

May Birthdays

Barb L.
 Vickie G.
 David B.
 Mary T.
 Joanne C.
 Janice H.
 Rick W.
 Glenda E.
 Scott S.
 Estella P.
 Mary S.
 Joyce B.



Book Worm Corner

Welcome May with More Sunshine

As there is a continuous array of new books arriving on the shelves like Kristain Hannah coming in. Also, Agatha Christie books, Last month we did the Book Vase Craft again. It was a lot of fun. Then a week later I showed one resident how to make one, as just her and I. So, if you like to make one just one on one just let me know I will do this any day.



Happy Reading,
 Gayle

GOOD FRIENDS MAKE GOOD NEIGHBORS



We take pride in knowing how much you enjoy the many benefits of living in our community, and we're glad you have chosen Mountain Glen as your home. From our convenient location to our caring staff members, we like to treat all our residents like part of our family! We want to spread the word about Mountain Glen, and now you can benefit by helping us tell your friends about it! You could receive **\$4,000 credit** toward your rent just by referring to a friend or family member to Mountain Glen if they move in for at least 90 days. To qualify, the name of the person making the referral, and the name of the prospective resident must be turned into the Executive Director or the Community Relations Directors prior to the inquiry or tour. The referred person must be new to Mountain Glen (i.e. not already in our contact list). The referred person must move in and reside at Mountain Glen for a minimum of 90 days before the credit is given. If you have any questions, please.

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The Monthly Bloom

2026

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Wellness Director
 Sandi Doyle

Resident Care Director
 Andi Morrill

Business Office Manager
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With the arrival of May each year comes a longstanding celebration of spring. Known as May Day, the first of May is still observed as an official holiday in 66 countries throughout the northern hemisphere and is unofficially celebrated in many more. This month's feature focuses on the symbols associated with this celebration.



The Symbols of May Day

May Day is a holiday that has waned in recent times but is still celebrated in many places. It honors spring, fertility, and rebirth, which are symbolized in various ways during traditional festivities. These symbols include May baskets, flowers, the iconic Maypole, and dance.



HAPPY Cinco de Mayo

Cinco de Mayo commemorates the Battle of Puebla, where Mexican forces achieved an unexpected victory over France. So, let's gather for a joyful tribute to Mexican culture with this fiesta filled with bright colors, delicious food, and lively music.

Join us May 5th @ 1:30pm to Celebrate



Come Join Us for Mountain Glen's Mother's Day Social & Bingo

May 24th @ 1:00pm



HAPPY Mother's DAY Sunday May 10th

Mother's Day began as a spring festival to celebrate "Mother Earth". Then, it became a celebration of "Mother Church". Finally, it became a day to celebrate all mothers



Monday, May 25th

MEMORIAL DAY

Remember and Honor

Every year in the United States, Memorial Day is a public holiday to celebrate and honor fallen American soldiers.

Today, traditional ways to mark the day include decorating soldiers' graves with flowers or a folded American flag, parades, and patriotic music.

Memorial Day Fast Facts

- On Memorial Day, the proper way to raise the flag is to first raise it quickly to the top, then slowly lower it to half-mast until noon, and then back to the top (or full mast) for the rest of the day
- The idea of using red poppies to commemorate fallen soldiers first appeared in the poem "In Flanders Field," written by Lieutenant Colonel John McCrae in 1915.
- In 1924, when faced with a shortage of poppies from French manufacturers, the first artificial poppy factory was created in Pittsburgh, Pennsylvania. It employed veterans who needed work
- On Memorial Day, bikers hold an event known as the Rolling Thunder Run. In this annual motorcycle rally, participants raise awareness of prisoners of war and those missing in action.
- Our tradition to commemorate Memorial Day with a backyard barbecue began with the original tradition of having a picnic lunch on the burial sites of our fallen loved ones



Celebrating Armed Forces Day

As Armed Forces Day is observed in the United States this month, we pause to pay tribute to the men and women who have honorably served their nation in the military.

Since 1950, the United States has celebrated Armed Forces Day each year on the third Saturday in May. It began under President Harry S. Truman, nearly three years after he signed the National Security Act into law in 1947. This law unified the branches of the military under a single executive authority—the Secretary of Defense. On August 31, 1949, Defense Secretary Louis Johnson announced the creation of Armed Forces Day. The first Armed Forces Day was on May 20, 1950, and was celebrated with the theme "Teamed Up for Defense," acknowledging the recent unification of the military branches under the Department of Defense banner.

The holiday was observed with B-36 Bombers flying over state capitals across the nation, a march in Washington, D.C., led by more than 10,000 veterans and troops, and a huge New York City parade. Since the kickoff of this holiday, a theme has been adopted each year for Armed Forces Day, including the themes "Appreciation of a Nation," "Prepared to Meet the Challenge," "Power for Peace," and "Freedom Through Unity."



Saturday, May 16th



Armed Forces Day