

*Happy
Birthday*

Famous Birthdays

Bing Crosby –
May 3, 1903

Audrey Hepburn –
May 4, 1929

Orson Welles –
May 6, 1915

Florence
Nightingale –
May 12, 1820

Bob Dylan – May
24, 1941

Notable Dates

Teacher Day
May 7

Mother's Day
May 12

Memorial Day:
U.S.
May 27

May Horoscopes and Birthdays

In astrology, those born May 1–20 are Bulls of Taurus. Bulls are stable, reliable, patient, and determined. They will work hard and finish the job no matter what gets in their way, but they expect to be rewarded! Those born May 21–31 are Gemini's Twins. Twins seem to have two personalities and can blend into any situation. They have an energetic and fun-loving side that is the life of the party but also a deep and emotional side that needs nurturing.

Bird House Donation

The Minneapolis Can Do Canines Lions Club donated two bird houses to The Shores of Lake Phalen. We are so grateful for the thoughtful gift. The bird houses will get put up in the front of the building for residents and visitors to admire. Our resident Phyllis and her son Pat presented the bird houses to our Activities Director Keila.

~RESIDENTS~
Dorothy Tacheny – May 6th
George Bialucha – May 10th
John Larsen – May 11th
Leroy Molitor – May 11th
Ginger Jensen – May 19th
Walter Yuker – May 24th
Betsey McKay – May 31st
Patty Lundgren – May 31st
Salvatrice Gambino – May 31st

~STAFF~
Irma W. (Housekeeping) – May 2nd
Stephanie S. (RA) – May 14th
Richard I. (RA) – May 28th



Notable Extras

Sunshine Club

Our Sunshine Club is looking for new members. If you are interested in finding out more about what the club does or if you would like to join, please notify Keila our activities director. Her office is on the second floor in the community room.

Answer to the GUESS WHO Picture:
Sue Gabrielson

Upcoming Events

Taylor Marie Fashion Show –
Wednesday, May 8th at 10am
(Community Room)

Mother's Day Tea –
Friday, May 10th from 2pm-3pm
(Main Dining Room)

Bake Sale –
Wednesday, May 22nd at 2pm
(Community Room)

The Pebbles of Lake Phalen Newsletter

May 2019

**Celebrating
May**

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Birthdays

*Bird House
Donation*

Notable Extras

*Answer to Guess
Who*



The Shores
OF LAKE PHALEN
Active Senior Living in Maplewood

~May Day ~

For many, the first rite of spring comes on May 1, May Day, with the raising of the maypole. The celebration of May Day dates back thousands of years. The Celts of the British Isles celebrated May 1 as Beltane, their most important holiday. It was believed that this holiday marked the halfway point of a year split between the dark and light. Massive fires were burned to herald the start of the return of life. The tradition of raising and dancing around a maypole came much later, during the Middle Ages. It was common for villagers to dance around the maypole bearing colorful streamers, ribbons, and baskets of flowers, symbolizing the fertility of the earth. It wasn't until May 1, 1886, that May Day became associated

with the labor movement. In those days, workers of all ages suffered from abhorrent working conditions. It was on that May Day that 300,000 workers marched across America to demand better working conditions. While May Day is considered a major holiday in many countries, it is not widely celebrated, least of all in the United States.



*Tradition tells
that washing
your face with
May Day's
morning dew
freshens the
skin.*

A Fan Calls Foul

By May 16, the Major League Baseball season is well underway. If you have ever attended a game and caught a foul ball, you know how exciting that can be. May 16 marks the beginning of Foul Ball Week in honor of Reuben Berman, the man who fought to allow fans to keep foul balls. Berman was attending a New York Giants game at the Polo Grounds back on May 16, 1921, when he caught a foul ball. As

was customary, an attendant showed up to retrieve the ball from Berman. Berman tossed it into the crowd, at which point he was forced from his seat, reprimanded in a ballpark office, and ejected from the park! Berman felt humiliated and so sued the Giants. The court ruled that Berman should have been allowed to keep the ball. "Reuben's Rule" was instituted, allowing fans to keep baseballs as souvenirs.

Updates from Memory Care

Our memory care units Elm and Willow have added a few new items to hopefully help better communication between family/visitors and staff. Our first new addition is the walkie talkie system. All of our resident assistants and other staff carry walkie talkies on them at all times. This system allows all staff to communicate with each other very quickly. Along with this, we have now provided a walkie talkie in both memory care units for family/vistors to use if they need to get in touch with our staff. There is now a shelf located on the wall directly next to the kitchen. The shelf is below the menu boards and this is where you will find the family/visitor walkie talkie. There are also instructions provided on the shelf for how to use the walkie talkie properly. This walkie talkie is to be used to locate the unit staff and let them know that you need their assistance or to speak with them. If they are in another

residents room, they will respond saying so and can let you know when they will be with you. We ask that you only use apartment numbers when speaking about a resident to ensure their privacy.

We have also added a clipboard next to the shelf in each unit. This clipboard is for signing out the memory care residents. You are to still sign them out at the front desk as you have in the past, but we ask that you start signing them out in the memory care unit also. This will ensure that our staff know where all the residents are at all times. Having a clipboard in the memory care unit is a quick point of reference for our staff to locate a resident. We appreciate your compliance with this new procedure.

Pet Potty Policy

The Shores of Lake Phalen is a pet friendly community. This means we have residents with pets that live with them. We also have a lot of family and friends that bring their pets to visit us. We just wanted to remind everyone responsible for a pet to make sure you are picking up after them. We have now provided a dog waste station located directly out from the front entrance. It has bags for picking up after your dog as well as a garbage can for you to dispose of the waste. We ask that you help us keep our beautiful community clean so we can continue to enjoy all the pets that

live here and those that come to visit. Also, if at all possible please take your dog to the side of the building or away from the front when they are doing their business. This will help keep the grass alive and our landscaping looking wonderful.

Please make sure to let us know if the dog waste station runs out of bags before we get to it. Thank you for your cooperation and thank you for sharing your furry friends with us!



GUESS WHO???

Which resident is shown in the photo above? To find the answer look under the notable extras section on page 4.

Good Luck!



Our new dog waste clean up staton.

Resident Activities and Outings/Employee of the month



Sally, Don, Marilyn and Annette watching the chef prepare their food at the Osaka lunch outing!



Mary happy with her new necklace that they made in the "Crafts with Jill" activity group!



Our April Employee of the Month was Drew O. Drew is a beloved dining room server. His manners and willingness to help has landed him employee of the month more than once now! Way to go Drew!

