



**Resident Birthdays**

05/03	Sally H
05/07	Elena P
05/08	Barry W
05/23	Sylvia H
05/24	Katherine C

**Staff Birthdays**

05/01	Lois Holombo
05/08	Joanne Boudreau
05/09	Elizabeth LaCroix
05/09	April Buck Coleman
05/11	Elena Kozikowski

**Staff Anniversaries:**

Michelle Despres	05/03/2017	9 years
Tammy Dorr	05/13/2019	7 years
Peter Kangas	05/13/2019	7 years



Dementia Support Group on the second Thursday of the month at 4pm, in the auditorium. For more information Contact Memory Care Director Bethany at 603-924-3691 ext. 207



In a small veterinary practice outside Bend, Oregon, in March 2016, a barn cat was brought in by a local rancher. She had delivered four kittens. All four were stillborn. Her milk came in anyway. She was grieving, pacing, calling for kittens that would never answer.

To ease her sorrow the vet brought her an orphaned puppy. She nursed it, then a rabbit kit, a baby squirrel and two more kittens from another litter whose mother had been killed by a car. In six weeks, she was nursing seven animals from four different species simultaneously. The vet called her 'the United Nations of mothers. She went on to raise every single one.

Her body lost four kittens, and she decided to adopt the world. Her body adapted to feed whoever was placed in front of her. She stayed at the clinic to become a foster mom to over 150 animals over the years.

I mention her to say that Motherhood is defined far more by the **consistency of your presence** than the circumstances of a birth. The bond between a maternal figure and a child isn't woven just from DNA, but from time spent nurturing. A mother is the person who chooses to stay, to nurture, and to protect, proving that the most profound family ties are often those we **forge by hand** rather than those we inherit by blood.

Happy Mother's Day to all of our Mothers, Grandmothers, Aunts, Step-Moms and all other maternal figures out there!

-Jenna

As the Monadnock region moves into May, the longer days and higher sun angle make it an ideal time for seniors to naturally boost their Vitamin D levels. However, because our skin's ability to synthesize "the sunshine vitamin" changes as we age, a balanced approach is key,

**Duration:** For most seniors, just **10 to 15 minutes** of sun exposure on the arms and face three times a week is often sufficient to trigger Vitamin D production without risking a burn.

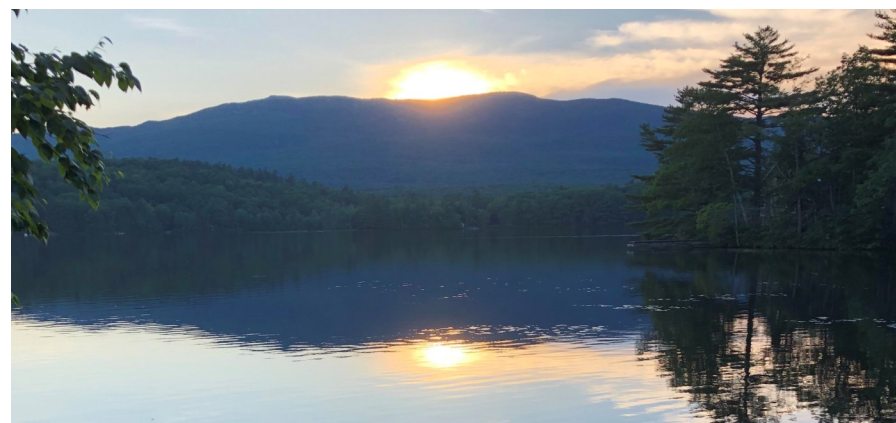
**Efficiency:** It is important to note that skin over the age of 65 is roughly **four times less efficient** at producing Vitamin D than it was in its 20s

**While seeking the sun, keep these New Hampshire-specific safety tips in mind:**

**Check Your Meds:** Many common medications for blood pressure or antibiotics can increase sun sensitivity.

**The "Shadow Rule":** A simple trick for May walks—if your shadow is shorter than you are, the sun is strong enough for Vitamin D production. If your shadow is longer than you, you're likely getting very little Vitamin D, but you're also at a lower risk for burning.

**Strategic Sunscreen:** Sunscreen blocks the UVB rays needed for Vitamin D. You might consider letting your skin get its "dose" for 10 minutes before applying protection for the remainder of your time outdoors.



**A Note on May Weather:** In the Monadnock region, May mornings can still be crisp! Even if it feels cool, the UV rays are significantly stronger than they were in March. Don't let a chilly breeze fool you into thinking the sun isn't working its magic.



Memorial Day, observed on the last Monday in May, is critical for honoring the over 1 million U.S. military personnel who died in service to the nation. Originally known as Decoration Day, it serves as a solemn, nationwide day of remembrance, reflection, and gratitude for the sacrifices made to secure American freedoms.

Memorial Day stands as a tribute to the cost of freedom. It is the primary day to remember those who died in combat or from wounds sustained in battle, from the Civil War to modern conflicts. It reminds us that the liberties we often take for granted were secured through the bravery and selflessness of countless men and women in uniform. Their sacrifices reverberate through history, serving as a testament to the resilience and unity that define our nation.

As we enjoy the freedoms and privileges of our daily lives this Memorial Day let us recognize our shared responsibility as Americans to honor and remember the heroes who made the ultimate sacrifice for our nation. With heartfelt gratitude, we thank you for your unwavering support of The Heroes Project.

