

## Garden to Table



Most people agree that a salad is a healthy meal choice. What better way to get a daily dose of raw and delicious food abundant in vitamins and minerals

into your diet? It may be difficult to believe, but building a healthy salad is harder than it looks. This May, Salad Month, expert nutrition consultant and certified sports dietitian Cynthia Sass helps us mix the perfect salad.

The first salad mistake that Sass often notices is that people use too many veggies and not enough protein. Well-balanced salads require protein, because bodies require protein for tissue maintenance and healing. Lean meats like chicken or fish are good additions, but plant-based proteins like lentils or beans, and dairy proteins like cheeses or hard-boiled eggs are excellent choices.

Yes, even salads need fat. Like protein, fat is an important building block for our bodies, aiding our skin, brains, and cell membranes. Healthy fats include things like nuts, olives, and avocados. Also, including olive oil in salad dressing is an easy way to add a dose of healthy fat.

The most important part of any salad is vegetables. The most important rule of adding veggies to a salad is variety, and the easiest way to create variety is to add many different colors! Field greens, red tomatoes, purple cabbage, orange carrots, yellow peppers... a colorful palette of veggies will boost your intake of essential nutrients.

Those with a green thumb can grow many vegetables right in their home gardens. Leaf lettuce is very easy to grow, and so are cucumbers and radishes. Tomatoes are another garden favorite. Gardens aren't only for veggies, though—for a larger variety of goodies to toss into your salad, grow melons, herbs, and corn, too. This way, you can enjoy a complete, farm-fresh salad from your own backyard.

## 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.

Maria R.5/3  
William C.5/5  
Henry N.5/11  
Abiola O.5/14  
Barbara C.5/15  
Rosie E.5/27  
Joseph R. 5/31

Join us for our birthday celebration on 5/18!

**Mark your calendars!**  
**Our Salvation Army clothes donation day is on Thursday, May 14<sup>th</sup>**

Regency Grand  
of West Covina

THE SALVATION ARMY  
DOING THE MOST GOOD

**CLOTHES DONATION DRIVE**

Thursday, May 14 2026  
12:00pm

You can donate: clothes, shoes, towels, small household items, etc. Please DO NOT bring items down. Erick will collect bags/boxes from apartments the day of pickup.

You MUST sign up on the 'Donation List' at the Front Desk. Please list number of boxes/bags.

Thank You!



Regency Grand at West Covina 150 South Grand Ave, West Covina, CA 91791 (626) 332-3344



## Celebrating May

**Family Month**

**Arthritis Awareness Month**

**Personal History Awareness Month**

**Global Love Day**  
May 1

**Star Wars Day**  
May 4

**Mother's Day**  
May 10

**International Nurses Day**  
May 12

**New Friends,  
Old Friends Week**  
May 17–23

**Rescue Dog Day**  
May 20

**Memorial Day**  
May 25

## 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.

## April Events!



Arts & Crafts Hour



Easter Bunny Visit!



'Earth Day' Gardening



Relaxation Hour



Easter Event



Zumba Fitness Class

"May, queen of blossoms, and fulfilling flowers,  
what pretty music shall we charm the hours?"

— Lord Edward Thurlow

## 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.

## Savor the Snail



Some recoil at the thought of eating snails, or *escargot*, as they are called in French. Others consider snails sautéed in garlic, butter, and herbs to be a delicacy.

If you haven't yet tried them, perhaps May 24, Escargot Day, is your chance.

Humans have been eating snails for over 30,000 years. Snail shells discovered in Stone Age-era settlements in Spain even showed how they were cooked: roasted in their shells over charcoal made of pine and juniper. These days, the best snails for eating are wild Burgundy snails, renowned for their grassy, buttery flavor and exceptional nutritional value. Toss them with pasta, skewer them on kebabs, or sweeten them for dessert, and join the ranks of those who have eaten escargot.

## 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.

## Flowers

Poem by resident, Jane C.

He never gave me a floral bouquet, But would show love a different way:  
Not one grand gesture or display, But little treasures, one by one.  
A rose bush yesterday, mums today.  
This one needs shade, the other likes the sun.  
Well, you get what I mean,  
The yard became a floral scene.  
To him, a cut flower in a vase or basket Is like a corpse in a casket.  
Having witnessed war's lethal knife, He would not cut short any creatures life,  
Including spiders, wasps, and flies.  
He would have no part in their demise.  
The day we laid him in the tomb The biznaga burst into bloom.  
Oh, I so wanted to press it close to my heart,  
But its thorns kept us apart.  
How has it been since then?  
Well, love still tends the garden.  
Flowers, shrubs, critters, and such.  
I see him -but I cannot touch.  
And, that hurts so much.  
Oh, so much.