

May 2024

Eagle Pointe

Eagle Pointe Skilled Nursing & Rehab/ 87 Staley Rd. Orwell Ohio.44076/ 440-437-7171



ACTIVITIES FOR MAY

CORNHOLE OUTSIDE

CRAFTS FOR THE NURSES

WAL-MART

OUTTING TO JD'S PITSTOP

NURSING HOME WEEK

MEXICAN RESTAURANT

MOTHERS DAY

MEMORIAL DAY

SINGING WITH ROD

BIRTHDAY PARTY

Happy May

Greetings,

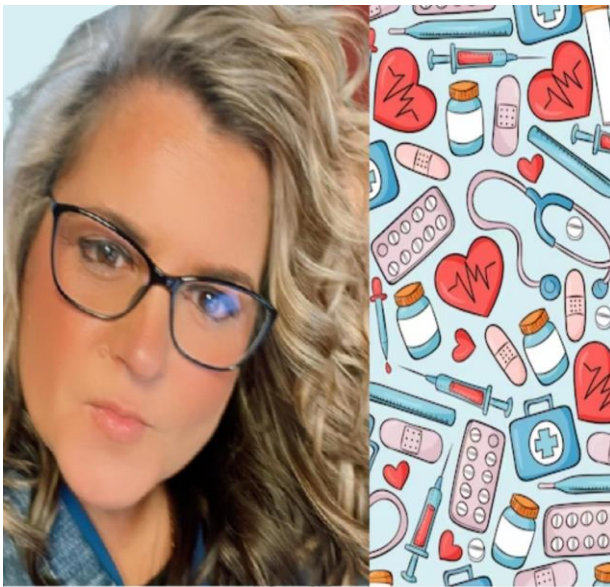
We hope everyone had a great Easter Holiday last month and was able to enjoy time with loved ones. We want to thank all who joined us for our annual Easter Egg Hunt. The Residents enjoyed stuffing all the eggs for the kids to find and really enjoyed watching them clean up the eggs in 30 seconds (that took us 2 hours to stuff) ha-ha. Thank you to all the families and staff that helped us make our day special.

We cannot believe May is here already. With the weather getting warmer this is the time we see families change out wardrobes into more summer clothes. Please make sure if you bring in new items, they are labeled with the resident's name and make a list of items for the nurse to put into the resident's inventory folder.

Lastly, with flu season coming to an end, we still strongly advise if you feel ill with cold or flu like symptoms that you postpone your visit until you feel well. Thank you for helping keep our residents safe.

**Danielle Fultz
Activities Director**

Please Welcome our new
Director of Nursing
Gina Gruey



Gina has been a Registered Nurse for 24 years, and a D. O. N. for the past 16 years. Though Gina has just joined our Eagle Pointe Family she has already made some wonderful suggestions on how to keep our home running smooth. Please feel free to stop in and say hello whenever you pass by her office

Happy May Birthday's

Hansey May 4th

Bonnie May 17th

Allen L. May 29th

Happy Birthday. May your day be filled with cheer. May all your wishes come true. And may this year be the best for you.

NURSING HOME WEEK

MAY 12TH -18TH

If any family members or businesses would like to donate gift baskets or gift cards for our prize wheel for nursing home week, please call Danielle at 440-437-7171.

Mediterranean Magic



What is it about living in the Mediterranean that allows people to live longer? Is it the sunshine? The red wine? Science suggests that it's the Mediterranean diet. This simple diet isn't

a fad; it just consists of foods typical of the Mediterranean region. And yes, the occasional glass of red wine is included! May is International Mediterranean Diet Month, so add a few of this region's foods to your shopping list.

All healthy diets require a variety of fruits, vegetables, and whole grains, but what makes the Mediterranean diet special? Bread is a staple in many Mediterranean countries, but the grains typically are whole grains, containing no damaging trans fats. Moreover, these whole grain breads are eaten plain or simply dipped in olive oil, not spread with butter or margarine. Also, salt isn't the first choice when it comes to increasing flavor. Instead, cooks sprinkle on herbs and spices.

Nuts are another frequent addition to meals. Some people avoid nuts because they are high in fat, but nuts actually contain healthy fats. Mediterranean diets steer clear of honey-roasted or salted nuts.

Speaking of fat, olive oil is almost always the primary source of fat, used in lieu of vegetable or canola oil and butter. Olive oil helps reduce cholesterol and is full of beneficial antioxidants. Eating fish at least twice a week (and red meat only a few times a month) also increases the intake of omega-3 fatty acids, which help moderate blood pressure, improve the health of blood vessels, and decrease the likelihood of heart attacks.

