

Hearthside  
Senior Living  
Collierville  
MAY 2023



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**Happy Mother's Day to all our beautiful ladies! This is my favorite time of the year. The temperatures are just right, and the flowers and trees are starting to bloom.**

**Please encourage your family members to get outdoors in our inviting courtyards for some fresh air before it gets too hot.**

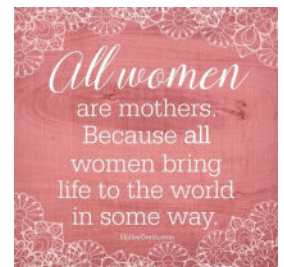
**There is a lot to do this month so encourage them to participate in activities as well. The socialization is good for all of them.**

**Happy May to everyone.**

*Thank You Sincerely,  
Michele L. Notes*

### May 2023

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The month of May kicks off the start of our new Spring and Summer Menus! They will feature new and familiar dishes. I welcome any feedback you may have regarding the new menus, as we are working hard to continue to enhance your dining experience. If there is anything you would like to change or any meal you would like to have incorporated on the menu, please fill free to let me know. Also, this month we will be celebrating Cinco De Mayo, which is on the 5th with a Mexican inspired lunch and a margarita station! I am also looking forward to the best part of May, Mother's Day! We will have a wonderful meal prepared and a full dessert bar to ensure this day is special for the mothers here at Hearthside! If you are planning on being out or if your family is coming to celebrate with you, please let the staff know to ensure we have enough prepared for your guest. Lastly, I am looking forward to the new activity that has been added to our calendar, Cooking with Keisha! I hope you all come down to enjoy a simple, but delicious dish with me!

*Happy Mothers Day to all women who have served in a Mothering Role for someone- Mothers, Step Mothers, Aunts, Grandmothers, Teachers, Cousins, Friends, Mentors and Caregivers*

*Remember to sign up for...*

- Nail Appointments (Mondays ONLY)
  - Hair by Donna
  - Group Outings

Sign Up Sheets are posted for the entire month by the large community calendar outside the Nurses Office.

**NURSES NOTES:**

**Staying healthy at home as a senior can be challenging, but there are several things that individuals can do to maintain their physical and mental well-being. This section will explore some essential tips that can help seniors stay healthy and live independently for as long as possible.**

- **Stay active**
- **Eat healthy**
- **Focus on Hobbies**
- **Do everything to prevent infections**
- **Manage Stress**
- **Keep your mind Active**
- **Get enough Sleep**
- **See your physician regularly**
- **Surround yourself with Loved Ones**

**A healthy lifestyle is essential for seniors to enjoy a fulfilling and independent life. Seniors can improve their health and well-being by incorporating physical activity, healthy eating, stress management, and social support into daily routines.**

*Being Happy NEVER goes out of style*

*Hearthside  
Collierville Staff*

**Executive Director**  
Michele Motes

**Director of Health  
and Wellness**  
Kristin Campbell,  
LPN

**Dietary Manger**  
LaKeisha  
Woodard

**Business Office  
Manager**  
Ramonica Long

**Maintenance  
Director**  
James Haley

**Activity Director**  
Kristi Owens

**Transportation  
Director**  
Ray Johnson

**Medical Secretary**  
Debbie Short

## May Fun Days:

- 1– National Blessings Day
- 2– Teacher Appreciation Day
- 3– National Paranormal Day
- 4– National Day of Prayer
- 5– Cinco De Mayo
- 6– Kentucky Derby Day
- 7– National Lemonade Day
- 8– National Coca-Cola Day
- 9– Hurray for Buttons Day
- 10– National Small Business Day
- 11– Hostess Cupcake Day
- 12– Military Spouses Appreciation Day
- 13– Brunch for Lunch Day
- 14– Mothers Day
- 15– Senior Fraud Awareness Day
- 16– Wear Purple for Peace Day
- 17– Employee Fitness Day
- 18– I Love Reese’s Day
- 19– National Pizza Party Day
- 20– Armed Forces Day
- 21– World Baking Day
- 22– National Solitaire Day
- 23– Lucky Penny Day
- 24– Scavenger Hunt Day
- 25– National Brown Bag Day
- 26– Paper Airplane Day
- 27– National Grape Popsicle Day
- 28– National Hamburger Day
- 29– Memorial Day
- 30– National Creativity Day
- 31– National Smile Day

