

**New Director**



*Andrianna Germain  
Associate Executive Director*

Andrianna, or Andy, has a background in assisted living and memory care and brings a hands-on, supportive approach to leadership. She has great passion in working with older adults and this is deeply rooted from being raised by her grandparents, who continue to inspire her work each and every day. She is committed to creating a warm, welcoming environment where everyone feels at home. In her free time, Andy is an avid reader and enjoys trying new foods, spending time with family, friends, and her elderly cat, Bagheera.

**Exercise Schedule**

Exercise is held every day at 10:30 am in the activity room! There are always extra exercise schedules available at the front desk.

On Mondays we have Marshal, a fitness instructor; come in and do seated, slower tempo exercises.

Tuesdays & Thursdays are a Zumba class with Claudia, who is very high energy and includes high tempo music to go along with every exercise.

We also include meditation, Thai chi, yoga, stretching and deep breathing exercises throughout the week.

**May Birthdays**

In astrology, those born May 1–20 are Bulls of Taurus. Bulls show a steady persistence in endeavors both professional and personal, and after working hard, they are not shy about rewarding themselves for a job well done. Those born May 21–31 are Gemini’s Twins. The Twins represent energetic communication and interaction. Curious Geminis love to collect and share information. Witty and intellectual, they attract many friends, mentors, and colleagues.

- Dianne A. - May 3<sup>rd</sup>*
- Curtis O. - May 6<sup>th</sup>*
- Sally R. - May 8<sup>th</sup>*
- Cheryl M. - May 24<sup>th</sup>*
- Jerry R. - May 25<sup>th</sup>*

**Village Directors**

*Jennifer Shegrud, Executive Director*

*JenniferS@cascadeliving.com*

*Brenda Shinaul, Wellness Director*

*BrendaS@cascadeliving.com*

*Madison Beatty, Life Enrichment Director*

*MadisonB@cascadeliving.com*

*Tiffany Tarantino, Director of Marketing*

*TiffanyT@cascadeliving.com*

*Andrianna Germain, Associate Executive Director*

*AndriannaG@cascadeliving.com*

# Arbor Village

Arbor Village Senior Living | 24121 116<sup>th</sup> Ave SE Kent WA 98030 | 253-856-1600



**Celebrating May**

*May 1st*

*Kentucky Derby Craft*

*May 2<sup>nd</sup>*

*Kentucky Derby Party*

*May 5<sup>th</sup>*

*Guitar Gil*

*May 7<sup>th</sup>*

*Melissa & Larry Performance*

*May 8<sup>th</sup>*

*Cabaret Performance*

*May 9<sup>th</sup>*

*Mother’s Day Brunch*

*May 11<sup>th</sup>*

*Orchestra of Flight Performance*

*May 15<sup>th</sup>*

*Jokes with Brendan*

*May 16<sup>th</sup>*

*Preakness Derby Party*

*May 19<sup>th</sup>*

*Diner Night*

*May 24<sup>th</sup>*

*SICA Piano Performance*

*May 25<sup>th</sup>*

*Memorial Day BBQ*

**Life at Turtle Speed**

Turtles have been moving through Earth’s waters and landscapes for more than 200 million years, quietly outlasting dinosaurs, ice ages, and continents in motion. Each May, World Turtle Day (May 23) invites us to pause and consider what these remarkable animals can teach us about conservation, resilience, and how to live well in a fast-paced world.

Today, turtles need our attention more than ever. Of the world’s roughly 360 turtle and tortoise species, more than half are threatened or endangered. Habitat loss, plastic pollution, climate change, and road traffic all take a toll. Sea turtles often mistake floating plastic for food, while freshwater turtles lose nesting areas to development. Even small actions matter: Slowing down in known crossing areas, reducing plastic use, and supporting conservation organizations can help ensure turtles remain part of our shared future.

Beyond their ecological importance, turtles have long held symbolic meaning across cultures. They are often associated with wisdom, patience, and protection. In many traditions, the turtle carries the world on its back or represents the steady foundation of life itself. Their shells symbolize shelter and perseverance—moving forward while carrying one’s home, history, and strength along the way.