May this day inspire us all to live with purpose, cherish the freedoms we hold dear, and strive to build a brighter, stronger, and more united world a tribute worthy of their sacrifice.

*The Unknown Soldier by Billy Rose*

There's a graveyard near the  
White House  
Where the Unknown Soldier lies,  
And the flowers there are  
sprinkled  
With the tears from mother's  
eyes.

I stood there not so long ago  
With roses for the brave,  
And suddenly I heard a voice  
Speak from out the grave:

"I am the Unknown Soldier,"  
The spirit voice began  
"And I think I have the right  
To ask some questions man to  
man.

"Are my buddies taken care of?  
Was their victory so sweet?  
Is that big reward you offered  
Selling pencils on the street?

"Did they really win the freedom  
They battled to achieve?  
Do you still respect that Croix  
de Guerre  
Above that empty sleeve?

"Does a gold star in the window  
Now mean anything at all?  
I wonder how my old girl feels  
When she hears a bugle call.

"And that baby who sang  
Hello, Central, give me no man's  
land.  
Can they replace her daddy  
With a military band?

"I wonder if the profiteers  
Have satisfied their greed?  
I wonder if a soldier's mother  
Ever is in need?

"I wonder if the kings, who  
planned it all  
Are really satisfied?  
They played their game of  
checkers  
And eleven million died.

"I am the Unknown Soldier  
And maybe I died in vain,  
But if I were alive and my  
country called,  
I'd do it all over again.



**EAT FRESH  
BUY LOCAL**

Let's support local businesses and go to The Farmer's Market. They carry produce, meats, fish, eggs, baked goods, jams and jellies, handmade crafts and gifts, and more, all available from local small businesses. It's a quick and enjoyable walk especially on a beautiful sunny day. Just few doors down, at Bowling Acres, every Wednesday, 3-6pm.

May is typically the peak of the spring allergy season in the Monadnock Region.

**Late-Blooming Trees: Birch and Oak** are the dominant allergens in New Hampshire during May. **Maple** and **Ash** also contribute significantly to the pollen load in early to mid-May.

**Early Grasses:** Toward the end of May, grass pollen begins to ramp up. This often marks the start of a "double whammy" period where tree and grass seasons overlap.

**Molds:** As the ground thaws and spring rains arrive, outdoor mold spores can increase, especially in damp, wooded areas common around Peterborough and Jaffrey.

**Management Strategies:**

To manage symptoms effectively, local health experts suggest:

**The "Pre-emptive Strike":** Start allergy medications before your symptoms peak. If you wait until you are already sneezing, the medication has a harder time catching up to the histamine response.

**Indoor Sanctuaries:** Keep windows closed, particularly on windy days. While the spring air is tempting, open windows act as a vacuum for oak and birch pollen.

**Evening Rinses:** Pollen clings to hair and clothing. Showering and changing clothes immediately after coming indoors, especially before bed preventing you from transferring allergens to your pillow.



New Hampshire may be small, but its history and contributions are mighty. From the depths of the ocean to the far reaches of space, here is a collection of trivia that defines the unique spirit of the state.

**A Brave Declaration:** In January 1776, New Hampshire became the first of the thirteen colonies to declare its independence from Great Britain and establish its own constitution six months before the national Declaration of Independence was signed.

**Mary's Lamb:** The famous nursery rhyme "*Mary Had a Little Lamb*" was written by Newport native Sarah Josepha Hale in 1830.

**The First Public Library:** In 1833, the town of Peterborough established the first library in the United States supported by public taxation.

**Archie Comics:** The creator of the *Archie* comic strip, Bob Montana, drew inspiration for the characters and "Riverdale" while attending high school in Haverhill and spending time in Manchester.

**Parker Brothers Clue:** The property known as the "Clue House" in Peterborough is the former home of George S. Parker, the founder of Parker Brothers. When Parker Brothers acquired the rights to the game in 1947, George Parker adapted the board's layout to mirror his own home. Many of the rooms found in the game—such as the Conservatory and Billiard Room were inspired by the actual rooms in the house. Just like on the game board, the real house famously features secret passageways.



May will begin two new activities! Mondays at 11:00 will be "All About Birds". It will meet on the patio, weather permitting, to bird watch and discuss the different species. Bring binoculars if you have them!

### UPCOMING EVENTS

- 5/01 Lunch Bunch outing - Kimballs Farm
- 5/05 Resident Meeting
- 5/08 Mother's Day Celebration
- 5/08 Alzheimer's Cookie Walk - Bake Sale
- 5/10 Mother's Day
- 5/14 Steve Taylor presents – New England One Room School Houses
- 5/18 Food Meeting
- 5/19 End 68 Hours of Hunger – Volunteers Needed
- 5/21 Peterborough Handbell Ringers
- 5/27 Senior Fraud presentation
- 5/29 Men's Group Outing

Our second new activity on Wednesdays at 1:30 will be a Walking Group with Jenna. We will meet in the lobby, and decide as a group which route we would like to walk.

On Tuesday May 19th at 10am in the auditorium we will be meeting to help End 68 Hours of Hunger. It's a public, non-profit effort to address the approximately 68 hours of hunger that some school children experience between the free lunch they receive in school Friday and the free breakfast they receive in school on Monday. Please join us to fill bags with healthy nourishing snacks for these kids!