

May 2026

# Meadow Creek News

Meadow Creek Village | 3988 12<sup>th</sup> St. Cutoff Salem, OR 97302 | 503-375-9732



## Management Team

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To Be Announced**

## 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.

### May Events

- **5/5 2:30** Live Music: Rowdy Ramblers & Cinco De Mayo Social
- **5/12 2:00** Live Music: James Baldwin
- **5/18 2:00** Live Music: Rachel Hampton
- **5/19 11:30** Live Music: The Swing Set
- **5/19 1:00** May Birthday Party

### May Outings

- **5/1 1:00** Fun Outing Friday: Goodwill Thrift Shopping & Ice Cream
- **5/6 1:30** Shopping Outing: Trader Joe's
- **5/8 1:00** Fun Outing Friday: Deep Woods Museum & Garden
- **5/13 1:30** Shopping Outing: Walmart
- **5/15 11:30** Fun Outing Friday: Lunch at Dairy Queen & See the Cherry Blossoms (Self Pay)
- **5/20 1:30** Shopping Outing: Bi-Mart
- **5/22 1:00** Fun Outing Friday: Salem Library
- **5/27 1:30** Shopping Outing: Walgreens
- **5/29 11:30** Fun Outing Friday: Lunch at KFC (Self Pay)

### Bermuda in Brief

May 22 is Bermuda Day, a celebration to encourage civic and cultural pride in Bermudian ways of life. Bermuda Day marks the unofficial beginning of summer and is celebrated with parades, a half-marathon, and plenty of music and dancing.

Bermuda Day also marks the start of Bermuda shorts season. They are the official national dress for men, worn three inches above the knee with knee socks, tasseled loafers, a jacket, and a tie. They are worn as business attire and evening wear, and are even part of Bermuda's police uniform. The shorts originated with the British Royal Navy. Soldiers working desk jobs in the tropics were issued lightweight shorts and knee socks. Civilians in Bermuda first started copying the military style in the 1920s. Unfortunately for businessmen beyond Bermuda, the shorts never caught on as business attire. But for casual occasions, like celebrating Bermuda Day, Bermuda shorts are a must.

### 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.

Frankie Valli (singer) – May 3, 1934  
 Willie Mays (ballplayer) – May 6, 1931  
 Florence Nightingale (nurse) – May 12, 1820  
 Cher (singer and actress) – May 20, 1946  
 Bill Robinson (tap dancer) – May 25, 1878  
 Sally Ride (astronaut) – May 26, 1951  
 Gladys Knight (singer) – May 28, 1944  
 Clint Eastwood (actor) – May 31, 1930  
 Brooke Shields – May 31, 1965

## 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.

### Resident Birthdays

Marlene T. 5/2

Sheryl K. 5/9

Marie D. 5/18

### Celebrating in May

5/1 Global Love Day

5/4 Star Wars Day

### 5/10 Mother's Day

### 5/6-5/12 National Nurses Week

5/17-23 New Friends, Old Friends Week

5/20 Rescue Dog Day

### 5/25 Memorial Day

**NATIONAL NURSES DAY SPIRIT WEEK**

<p><b>Wednesday</b></p> <p><u>5/6 Silly Sock Day</u> Rock your wackiest, most colorful socks. Mismatched encouraged!</p>	<p><b>Thursday</b></p> <p><u>5/7 Cowboy Day</u> Saddle up in your best Western Gear!</p>
<p><b>Friday</b></p> <p><u>5/8 Dress like Bre Day</u> Imitation is the highest form of flattery. Dress like our RSD Breanna!</p>	<p><b>Saturday</b></p> <p><u>5/9 Sports Day</u> Rep your favorite team or sport. Jerseys, hats, &amp; athletic gear are welcome!</p>
<p><b>Sunday</b></p> <p><u>5/10 Wear Pink for Mother's Day</u> Happy Mothers day to all our moms!</p>	<p><b>Monday</b></p> <p><u>5/11 Crazy Hair or Hat Day</u> Go wild with your hair and top it off with a hat or scarf!</p>
<p><b>Tuesday</b></p> <p><u>5/12 Whisker Wear Day National Nurses Day!</u> Wear your finest cat attire as we celebrate our nurse Marissa &amp; her love of cats!</p>	<p><b>Note:</b> Full uniform not required for spirit days. Please make sure you can still perform the duties of your job in your attire.</p>

Postage  
Information



**Meadow Creek Village**  
**Assisted Living**  
A Cascade Living Group Community



Meadow Creek Village is a cottage-style assisted living community nestled in an inviting residential area of Salem, Oregon. The charming setting evokes a sense of peacefulness, and the park-like surroundings create a relaxed, welcoming feel.

The best of both worlds ... the assisted living community may be in a quiet neighborhood, but we're near areas of bustling activity with plenty of restaurants, shopping attractions and world-class medical care.

**Contact us today to learn more!**

**Phone: 503-375-9732**

**Website: [www.MeadowCreekSeniorLiving.com](http://www.MeadowCreekSeniorLiving.com)**