## RESIDENT OF THE MONTH SPOTLIGHT

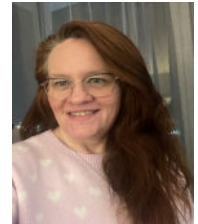
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**Ms. Leonardine Campbell is your May Resident of the month. She loves her sweet puppy GIGI and anything with sugar (who doesn't) as well as Diet Coke. Her favorite colors are blue and green and she likes to read as well as collect jewelry. She grew up in Mississippi and Louisiana. She has also lived in Texas, Alabama and Tennessee. She was a High School teacher as where she taught English and Drama. Ms. Leonardine has 3 children; Sara Ann, Kerri and Russ and has been blessed with 6 grandchildren and 2 great grandchildren.**

## Employee of the Month

\*\*\* Kristi Owens\*\*\*



Kristi has been your Activity Director at Hearthside Collierville since last August. She has a background in nonprofits as well as special elementary education. Kristi is a native Memphian, but has also lived in California, Washington State, Rhode Island, Texas and Maryland. She is a proud Military Spouse as her husband Jason served 20 years in the US Navy. They are parents of 3 grown children– Kayla, Jarred and Kendall. She likes to antique shop and a good trip to the casino. Her hobbies include journaling & crocheting. She enjoys making special connections with Hearthside residents and their families.

We hope your month is aMAYzing!!!!

# ACTIVITIES ACTIONS

**May 3– Indian Dance Workshop** where we will be joined by a traditional Indian Dancer who will teach us some dance moves as well as get a chance to try on traditional Indian jewelry.

**May 4– National Day of Prayer;** we will be joined by members of Rossville Methodist Church who will offer individual prayers. If you would like to schedule a private prayer time, please see Kristi in Activities

**May 5– Resident Council Introduction–** Please join us in the Parlor for an introduction on the formation of a Resident Council.

**May 14– Mothers Day Lunch and Live Music**

**May 15– Senior Fraud Awareness Seminar–** Lynn Doyle with Unity will be here to give us tips on how to avoid fraud, families encouraged to attend.

**May 19– Meeting with Michelle and Department Heads–** Join us for some one on one time with our new Executive Director Michelle as well as Kristin, DON; James with Maintenance, Keisha your Kitchen Manager and Kristi with Activities.

**May 20– Book Club–** *“A Man Called Ove”* by Frederick Backman.

This best-selling novel features a lonely and sad old man who hides behind a grumpy exterior, leading his neighbors to call him the bitter neighbor from hell, but it all changes when chatty young neighbors with young children move next door to him. At times funny and at other times heartbreaking, “A Man Called Ove” explores the power of intergenerational friendship and makes us want to love our neighbors a little bit better. Please let Kristi know if you are interested so we can have enough books.

New weekend activities happening in May, make sure you join in...

- **Lemonade and cookie social**
- **Coffee and Chat**
- **Indoor Horse Racing**
- **Coloring and Conversations**
- **Book Club**
- **Movie and Popcorn**
- **Popsicles on the Porch**
- **Games in the Parlor**

**Please see Kristi if you have any questions on current happenings throughout the day or suggestions on activities you would like to see take place.**

## May Outings

**May 11– Aldi’s**

**May 18– Lunch at Pyros Pizza**

**May 25– Farmers Market**

## Musical Entertainment

May 1– Music with Dare Estok

May 8– Music with Lily Langford

May 9– Hymn Sing with Melanie and Wade

May 14– Special Music from Creative Aging

May 15– Music with Jim Keller

May 18– Music with Cheryl and Todd

May 21– Music with Dennis Elmer

May 26– Music with Tim “The Piano Man” Stanek



## ***FAMILY MATTERS***

Join us Monday May 15th at 3:00 PM for a Special Seminar on Senior Fraud Awareness presented by Mrs. Lynn Doyle with **Unity Psychiatric Care-Specialty Hospitals for Seniors and Professional Network on Aging** as she will help navigate through the very confusing scams and fraud possibilities facing our seniors daily.

**Hearthside Senior Living will celebrate Mothers Day at lunch time on Sunday May 14 with a special lunch and musical entertainment from Creative Aging Midsouth following lunch. If you would like to share a Mother Day lunch with your loved one, please let Hearthside Collierville know ahead of time for proper planning.**

## *APRIL MEMORIES*

