

NEWSLETTER

AT A GLANCE



Mother's Day is May 11th

**OLDER
AMERICANS
MONTH**



FLIP THE SCRIPT ON AGING: MAY 2025

May is Older Americans Month

- Read the Latest Article!



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OF THESE WORDS



FROM THE DESKS OF THE CO-CEOS:

JULIE SIMPKINS & GREG ECHOLS

The Longest Day is inspired by the day with the most light- the summer solstice. Individuals,

organizations, and companies use this inspiration to outshine the darkness of Alzheimer's disease by participating in **The Longest Day** campaign. Participants take their creativity and passion for what they enjoy doing and turn it into a way to raise funds and awareness for the care, support, advocacy and research efforts of the Alzheimer's Association.

In June 2024, Gardant managed communities and the Gardant Support Office, all participated in raising awareness and funds for this campaign. 75 communities registered and fundraised across five states and raised \$51,139.62 for the Alzheimer's Association **The Longest Day** Campaign. This was more than double what was raised in 2023!

This year, Gardant has set a goal of raising \$60,000 for the Alzheimer's Association **The Longest Day** Campaign. All Gardant managed communities and the Gardant support office will actively fundraise for this campaign. June 20th is the longest day or summer solstice for 2025. Your community will offer opportunities to support this great event right at the community. We hope that you will join in your community's fundraising efforts and help in the fight against Alzheimer's.

Here are some important statistics published on the Alzheimer's Association website (alz.org):

1. **Alzheimer's** is an epidemic.
2. **Alzheimer's** kills more than breast cancer and prostate cancer combined.
3. Nearly 7 million Americans are living with **Alzheimer's**.
4. In 2023, caregivers of people living with **Alzheimer's** and other dementias provided an estimated 18.4 billion hours of unpaid care, a contribution to the nation valued at nearly \$350 billion.
5. In 2024, **Alzheimer's** and other dementias will cost the United States \$360 billion. By 2050, these costs are expected to reach nearly \$1 trillion.

EVERY DOLLAR RAISED BENEFITS THOSE AFFECTED BY ALZHEIMER'S DISEASE IN YOUR COMMUNITY.

The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research. From face-to-face support to online education programs and promising worldwide research initiatives, the money raised makes a difference in the lives of those facing Alzheimer's.

ADDRESS
PHONE NUMBER
WEBSITE



IN THE NEWS



ABOUT THE MONTH OF MAY

RICK BANAS, VP OF DEVELOPMENT AND POSITIONING

Florence Nightingale was born on May 12, 1820. She received worldwide acclaim for her devotion to nursing, emphasizing the dignity of nursing as a profession.

In May 1872, Victoria Woodhull became the first woman to run for President of the United States. A leader of the women's suffrage movement, she also was the first female stockbroker on Wall Street.

The American Red Cross was founded by Clara Barton in May 1881.



The Lincoln Memorial in Washington, D.C. was dedicated on May 30, 1922.

On May 19, 1930, African American playwright Lorraine Hansberry was born in Chicago. She is best known for her play "A Raisin in the Sun," which was the first stage production written by a black woman to appear on Broadway.

Cheerios began hitting store shelves on May 1, 1941. Originally, the cereal went by the name Cheerioats.

In May 1954, Roger Bannister became the first person to break the four-minute mile.



On May 5, 1961, Alan Shepard became the first person from the United States to travel into space.

May is Arthritis Awareness Month, High Blood Pressure Education Month, National Nurses Month, Older Americans Month, and National Stroke Awareness Month.

The American Stroke Association reminds us that acting F.A.S.T. can mean the difference between recovery or disability, life or death.

F = Face Drooping
A = Arm Weakness
S = Speech Difficulty
T = Time to call 911.



Other symptoms can include numbness, confusion, trouble seeing, trouble walking, and a severe headache.



WELLNESS



OLDER AMERICANS MONTH

CHRISI KARCZ, VP OF CLINICAL SERVICES

The celebration of Older Americans Month in May 2025 offers an opportunity to honor our seniors and acknowledge their contributions to society. This year's theme is Flip the Script on Aging. The focus is on changing how society perceives older adults. Individuals and communities are encouraged to challenge stereotypes and dispel misconceptions. Let us honor older adults' contributions, help others explore opportunities to stay active and engaged, highlighting opportunities for purpose, exploration, and connection that come with aging.

Stories build community and connect us. Some suggestions to share Older Americans stories.

- Arrange for older adults to share or read stories. See if a local school would like to host a "Senior Day" where older adults speak to students or contact libraries about older adults reading to young children.
- Arrange for local school students to interview older adults in the community and write short biographies. Plan a program at which the students read aloud their stories. Invite your local newspaper, blogger, or radio station to attend.
- Use video chat technology to host a storytelling party. Select a theme or question and give each person five minutes to tell a story that relates to it.
- Ask your social media followers to share their wisdom, tips, and stories online using a unique hashtag or by posting to a forum you manage. Be sure to provide guidance (e.g., length), what you'd most like to hear, and a contact person for questions.
- Organize a selfie challenge on social media. Create a theme phrase (e.g., "Aging unbound means...") and use a related hashtag (e.g., #OlderAmericansMonth). Ask community members to fill in the blank and take a photo holding a paper with the sentence and then post on social media using your hashtag. You can even design a simple template with the phrase that can be printed out to make it easier for to join in.

Five facts about Older Adults You Need to Know:

1. They are online.
2. Four in five have chronic conditions.
3. Only 3.6% are in Nursing Homes.
4. They get a good night's sleep.
5. They have less stress.