Perhaps the most enduring lesson turtles offer is the familiar phrase “slow and steady.” Turtles remind us that progress doesn’t have to be rushed to be meaningful. In a world that often prizes speed, multitasking, and constant productivity, turtles model a different approach—one rooted in persistence, awareness, and balance. They move at a pace that suits them, conserving energy and paying attention to their surroundings.

As World Turtle Day approaches, it’s a good moment to reflect on both action and attitude. Protecting turtles means caring for the environments we all depend on. Learning from turtles means remembering that steady effort, patience, and respect for natural rhythms can carry us far. Sometimes, slowing down isn’t falling behind—it’s choosing a wiser way forward.



# Searching for May

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

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



- |                    |                    |                |
|--------------------|--------------------|----------------|
| ARMED FORCES (Day) | FLOWER MOON        | MEMORIAL (Day) |
| BLOSSOMS           | GEMINI             | MOTHER'S (Day) |
| BULL               | KENTUCKY DERBY     | SHAVUOT        |
| CATERPILLAR        | LAWN               | TAURUS         |
| CINCO DE MAYO      | LILY OF THE VALLEY | TWINS          |
| EMERALD            | MAY DAY            | VICTORIA (Day) |

## Sound Sense



Many of us might not like to admit that we are constantly turning up the TV volume. However, over a lifetime of listening, our hearing begins to deteriorate. As we

age, the tiny hairs in our inner ears that pick up sound vibrations begin to break down. The louder the noise, the more violent the assault on these hair cells and the more severe the degradation. On May 31, turn down the television, radio, or headphones playing music from your smartphone—it is Save Your Hearing Day.

How loud is too loud? The World Health Organization says that listening to sounds around 80 decibels can be safe if your total exposure stays below about 40 hours a week, but as levels go above that, safe listening time drops quickly. For example, at 90 decibels, the recommended weekly listening time falls to roughly four hours, and at 100 decibels, it's only about 20 minutes per week. So you can still enjoy loud music or TV, but the louder it is, the shorter the safe listening time to protect your hearing.

Experts think that one of the best ways to save our hearing is to protect our ears. Professions that require the use of loud equipment often require the use of earplugs or earmuffs. The same advice applies to those engaging in loud recreational activities, such as riding a motorcycle or hunting. For those who find themselves in loud places, such as an airplane or crowded train, noise-cancelling headphones often help make the loud environment more comfortable and tolerable.

It turns out that the best medicine for our ears is to give them a rest. Hearing experts recommend limiting exposure to very loud sounds, such as a 100-decibel rock concert, and following them with extended periods of quiet to reduce strain on the ears. Perhaps the best way to celebrate Save Your Hearing Day is simply to hit the mute button.

## The Art of Order

Henry Martyn Robert was born on May 2, 1837, and went on to build a distinguished military career, earning the rank of brigadier general in the American Army's Corps of Engineers. But where Robert really earned his fame was in the writing of the book **Robert's Rules of Order**. This pocket manual was a guide for running and organizing large meetings, especially when the involved parties didn't see eye to eye. His inspiration for the book came from his personal failure at moderating a church meeting. Robert resolved to never lead another meeting until he worked out a fair set of procedures. To this day, alumni organizations, charities, condo associations, school boards, trade unions, sports leagues, corporations, and even family reunions have relied on Robert's Rules to keep things civil.

## Game for Life



While May has earned the nickname Tennis Month, tennis has earned the nickname "the sport for a lifetime." Dr. Jack Groppe, health

expert in fitness and nutrition, calls tennis the most healthful sport due to its wide-ranging health benefits for players of all ages. Tennis not only provides a vigorous physical workout but scientists at the University of Illinois believe that it exercises the brain as well. Tennis requires such a high level of alertness and tactical thinking that, regardless of age, playing the sport prompts our brains to grow new nerve connections. Furthermore, researchers at Southern Connecticut State University have discovered that tennis players score higher in tests measuring vigor, optimism, and self-esteem than athletes playing other sports. There's only one catch: in order to reap these many benefits, you have to start playing tennis now. So this May, grab a racket and a tennis ball, and put your mind and body to work.