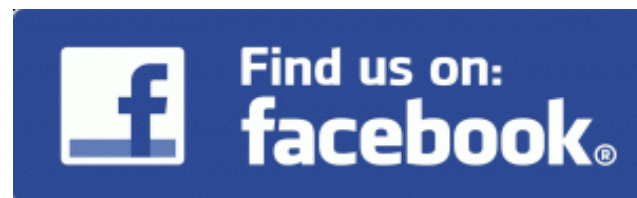


Management Team

- Crystal Brokaw** - Executive Director
- Misty Nicholas-Liceaga** - Associate Executive Director
- Julie Gibbons RN** - Community Wellness Director
- Angela Frazier** - Associate Wellness Director
- Melissa Turok** - Associate Wellness Director
- Jessica Metzger** - Resident Care Coordinator
- Jennie Johnson** - Memory Care Resident Care Coordinator
- Kari Hutchison** - Director Of Sales And Marketing
- Lisa Davis** - Community Relations Director
- Kelly Graves** - Senior Life Enrichment Director
- Beverly Lakey** - Business Office Manager
- KC Munford** - Dining Services Director
- Steven Hurt** - Plant Operations Director

*Articles and Photos Provided by Activity Connection



Celebrating May

World Laughter Day
May 1

African World Heritage Day
May 5

Mother's Day
May 10

World Belly Dance Day
May 14

International Learn to Swim Day
May 21

Buy a Musical Instrument Day
May 22

Memorial Day (U.S.)
May 25

An Inventive Month

May is Inventors Month, a good time to consider where we would be without the ingenuity of inventors. Our everyday life is filled with innovative products. Thanks to internet connectivity, we can speak to smart assistants that both turn on our coffee makers and dial our loved ones for a video chat. In many ways, it seems as if the future is already here, but there are plenty more mindboggling innovations just over the horizon.

One of the hottest technological buzzwords of the moment is *metaverse*. What is the metaverse? It is an alternate online virtual world. Using elements of virtual reality and augmented reality, people will use digital avatars to "live" in an online environment where they can interact, communicate, work, and play. Imagine going on a virtual trip to a faraway country with some friends, or attending a virtual meeting in a digital boardroom with colleagues from all around the country. You can even visit digital clothing stores to buy expensive new clothes for your virtual self. These are just small examples of the burgeoning metaverse.

One arena of invention we often forget about is food. In a fast-growing world with limited food resources, finding new ways of feeding the population is necessary. It is becoming more common for food to be grown in a lab. Steaks have already been grown cell-by-cell. Scientists are also improving methods of replicating milk, ice cream, cheese, and eggs. With the dairy industry responsible for more carbon emissions than air travel and shipping combined, these innovations offer a green alternative.

Concrete is the second-most-consumed material on Earth after water. Scientists have invented a living concrete made of sand, gel, and bacteria. They envision an environmentally friendly concrete that can heal its own cracks, absorb dangerous toxins from the air, and glow on command. While your vision of the future might be filled with flying cars and vacations to outer space, a more accurate version might be one filled with lab-grown food, living buildings, and an expansive virtual world.

Oh The Fun We've Had!!



Happy Mother's Day To All Of Our Amazing Mothers



Joke Of The Month

What kind of bee can't make up it's mind?

A Maybe!

May Horoscopes & Famous Birthdays

In astrology, those born from May 1–20 are Bulls of Taurus.. While Taureans enjoy the comforts of luxury, they are unafraid of hard work and dedicate themselves to the tasks at hand. Their steadfast nature makes them reliable. Those born from May 21–31 are Twins of Gemini. With a feeling that something or someone is always missing, Twins forever seek new friends and opportunities. They are curious, intelligent, and sociable communicators, which makes them valuable colleagues and empathetic friends.

- Bing Crosby (singer) – May 3, 1903
- Toni Tennille (musician) – May 8, 1940
- Stevie Wonder (musician) – May 13, 1950
- Henry Fonda (actor) – May 16, 1905
- Naomi Campbell (model) – May 22, 1970
- Sally Ride (astronaut) – May 26, 1951
- Bob Hope (entertainer) – May 29, 1903



Honoring Mother Ocean

Good sons and daughters will remember that May 9th is Mother's Day, a day to shower mom with love and appreciation. But will we also remember that May 10 is Mother Ocean Day? Just as our mothers gave us life and nurtured us, so too do our oceans sustain life on planet Earth. Oceans produce half of all the world's oxygen and absorb massive amounts of carbon dioxide. Covering 70% of Earth's surface, our oceans are also responsible for regulating climate and weather patterns. Preserving the health of our oceans is our first line of defense against a rapidly warming planet. On this day, perhaps you can visit the beach for a local cleanup or watch a documentary about undersea life.