What about red wine? Dark red wine is rich in antioxidants, but many doctors hesitate to recommend alcohol as part of a healthy diet. Whatever the secret of the Mediterranean diet, studies show that it staves off heart disease and cancer and can even reduce incidences of Parkinson's and Alzheimer's. Cheers to that!

Sound Choices

Hearing loss is the number one disability in the world, affecting 1.5 billion people, both young and old. Hearing decreases as we age, and more people living longer means more people experience hearing loss. However, the main culprit of hearing loss is too much noise. This May 31, Save Your Hearing Day, follow these tips to give your ears a rest.

In many cases, our ears' worst enemies are everyday appliances that make our lives easier: hair dryers, lawn mowers, and portable music players. Work-related noise is also a culprit. So how do we fight hearing loss? Search out peace and quiet for one. And don't be afraid to protect your ears with earplugs or other types of ear protection. Other methods to save hearing may surprise you. Some doctors stress a diet rich in nutrients that slow the aging process. Exercise is just as important. It stimulates circulation, which is greatly beneficial to a healthy auditory system. Now that's advice worth listening to!

Winds of Change



When you picture a windmill, you might imagine a quaint wooden structure overlooking a field of tulips or a peaceful farm scene. Windmills aren't just a nostalgic piece of the past, however. Although most no longer mill flour or help saw wood, today's sleek, powerful windmills and wind turbines harness wind power to create energy.

More and more, windmills towering over 200 feet tall, with blades longer than 100 feet, can be spotted on seashores and hilltops. These spinning giants provide an important source of clean energy in many countries worldwide. Embracing Windmill Day, May 11, honors the ingenuity of our ancestors and underscores the importance of renewable energy sources in our present and our future.

Swinging Through Time



What is jazz music without the Lindy Hop? Born in Harlem, New York, in the 1920s and '30s, the Lindy Hop combined jazz, tap dancing, and the Charleston to become one of the most beloved forms of swing dancing in the world. On May 26, World Lindy Hop Day, aficionados from all around the

world will spread the message that the Lindy Hop is not only alive and well but is also one of the world's most joyous and enduring dance styles.

On June 17, 1928, a famed dancer named "Shorty" George Snowden was performing in a dance marathon at the Manhattan Casino ballroom in Harlem. The event was captured on film, and afterward someone asked Shorty to describe his dancing style, which involved breaking away from his partner, flinging her out, and improvising a few steps on his own. Shorty called it the "The Lindy."

Whether Shorty intended it or not, his "Lindy" was forever associated with Charles Lindbergh's flight across the Atlantic Ocean. Lindy, as Lindbergh was called, completed his "hop" in 1927, and the name stuck.

The dance, however, continued to evolve along with jazz music. During the big band era in New York, bandleaders like Count Basie, Chick Webb (at his world-famous Savoy Ballroom), and Benny Goodman led orchestras that encouraged dancers to Lindy Hop. And dancers didn't just dance—the best competed both formally and informally for bragging rights.

The Lindy Hop made the jump from Harlem's fabulous ballrooms to the mainstream thanks largely to Hollywood. Actor Dean Collins danced the Lindy Hop across the silver screen. Then, when World War II broke out, American servicemen took the Lindy Hop across the globe. In 1943, *Life* magazine called the Lindy Hop America's national folk dance.

May Birthdays

Those born between May 1–20 are Bulls of Taurus. Bulls show a steady persistence in both professional and personal endeavors. After working hard, they like to reward themselves for a job well done. If you were born between May 21–31, you are a Twin of Gemini. Geminis make communicative and lively companions. Intellectual and imaginative, they are the ones to sit near at a party.

James Brown (musician) – May 3, 1933
 Gary Cooper (actor) – May 7, 1901
 Don Rickles (comedian) – May 8, 1926
 Joe Louis (boxer) – May 13, 1914
 Tori Spelling (actress) – May 16, 1973
 Cher (singer) – May 20, 1946
 Mary Cassatt (artist) – May 22, 1844
 Ian Fleming (writer) – May 28, 1908
 Mel Blanc (voice actor) – May 30, 1908
 Brooke Shields (model) – May 31, 1965

The Irresistible Iris



What is it about the iris that is so alluring? Van Gogh often painted the beautiful flowers. The fleur-de-lis, a stylized iris, is a symbol associated with France, New Orleans, Florence, and even the Cub Scouts, Boy Scouts, and

Girl Scouts. Perhaps it should come as no surprise that this popular flower enjoys its own holiday on May 8.

The word *iris* comes from a Greek word meaning "rainbow," which is fitting since irises come in shades of purple, yellow, white, pink, and blue. In Japan, iris flowers are believed to ward off evil spirits, and the leaves are put in bathwater to prevent illness.

With Mother's Day fast approaching on May 12, perhaps May 8 is the perfect occasion to run to the flower shop and buy a beautiful bouquet of irises.