

AND GRANDMA'S TOO...

While we honor all our mothers
with words of love and praise.
While we tell about their goodness
and their kind and loving ways.
We should also think of Grandma,
she's a mother too, you see....
For she mothered my dear mother
as my mother mothers me.

~Author Unknown~



Instead of the John I call my
bathroom the Jim!
That way it sounds better when I
say I go to the Jim first thing
every morning!!!

Dove Estates Senior Living
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E-mail:
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*"Where life
never gets old."*



DOVE ESTATES
Senior Living Community



- Madison Farrell
- Madelynn "Sippy Cup" Guerra
- Laine Palmer
- Chloe Palmer
- Lily Urban
- Alanna Hallacy
- Charissa Helten
- Carly Hummell
- Amelia Keefer
- Leila Kral

Monthly Highlights

- May 3rd** First Friday Mass, Cinco De Mayo Dinner, Quilt Project
- May 6th** Podiatry
- May 8th** Interdenominational Service, Honeytree Book Reading
- May 10-12th** Maker Expo
- May 15th** Preserving Life Stories Presentation, Movie: "Unfrosted"
- May 17th** Mixer with Larry and Sharron
- May 19th** Bonus Bingo
- May 22nd** Glasses Cleaning, Movie: "The Fall Guy"
- May 24th** Memorial Day Lunch
- May 27th** **Administrative Offices Closed**
- May 29th** Book Club/ Book Cart
- May 31st** Mixer with Lisa Hittle

DOVE ESTATES SENIOR LIVING

NEWSLETTER



May 2024
Volume 11, Issue 5

National Walking Month

Walking has so many benefits for older people. It can improve your health and wellbeing in many ways, and it can help you to live independently for longer.

Walking can:

- ◇ Strengthen your muscles.
- ◇ Help keep your weight steady.
- ◇ Lower your risk of heart disease, stroke, colon cancer and diabetes.
- ◇ Strengthen your bones, and prevent osteoporosis and osteoarthritis
- ◇ Help reduce blood pressure in some people with hypertension.
- ◇ Improve your balance and coordination, and decrease your likelihood of falling.
- ◇ Keep your joints flexible.
- ◇ Increase your confidence and mood, and help you feel better all round.
- ◇ Improve your energy levels and increase your stamina.
- ◇ Reduce anxiety or depression.



Balance Fitness Class with Lisa.

Leadership Team

- Executive Director.....Kevin Frymire
- Director of Nursing.....Breann Beagley
- Admissions Coordinator.....Sheena Sobba
- Business Office Director.....Jody Little
- Director of Fitness.....Lisa Bickel
- Director of MarketingRenee Sanderholm
- Life Enrichment Director.....Kim Carrillo
- Dining Services Director.....Nathan Pollina
- Environmental Services Director....Chris Larkin
- Memory Haven Nurse Manager... Leigh Anne Powell



"Where life never gets old."



