



Employee Spotlight: Bill Thompson

Meet Bill Thompson, a 10-year veteran of our maintenance team. A Reno native, Bill moved to the Rogue Valley in 1984. When he isn't keeping our facilities in top shape, he's likely outdoors hunting, fishing, or camping. Bill enjoys his work because every day brings a fresh challenge. Thank you, Bill, for a decade of hard work and dedication!

May Horoscopes and Birthdays

May Horoscopes

Taurus (May 1–20): Known for steady persistence and hard work, Taurians aren't afraid to reward themselves for a job well done.

Gemini (May 21–31): Geminis represent energetic communication and enjoy sharing information and connecting with others. ♊

The Point:

Michael H. 5/14
Lloyd M. 5/3
Marilyn H. 5/21

The Village:

Tim C. 5/31
Loyce D. 5/27
Nancy M. 6/16
Catherine W. 5/8
Brian K. 5/26
Mildred F. 5/17

Spring Meadow:

Glenda G. 5/28
Errol M. 5/13
Bill M. 5/12
Jill L. 5/6
Bryan S. 5/1
Rebecca D. 5/25
Maryann W. 5/12
Felipe E. 5/16
Debbie R. 5/16
Richard P. 5/3
Dori E. 5/31
Norma P. 5/5
Millie L. 5/18

Life at Turtle Speed *(cont. from pg. 1)*

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.

As World Turtle Day approaches, it's a good moment to reflect on both action and attitude. Sometimes, slowing down isn't falling behind—it's choosing a wiser way forward.

Bermuda in Brief

May 22 is Bermuda Day, which 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. Is there anything more symbolic of Bermuda than Bermuda shorts? 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.

Calendar & Newsletter

May 2026



Management Team

Alexander Ben-Israel
(Senior Executive Director – IL)

Tim Robitz
(Business Office Manager – IL)

Amy Smith
(Executive Director – AL)

Sharon Evans
(Business Office Manager – AL & MC)

Joy Coonrod-Anderson
(Executive Director – MC)

Director of Sales & Marketing

Ember Nordhaus

Plant Operations Director

Eric Zahler

Life Enrichment

Dolly – MC
Holly – IL
Angela – AL

Dining Services

Chris Ford – IL
Jay Harrison – AL
Alexandria Cruz – MC

Happy Spring!



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 crossing areas, reducing plastic use, and supporting conservation organizations can help turtles remain part of our future.

Beyond their ecological importance, turtles have long held symbolic meaning across cultures. They are often associated with wisdom, patience, and protection. *(cont. on pg. 4)*



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 all ages.

Tennis not only provides a vigorous physical workout but it

exercises the brain as well. Tennis requires such a high level of alertness and tactical thinking that playing the sport prompts our brains to grow new nerve connections. Tennis players score higher in tests measuring vigor, optimism, and self-esteem than athletes playing other sports. This May, grab a racket and a tennis ball, and put your mind and body to work.



Resident Spotlight: David Ewert

David was born in Seattle Washinton. When he was younger, he worked on a farm. David is an artist and a sign painter. He was in the Air Force from 1960 to 1964, as an investigator investigating plane crashes. He was a good friend of Kissinger. David also served in the Vietnam war. Thank you David for joining our family here at "The Point"

Monty Fell Garden

Vegetable growing season is here! Space is still available in the raised beds, and large pots for your favorite Vegetable. Look for sticks painted green for the available spots. The Beds or a pot with a purple stick is not available. Half raised bed per person, please. Questions? See Katherine.

Last year sunflowers along the fence attracted small birds and also made it harder for the deer jumping in so much. This season, we will put more of the sunflowers along the dog park side to help as well.

Thank yous, this month for supporting our garden go to: Bernie and Irene.

Want to be a supporter of our Community garden?

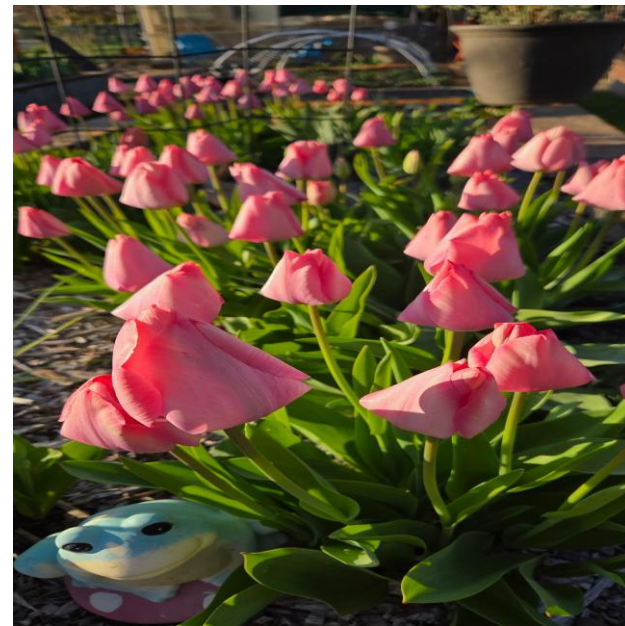
Donations go for plants, bird seed and supplies.

See you in the garden.

Katherine



New bird houses are adding hit with the tree swallows!



Holy Rollers



Riders often decorate their bikes with flowers, ribbons, or other symbols of protection.

As the weather warms in May, cyclists of both the motor and pedal variety feel the call of the open road. As a response to this urge to cycle, many religious institutions hold a Blessing of the Bikes ceremony. In massive cathedrals like New York City's St. John the Divine, pews are packed with bikers and spandex-clad cyclists of all religious denominations while the local priest showers

attendees with holy water and prayers for a safe bicycling season. Since 1972, the Blessing of the Bikes has become a May ritual in Baldwin, Michigan. Over 10,000 motorcyclists and bicyclists congregate at the Baldwin airport for a blessing ceremony. Some churches have added a new twist, inviting wheelchairs, strollers, and skateboards for a Blessing of the Wheels.

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.



ringing in the ears (tinnitus) is often an early warning sign of hearing damage.

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. 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, noise-cancelling headphones often help make the loud environment more comfortable.

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