

**MAY**  
2025

### *Dates to Remember*

May 11<sup>th</sup>- Mother's Day

May 11<sup>th</sup>-17<sup>th</sup>- National Skilled  
Nursing Care Week

May 26<sup>th</sup> - Memorial Day



*From Your Administrator*  
*By Kim Pederson*

### *National Skilled Nursing Care Week*

We will once again celebrate National Skilled Nursing Care Week May 11<sup>th</sup>- 17<sup>th</sup> , 2025. This is an opportunity to celebrate with our residents, but also to celebrate with our staff. Park River Estates Care Center employs over 160 team members in nursing, dietary, housekeeping, laundry, activities, social services, maintenance, medical records, human resources, payroll, business office and administration. It takes every one of these employees to provide the excellent care and service that PRECC is known for. The week will be filled with music, food, and activities for our residents as well as special meals, and treats for our staff.

As always, families are encouraged to join our residents in their activities. Please join us on May 12<sup>th</sup> for music with jazz duo CODA, May 13<sup>th</sup> for an exotic animal petting zoo, and May 16<sup>th</sup> for margaritas and music with Jimmy Buffet!

*Kim Pederson,*  
*Administrator*

## A poppy to Remember

The red poppy, also known as the remembrance poppy, symbolically honors the sacrifices made by fallen soldiers and veterans. The poppy was introduced in the poem "In Flanders Fields" by John McCrae, a Canadian physician and soldier. McCrae wrote this poem while fighting in the trenches of WWI in Flanders, Belgium. After the bloody battle, all that remained in the fields were the rows of makeshift crosses surrounded by poppy flowers. To McCrae, the poppies represented the fallen soldiers that were buried, inspiring his poem.

### Birthdays

Wai C.	May 2 <sup>nd</sup>
Eloise G	May 5 <sup>th</sup>
Al S.	May 11 <sup>th</sup>
Gary O.	May 13 <sup>th</sup>
Dorothy B.	May 19 <sup>th</sup>
Cleo K.	May 24 <sup>th</sup>
Pat D.	May 25 <sup>th</sup>
James Y.	May 30 <sup>th</sup>
Judy M.	May 30 <sup>th</sup>



### Zodiac Signs

Taurus- May 1<sup>st</sup>- 20<sup>th</sup>

Traits: hardworking, dependable, stubborn

Gemini- May 21<sup>st</sup>- 31<sup>st</sup>

Traits: witty, inquisitive, impulsive

Flower: Hawthorn

Birthstone: Emerald

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### This Day in History

- \* May 1<sup>st</sup>, 1924, as a health initiative to combat iodine deficiency, iodized salt became available to the public. \*
- \* May 3<sup>rd</sup>, 1952, the Kentucky Derby was aired nationally on television for the first time. \*
- \* May 4<sup>th</sup>, 1959, Ella Fitzgerald made history by becoming the first Black woman to win a Grammy Award. \*
- \* May 6<sup>th</sup>, 2023, King Charles III and Queen Camilla were crowned- the first British coronation in 70 years. \*
- \* May 7<sup>th</sup>, 1945, Germany unconditionally surrendered to the Allies, marking the end of WWII in Europe. \*
- \* May 8<sup>th</sup>, 1886, Coca-Cola was invented. It was initially marketed as a cure-all medicine, not a soda. \*
- \* May 10<sup>th</sup>, 1994, Nelson Mandela was inaugurated as South Africa's first Black president. \*
- \* May 11<sup>th</sup>, 1858, the great state of Minnesota, the Land of 10,000 Lakes, became the 32<sup>nd</sup> state of the nation. \*
- \* May 14<sup>th</sup>, 1904, the 3<sup>rd</sup> modern Olympic games opened in St. Louis, Missouri- the first to be held in the U.S. \*
- \* May 15<sup>th</sup>, 1942, states began mandatory rationing of gasoline & rubber, crucial resources for the war effort. \*
- \* May 17<sup>th</sup>, 1943, the *Memphis Belle*, a B-17 bomber, completed its 25<sup>th</sup> bombing mission over Europe. \*
- \* May 18<sup>th</sup>, 1953, at 652.337 mph, Aviator Jacqueline Cochran broke the sound barrier. The 1<sup>st</sup> woman to do so. \*
- \* May 19<sup>th</sup>, 1883, Buffalo Bill opened his Wild West Show featuring reenactments & exhibits of cowboy life. \*
- \* May 20<sup>th</sup>, 1902, Cuba gained its formal independence from the United States. \*
- \* May 21<sup>st</sup>, 1932, Amelia Earhart became the 1<sup>st</sup> woman to fly solo across the Atlantic Ocean. \*
- \* May 25<sup>th</sup>, 1961, JFK delivered a speech, committing the U.S. to landing a person on the moon. \*
- \* May 26<sup>th</sup>, 1927, the 15 millionth & final Ford Model T rolled off the assembly line. \*
- \* May 29<sup>th</sup>, 1953, Sir Edmund Hillary and Tenzing Norgay became the first climbers to reach the summit of Mount Everest, the world's highest mountain. \*
- \* May 30<sup>th</sup>, 1911, Ray Harroun won the first Indy 500, averaging 74.59 miles per hour. \*