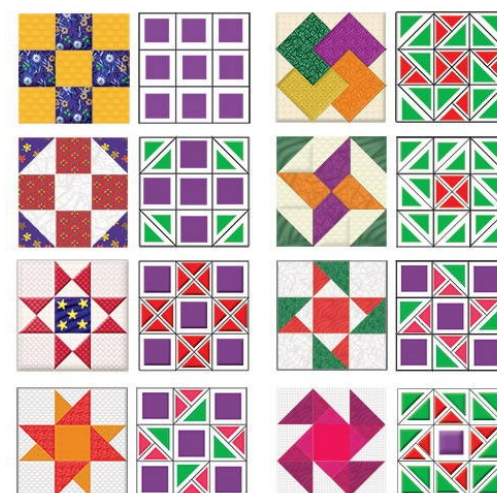
Mother's Day

Interesting facts about Mothers and Mother's Day

- 1) Mother's Day became an official U.S. holiday in 1914, signed into law by President Woodrow Wilson.
- 2) Mother's Day is celebrated in the U.S. on the second Sunday of May, every year.
- 3) There are more than 100 countries around the world that celebrate or recognize Mother's Day on their respective dates.
- 4) Americans spend more than \$3 billion on flowers and plants alone for Mother's Day.
- 5) More phone calls are made on Mother's Day than on any other day of the year, with approximately 122 million phone calls being made.
- 6) Americans buy \$113 million worth of cards for Mother's Day.
- 7) Anna Jarvis founded Mother's Day in 1908 before it was officially signed into law. She came to dislike what Mother's Day became in the U.S.: commercialized. She publicly denounced it and organized lawsuits, boycotts and walk-outs.
- 8) In the U.S., Mother's Day is one of the most popular days for both church services and dining in restaurants.
- 9) White Carnations are the official flower of Mother's Day. Jarvis compared that flower's shape and life cycle to a mother's love. "The carnation does not drop its petals, but hugs them to its heart as it dies, and so too, mothers hug their children to their hearts, their mother love never dying," she said in a 1927.
- 10) The average mother will have changed approximately 7,300 diapers by the time her baby turns two and a half.
- 11) Approximately 385,000 babies are born every day.
- 12) The heaviest human baby was born to Signora Carmelina Fedele in Aversa, Italy in September 1955. Her son weighed 22 pounds, 8 ounces!



May 11th	Irene Mills
May 27th	Bill Mills
May 28th	Sandy Harris
May 28th	Margot Massey
May 31st	Dean Massey



PICK UP A QUILT SQUARE TO COLOR FROM KIM. TURN IT BACK IN BY MAY 8TH, SO WE CAN MAKE A "QUILT" AND DISPLAY IT AT THE MAKER'S EXPO ON MAY 10TH- 13TH. FAMILIES ARE WELCOME TO JOIN IN FUN.



- Cletus Rausch
- Cindy Hampel
- Sally Goodwin
- Jim Jerome
- Sandra Nichols





Residents lined up to get glasses to view the Great American Solar Eclipse.



These ladies spent the day in the sun and enjoying the tulip gardens and lunch at the "Garden Party" which is a fundraiser for the Wichita Alumnae Panhellenic Spring Scholarship held at the Wichita Botanical Gardens.



IT'S THAT TIME OF THE YEAR, WHERE THE COURTYARDS AWAKEN WITH BEAUTIFUL FLOWERS BLOOMING.. WE ALSO HAD SOME FRESH LANDSCAPING PUT IN THAT MAKES SITTING ON THE BENCH EVEN MORE INVITING..

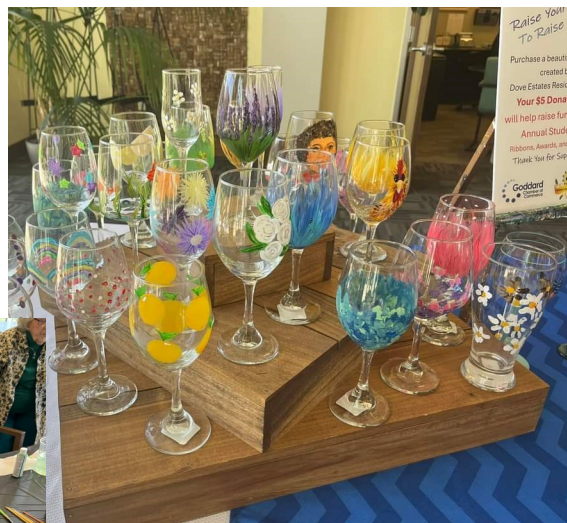




The Painting Club finished two paintings last month. The first of a Barn and the second of a Highland Cow. Great job painters!



Wine Glass Painting



Residents painted wine glasses to take home and to be sold as a fundraiser to help our local Women's Club put together an art show for local high schools that we display in our lobby.

Butterfly Maze!



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DOVE ESTATES MEMORY HAVEN

May 2024

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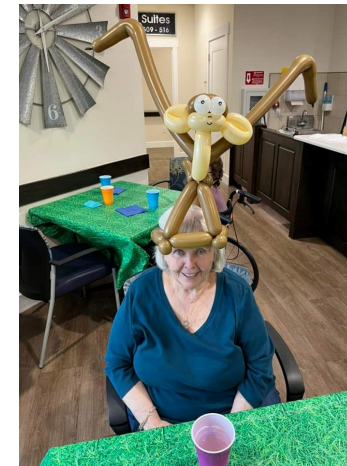
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Up, up
and
away!



Elizabeth Circle
Emma Warren
Saydie Connell



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