- K. Johnny **UNITAS**
- L. Mike **WALLACE**

Y	H	W	B	R	N	N	Y	F	N	H	A
Q	K	G	A	I	I	E	T	U	R	A	C
E	U	S	R	L	N	A	N	N	U	S	L
P	X	H	V	O	L	I	L	S	B	T	I
U	B	U	O	O	T	A	I	B	P	A	U
O	I	L	J	A	K	U	C	G	E	I	T
D	C	C	S	V	O	I	F	E	H	R	A
R	I	C	K	L	E	S	A	S	A	E	R
N	A	M	U	R	T	N	T	H	I	S	R
D	F	C	U	R	I	E	H	U	C	Y	E
U	X	C	X	P	Q	R	C	M	T	T	B
J	I	D	Z	M	A	K	P	S	H	V	R

Bonus: Match the person to the correct clue.

- | | |
|-----------------------------|---------------------------------|
| 1. Composer _____ | 7. Actor _____ |
| 2. U.S. president _____ | 8. British prime minister _____ |
| 3. Dancer/actor _____ | 9. Comedian _____ |
| 4. Famous quarterback _____ | 10. Boxing champion _____ |
| 5. Actress _____ | 11. Chemist _____ |
| 6. TV journalist _____ | 12. Baseball player _____ |

Medilodge of Okemos

5211 Marsh Road
Okemos, MI 48864
Phone: (517) 319-1400



MEDILODGE

Looking for things to do in your room?

- ❖ Independent activity supplies for in and out of your room are available upon request with the Activities Department.
- ❖ **Supplies Include:** coloring sheets, word puzzles, books, magazines, knitting tools, crochet, etc.

Meet Your Activity Staff!

Melissa – Activity Director

Cindy – Activity Aide

Liz – Activity Aide



Group Activities!

- ❖ Group activities will be done throughout the month, check your daily activity sheet for updates on days and times!
- ❖ Check your monthly calendar for details on activity/location!



Donations to Activities!

Have some **DVDs** you don't know what to do with? Donate them to the Activity Department! We would love to take them off your hands!

Have some **magazines/books** you have already read through? Donate them to the Activity Department!

Donations are very much appreciated!

Thank you!

