



Tentana Hinds Retirement Community

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ELEMENTS MEMORY SUPPORT NEWSLETTER

MEMORY SUPPORT STAFF DIRECTORY

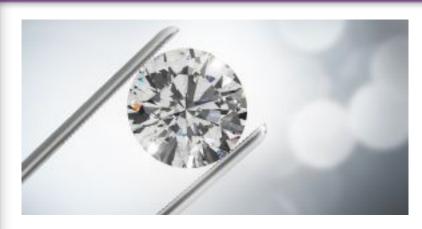
Bekah Tena	Executive Director
Alex Osono	Compliance Director
Monica Samuels	Marketing Director
Mike Burgess	Wellness Director
Amanda Lemke	Elements RCC
Jennifer Sims	Resident Engagement
Jon Watson	Maintenance Director



Sweet and Silly

Q: What kind of bouquet did the little boy give to his mom?
A: Son-flowers.

May 2025



Best Friends

"It's not that diamonds are a girl's best friend, but it's your best friends who are your diamonds."

—Gina Barreca

A Tall Achievement

Fifty years ago this month, Japanese climber Junko Tabei became the first woman to conquer Mount Everest on May 16, 1975, when she led an all-female expedition up the world's tallest mountain.

Happy Mother's Day!

"A mother's love for her child is like nothing else in the world."—Agatha Christie

Mother's Day is set aside to honor and celebrate mothers, grandmothers and mothers-to-be. Shower the special women in your life with love, hugs and maybe a card or a beautiful bouquet! From all of us, we wish all the moms who call our community home a very happy Mother's Day!



May 2025

Kethement Community						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy) Mothers Day	All Events Are Subject To Change	MEMORIAL DAY REMEMBER AND HONOR		9:30 Chair exercise- move to the music 11:00 Chef day 3:00 Hand Massage/ nail painting 5:30 Coloring/ painting with friends and music	9:30 Chair exercise pool noodle workout 10:30 Whiteboard- Food 11:30 Paint and Sip 2:00 Color Easter eggs 3:00 Bingo 5:30 Coloring/ painting with friends and music	10:30 Chair exercise- YouTube 1:30 Sensory bins- touch 3:00 Puzzle/ matching games 5:30 Coloring/ painting with friends and music
2.00 movie min ondoke and	8:45 Catholic Communion (P) 9:30 Chair exercise- stretching outside 10:30 Whiteboard- animals 11:00 Sensory bins- colors 1:30 Bingo 5:30 Coloring/ painting with friends and music	9:30 Chair Yoga 10:30 Whiteboard- Brain exercises 1:30 Art and Crafts 2:30 Happy Hour- Outside in Courtyard 5:30 Coloring/ painting with friends and music	9:30 Chair exercise- stretching outside 10:30 Whiteboard- animals 11:30 Sensory bins- textured 3:00 Gardening/ water flowers 5:30 Coloring/ painting with friends and music	9:30 Chair exercise- move to the music 11:00 Chef day 1:30 Monthly birthday party with Tom 3:00 Hand Massage/ nail painting 5:30 Coloring/ painting with friends and music	9:30 Chair exercise pool noodle workout 10:30 Whiteboard- Food 11:30 Paint and Sip 3:00 Bingo 5:30 Coloring/ painting with friends and music	10:30 Chair exercise- YouTube 1:30 Sensory bins- touch 3:00 Puzzle/ matching games 5:30 Coloring/ painting with friends and music
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9:00 Chair exercise- YouTube move to the music 9:30 Virtual Church- YouTube 2:30 Movie with snacks and	Memorial Day 26 8:45 Catholic Communion (P) 9:30 Chair exercise- stretching outside 10:30 Whiteboard- animals 11:00 Sensory bins- colors 1:30 Bingo 5:30 Coloring/ painting with friends and music	9:30 Chair Yoga 10:30 Whiteboard- Brain exercises 1:30 Art and Crafts 2:30 Happy Hour- Outside in Courtyard 5:30 Coloring/ painting with friends and music	9:30 Chair exercise- stretching outside 10:30 Whiteboard- animals 11:30 Sensory bins- textured 3:00 Gardening/ water flowers 5:30 Coloring/ painting with friends and music	9:30 Chair exercise- move to the music 11:00 Chef day 3:00 Hand Massage/ nail painting 5:30 Coloring/ painting with friends and music	9:30 Chair exercise pool noodle workout 10:30 Whiteboard- Food 11:30 Paint and Sip 2:00 Color Easter eggs 3:00 Bingo 5:30 Coloring/ painting with friends and music	10:30 Chair exercise- YouTube 1:30 Sensory bins- touch 3:00 Puzzle/ matching games 5:30 Coloring/ painting with friends and music



TV Moms

As in real life, TV moms can make us laugh and cry, as well as teach us valuable life lessons along the way. Here are some memorable mothers of the small screen.

Debut	TV Show	Character	Actress
1957	"Leave It to Beaver"	June Cleaver	Barbara Billingsley
1969	"The Brady Bunch"	Carol Brady	Florence Henderson
1974	"Good Times"	Florida Evans	Esther Rolle
1982	"Family Ties"	Elyse Keaton	Meredith Baxter
1991	"Home Improvement"	Jill Taylor	Patricia Richardson
1996	"Everybody Loves Raymond"	Marie Barone	Doris Roberts
2009	"Modern Family"	Gloria Delgado-Pritchett	Sofia Vergara
2014	"Black-ish"	Rainbow Johnson	Tracee Ellis Ross

"This Month In History"

MAY

1900: Thousands of people, including teams of scientists, gather in parts of the Southeastern U.S. to view a total solar eclipse.

1916: The Saturday Evening Post publishes its first cover that features a painting by Norman Rockwell.

1927: Aviator Charles Lindbergh successfully completes the first nonstop solo flight across the Atlantic Ocean.

1932: Comedian Jack Benny's first radio show is broadcast.

1942: The Women's Army Auxiliary Corps is created, enabling women to enlist for noncombat military duties.

1952: Originally created in Austria as a breath mint, Pez candy is sold for the first time in the U.S.

1961: Aboard the Freedom 7 space capsule, astronaut Alan Shepard is the first American to travel into space. His suborbital flight lasted 15 minutes.

1971: The NPR radio program "All Things Considered" premieres.

1991: Queen Elizabeth II becomes the first British monarch to address the U.S. Congress.

2004: At age 40, Randy Johnson of the Arizona Diamondbacks makes MLB history as the oldest pitcher to throw a perfect game.

2014: The music video "Gangnam Style," by South Korean pop star Psy, is the first video to reach 2 billion views on YouTube.

2017: "Wonder Woman" premieres in Los Angeles. The superheroine's story was the summer's highest-grossing movie.

