

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

Kevin – May 2
Marie- May 4
Linda – May 8
Joy- May 8
Orville- May 18
Cathy – May 23

Frankie Valli (singer) – May 3, 1934
 Willie Mays (ballplayer) – May 6, 1931
 Florence Nightingale (nurse) – May 12, 1820
 Cher (singer and actress) – May 20, 1946
 Bill Robinson (tap dancer) – May 25, 1878
 Sally Ride (astronaut) – May 26, 1951
 Gladys Knight (singer) – May 28, 1944
 Clint Eastwood (actor) – May 31, 1930
 Brooke Shields – May 31, 1965

Holy Rollers

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 and aisles 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 and fun bicycling season. Since 1972, the Blessing of the Bikes has become a ritual each May 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.

Select Senior Living

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Celebrating May

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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.

From Our Director of Nursing

Understanding the Risks of Drugs and Alcohol in Older Adults

As we age, our bodies change in ways that can make the effects of drugs and alcohol more pronounced—and more dangerous. While an occasional drink or properly managed medication may be part of daily life for some residents, it’s important to understand how substance use can impact health, safety, and overall well-being in an assisted living setting.

Older adults process substances differently than younger individuals. The body tends to have less water and more fat, which can cause alcohol and certain medications to stay in the system longer. The liver and kidneys—responsible for breaking down and eliminating substances—may also work more slowly with age. This means even small amounts of alcohol or medication can have stronger and longer-lasting effects.

One of the most immediate concerns with alcohol or drug use is the increased risk of falls. Substances can affect balance, coordination, and reaction time. In older adults, a fall can lead to serious injuries such as fractures or head trauma, which may significantly impact independence and recovery.

Many residents take medications for chronic conditions such as high blood pressure, diabetes, or heart disease. Alcohol and certain drugs—whether prescribed, over-the-counter, or not prescribed at all—can interact with these medications in harmful ways. These interactions may reduce the effectiveness of medications or cause dangerous side effects like dizziness, confusion, or even internal bleeding.

Beyond physical health, substance use can affect relationships and community life. Changes in behavior, mood swings, or impaired judgment may lead to misunderstandings or conflicts with others. Safety can also become a concern if judgment is impaired while using mobility aids, preparing food, or managing daily tasks.

In assisted living, we all play a role in supporting a safe and healthy environment. By staying informed and looking out for one another, we can help ensure that everyone continues to enjoy life with dignity, comfort, and peace of mind.

Life Enrichment Updates



"May is proof that change can be beautiful". In this world of ongoing change lets remember that not all change is bad. Some change can be beneficial, helpful, and beautiful.

This month we will be learning about the country of Guatemala. On Monday, May 11 we will be watching a movie that I would encourage all to see. On Wednesday, May 13 we will be hearing from a residents family member about her experiences in this beautiful country. On May 6 and May 21 we will be also tasting treats from this country.

This month we will be having a couple of fun days. The first is Monday, May 4th. So, get your Star Wars t-shirt, or other items together and wear them.. The next is Wednesday, May 6. Make sure to come on down and show your appreciation to our nurses. On Friday, May 8 we will have fun with National Have a Coke Day. Remember the old slogan, Have a Coke and a Smile. We will also be celebrating all those moms out there for Mothers Day on May 8th.

One Tuesday, May 26th it is National Paper Airplane Day. We will have a contest to see who can have the longest flying paper airplane. This will be at 3:30

And finally we will be celebrating on Wednesday, May 27th National Grape Popsicle Day. Come on down to the movie room for a fun game of Jeopardy and enjoy a Popsicle.

Outings-

Monday, May 11 at 9:45-Walmart
 Tuesday, May 19 at 9:45 Dollar Tree
 Thursday, May 28 at 2:00- Pizza Ranch

Happy Hour with Music-

May 1 at 2:00- Tom Hipps
 May 15 at 2:00 Ross McLeod

Crafts-

Wednesday, May 6th at 12:30 – Card Making with Judy
 Thursday, May 21 at 1:00- Bingo Bag