



# Ventana Winds

## Retirement Community

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### ELEMENTS MEMORY SUPPORT NEWSLETTER

#### MEMORY SUPPORT STAFF DIRECTORY

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 Alex Osono.....Compliance Director  
 Monica Samuels..... Marketing Director  
 Mike Burgess.....Wellness Director  
 Amanda Lemke.....Elements RCC  
 Jennifer Sims.....Resident Engagement  
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#### 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!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	All Events Are Subject To Change			1	2	3
4	5	6	7	8	9	10
<b>9:00 Chair exercise- YouTube move to the music</b> <b>9:30 Virtual Church- YouTube</b> <b>2:30 Movie with snacks and drinks</b> 5:30 Coloring/ painting with friends and music	<b>8:45 Catholic Communion (P)</b> <b>9:30 Chair exercise- stretching outside</b> 10:30 Whiteboard- animals 11:00 Sensory bins- colors 1:30 Bingo 5:30 Coloring/ painting with friends and music	<b>9:30 Chair Yoga</b> <b>10:30 Whiteboard- Brain exercises</b> 1:30 Art and Crafts 2:30 Happy Hour- Outside in Courtyard 5:30 Coloring/ painting with friends and music	<b>9:30 Chair exercise- stretching outside</b> 10:30 Whiteboard- animals 11:30 Sensory bins- textured <b>3:00 Gardening/ water flowers</b> 5:30 Coloring/ painting with friends and music	<b>9:30 Chair exercise- move to the music</b> 11:00 Chef day <b>3:00 Hand Massage/ nail painting</b> 5:30 Coloring/ painting with friends and music	<b>9:30 Chair exercise pool noodle workout</b> 10:30 Whiteboard- Food <b>11:30 Paint and Sip</b> <b>2:00 Color Easter eggs</b> <b>3:00 Bingo</b> 5:30 Coloring/ painting with friends and music	10:30 Chair exercise- YouTube 1:30 Sensory bins- touch <b>3:00 Puzzle/ matching games</b> 5:30 Coloring/ painting with friends and music
11	12	13	14	15	16	17
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## 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

"Then & Now"

## "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.