# MAY

## *Spring Fundraiser*

The Resident Council Foundation is holding a Spring Fundraiser from April 23<sup>rd</sup> – May 22<sup>nd</sup>! The Foundation is a 501 (c)(3) organization, separate from Park River Estates, whose sole purpose is to enhance the quality of life of our residents. **All the money raised supports our resident activity program and pays for monthly live music, entertainment, pet therapy, and activity supplies.** The spring baskets are displayed in the main lobby of Long-Term Care and are filled with different gift cards and tickets to theatres, museums, exhibits, and clubs in Minnesota. \$1 raffle tickets can be purchased at the front desk. Thank you for your support!

## *National Skilled Nursing Care Week!*

Join us as we celebrate National Skilled Nursing Care Week May 11<sup>th</sup>- 17<sup>th</sup>. This year's theme is "*Tapestry of Life*" which highlights the meaningful stories that make up each person's journey in skilled nursing care. From residents and families to caregivers and staff, everyone adds a unique thread that is woven into this vibrant tapestry. This theme celebrates the connections, resilience and strength that unite us all. We have lots of fun events & treats scheduled for this week and we are looking forward to celebrating with you!

## *1960's & 1970's Pop Culture Jeopardy*

Answer key on last page!

1. Sylvester Stallone starred in this 1976 film with the tagline "his whole life was a million-to-one shot."
2. This handsome actor played the lead character role in the film "Cool Hand Luke."
3. This famous racehorse won the Triple Crown in 1973.
4. Dave Thomas opened this restaurant chain in 1969 and named it after his red-haired daughter.
5. This vegetable dish was developed into an instant version in 1960.
6. This singer put on a pair of boots and started walking her way to the top of the 1960's pop music charts.
7. This boxer, nicknamed "The Greatest" changed his name to Muhammed Ali in 1964.
8. In the 1970's, this daredevil motorcyclist became widely known for his dangerous stunts.
9. This 1977 film was a long time ago, in a galaxy far, far away...
10. Originating in Liverpool, this band became the force known as the "British Invasion" of 1964.
11. This soap opera was on television from 1965-2022 and is one of the longest-running scripted shows.
12. This presidential candidate was assassinated in the Ambassador Hotel kitchen on June 5<sup>th</sup>, 1968.
13. The plot of this 1960's television show revolved around Samantha & her mortal husband Darrin.
14. This Korean War show holds the record for the most watched television series finale of all time.
15. This legendary baseball player, known as the "Yankee Clipper," was briefly married to Marilyn Monroe.



*A hero  
is someone who  
has given  
his or her life  
to something bigger  
than oneself*

## Chaplain's Corner

### Answered Prayers or Unanswered Prayers?

Did you have someone praying for you as you grew up? Maybe it was your mother or your grandmother. Maybe you didn't even know she was praying for you until many years later. Who you are today is a product of those prayers.

Sometimes we call determined praying people Prayer Warriors. They diligently and determinedly bring the concerns for people around them to the Lord.

Oftentimes our prayers appear unanswered; but the Good Book teaches that God knows what we need even before we ask. And according to the prayer Jesus taught us to pray, when we entrust the answers to Him, His will is done. We know we need to pray if we want any kind of answer!!

So, what do we do about unanswered prayer? This prayer is attributed to an Unknown Confederate Soldier who didn't receive the answer he requested, but later realized that God gave Him infinitely more than he asked.

*I asked for strength that I might achieve;  
I was made weak that I might learn humbly to obey.  
I asked for health that I might do greater things;  
I was given infirmity that I might do better things.  
I asked for riches that I might be happy;  
I was given poverty that I might be wise.*

*I asked for power that I might have the praise of men;  
I was given weakness that I might feel the need of God.  
I asked for all things that I might enjoy life;  
I was given life that I might enjoy all things.  
I got nothing that I had asked for, but everything that I had hoped for.  
Almost despite myself my unspoken prayers were answered;  
I am, among all men, most richly blessed. (Quoted in Your Prayers, 2012)*

Even when we don't understand God's answers, some things become clearer down the road. Our challenge is to pray and then trust Him for the answers.

This Memorial Day we again thank God for those who gave their lives in service to our country. We are truly indebted to them.     + **Chaplain Sherree Lane**



## *The Meaning Behind Memorial Day*

### *Historical Background*

- From 1861 to 1865, the United States was involved in a Civil War which divided Americans into Union and Confederate States. The war broke out due to many disparities among the northerners (free states) and southerners (slave states).
- Union states were headed by US President Abraham Lincoln while the Confederates elected their own, Mississippian Senator Jefferson Davis.
- Many able Americans were recruited to be soldiers, including farmers, mechanists, plumbers, and teachers. When the war ended it was estimated that 620,000 soldiers from both sides died.
- On May 5, 1868, three years after the war, Major General John A. Logan, head of the Grand Army of the Republic established Decoration Day which should be observed on May 30th. It was the time of year for Americans to decorate the graves of soldiers who died in the previous war.
- In the same year, Ohio Congressman, and later U.S President James Garfield delivered a speech at Arlington National Cemetery. It was attended by 5,000 participants who decorated the graves of around 20,000 soldiers who were buried there.

### *Decoration Day to Memorial Day*

- Prior to World War I, southerners did not recognize Decoration Day. It was the northerners who observed the day with much enthusiasm. When Decoration Day was proposed to honor all soldiers, who died in any war, southerners embraced it.
- By 1967, Decoration Day was officially named as Memorial Day. Four years later, it was declared as a federal holiday and the date was moved to the last Monday in May for a longer weekend.
- On Memorial Day, people participate in and watch an annual parade. In addition, flags are flown at half-mast until noon, then to full mast until sunset.
- Wearing of red poppies is also a tradition which originated from John McCrae's poem In Flanders Field.
- It is also a popular day to visit the graves of soldiers and decorate them with flags and flowers. While others may choose to travel over Memorial Day weekend as it marks the beginning of summer.
- On December 28th, 2000, US President Bill Clinton signed the National Moment of Remembrance. Aside from the initial traditions, all Americans need to pause at 3pm during Memorial Day to honor and remember the sacrifice of American soldiers.
- In Washington D.C, the annual Rolling Thunder Run is observed to raise awareness of prisoners of war or those lost in action.
- Memorial Day is often mistaken with Veterans Day. The latter honors all US military veterans while Memorial Day honors the soldiers who died while serving.

## Key Facility Contacts:

Administrator.....Kim Pederson  
Dir. of Admin. Services.....Dani VanBeek  
Dir. of Compensation.....Lori Jumper  
Dir. of Culinary Services.....Paula Kaniewski  
Dir. of Environ. Services.....Connie Riley  
Dir. of Finance.....Marti Bullock  
Dir. of Health Information.....Pam Carpentier  
Dir. of Maintenance.....Kurt Becker  
Dir. of Nursing.....Alicia Leavitt  
Dir. of Rehabilitation.....Tom Kylo  
Dir. of Social Services.....Chris Neely  
Dir. of Spiritual Care.....Sherree Lane  
Dir. of Staff Development.....Sue Sellner  
Dir. of Therapeutic Recreation.....Linnea Maki  
Infection Preventionist.....Sam Graf

\*In the event of a community emergency or natural disaster, please use our emergency number for recorded information and updates: 763-210-7018\*

## Jeopardy Answer Key-

- |                 |                       |                  |
|-----------------|-----------------------|------------------|
| 1. Rocky        | 2. Paul Newman        | 3. Secretariat   |
| 4. Wendy's      | 5. Mashed Potatoes    | 6. Nancy Sinatra |
| 7. Cassius Clay | 8. Evel Knievel       | 9. Star Wars     |
| 10. The Beatles | 11. Days of Our Lives | 12. RFK          |
| 13. Bewitched   | 14. Mash              | 15. Joe DiMaggio |

*"The flag does not fly because the wind moves it. It flies with the last breath of each soldier who died protecting it." -Unknown*