#OlderAmericansMonth

OLDER
AMERICANS
MONTH



FLIP THE SCRIPT ON AGING: MAY 2025



RECIPE CORNER

OATMEAL BARS

Ingredients

- 2 cups quick-cooking oats
- 1/2 cup packed brown sugar
- 1/2 cup butter, melted
- 1/4 cup corn syrup
- 1 cup semisweet chocolate chips

Directions

1. In a large bowl, combine oats and brown sugar. Stir in butter and corn syrup. Press into a greased 9-in. square microwave-safe dish.
2. Microwave, uncovered, on high for 1-1/2 minutes. Rotate a half turn; microwave 1-1/2 minutes longer. Sprinkle with chocolate chips. Microwave at 30% power for about 4-1/2 minutes or until chips are glossy; spread chocolate evenly over top.
3. Refrigerate for 15-20 minutes before cutting.





LIFESTYLE



LET'S CELEBRATE

RESIDENT BIRTHDAYS:

FIRST NAME - DATE
FIRST NAME - DATE
FIRST NAME - DATE
FIRST NAME - DATE

WORK ANNIVERSARIES:

FIRST NAME - DATE
FIRST NAME - DATE
FIRST NAME - DATE
FIRST NAME - DATE

WELCOME NEW STAFF!

FIRST NAME - TITLE
FIRST NAME - TITLE
FIRST NAME - TITLE
FIRST NAME - TITLE

A NOTE FROM THE EXECUTIVE DIRECTOR

NAME

Article goes here

COMMUNITY PARTNER IN THE NEWS

EVENT TITLE

Article goes here

REMINDERS FOR EVENTS COMING UP

Article goes here



LIFESTYLE



H O R O S C O P E

AQUARIUS (1/20 - 2/18)

EFFORTS SHOULD BE MADE TO TAKE UP FRESH BUSINESS PROJECTS.

PISCES (2/19 - 3/20)

MONEY WILL BE FLOWING FROM DIFFERENT AVENUES WITH HELP FROM MERCURY AND VENUS.

ARIES (3/21 - 4/19)

HAPPINESS IN LOVE RELATIONSHIPS WILL BE EXCELLENT WITH HELP FROM VENUS AND MARS.

TAURUS (4/20 - 5/20)

FINANCES WILL BE GOOD WITH SUPPORT FROM THE PLANET JUPITER

GEMINI (5/21 - 6/20)

DIALOGUE WILL HELP HARMONY IN THE RELATIONSHIPS.

CANCER (6/21 - 7/22)

HEALTH WILL BE GOOD WITH RELIEF FROM RECURRING DISEASES.

LEO (7/23 - 8/22)

EFFORTS SHOULD BE MADE TO HAVE FRIENDLY RELATIONSHIPS

VIRGO (8/23 - 9/22)

THE ABSENCE OF COMPETITIVE SPIRIT WILL SPOIL THE EDUCATIONAL PROGRESS

LIBRA (9/23 - 10/21)

WITH GOOD COMMUNICATION, LOVE LIFE WILL BE QUITE PLEASANT.

SCORPIO (10/22 - 11/21)

MARS AND VENUS WILL HELP LOVE RELATIONSHIPS DURING THE BEGINNING OF THE MONTH.

SAGITTARIUS (11/22-12/21)

HEALTH WILL BE GOOD WITHOUT ANY SERIOUS ILLNESSES.

CAPRICORN (12/22 -1/19)

FAMILY RELATIONSHIPS WILL BE EXTREMELY PLEASANT WITH GOOD RELATIONSHIPS BETWEEN FAMILY MEMBERS.

UPCOMING EVENTS

DATE/TIME

Article goes here

FUN & GAMES

DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.

BASEBALL
BLOSSOM
BUMBLEBEE
BUTTERFLY
CINCO DE MAYO
FLOWERS



MERRY MONTH OF May

Word Search

E	B	H	C	Q	Q	U	Z	O	K	W	G	E	M	I	N	I	P	J
N	O	Y	A	M	E	D	O	C	N	I	C	S	G	O	G	D	J	Y
I	L	Y	P	A	V	D	J	T	J	L	Y	A	G	P	L	A	N	T
H	X	L	B	V	N	M	Y	A	D	S	R	E	H	T	O	M	G	E
S	E	E	D	S	Q	M	O	I	L	D	I	I	L	T	E	Q	L	F
N	E	C	J	I	Y	E	D	M	E	E	W	C	S	L	L	N	I	K
U	C	D	L	Q	W	M	G	N	I	R	P	S	Q	N	O	N	N	U
S	U	K	N	O	I	O	E	X	Q	S	U	V	C	F	P	L	H	A
Q	W	P	E	E	S	R	E	N	K	F	Z	G	P	A	Y	A	Z	G
H	O	H	O	S	E	I	B	L	D	Y	L	F	T	A	A	R	F	L
M	M	F	E	H	V	A	E	B	C	V	O	H	T	U	M	E	O	F
N	U	Q	C	F	S	L	L	N	U	H	X	A	Q	V	L	W	L	F
A	E	A	L	E	O	D	B	B	E	T	N	T	I	S	M	O	S	C
G	E	E	B	A	H	A	M	Z	L	I	T	A	M	D	W	M	Y	X
T	F	A	R	L	D	Y	U	B	P	O	E	E	N	E	S	N	W	D
Q	L	Z	F	G	M	Y	B	I	N	S	S	J	R	N	R	W	C	W
L	B	Y	O	D	A	B	B	P	A	T	Z	S	S	F	H	A	Y	Z
I	Y	Y	Z	T	A	U	R	U	S	G	O	E	O	O	L	L	S	G
Y	O	O	Q	F	I	S	K	R	G	F	D	G	U	M	Y	Y	R	J

GARDEN
GEMINI
GREEN
LADYBUG
LAWNMOWER
MAYPOLE
MEMORIAL DAY
MOM

MOTHER'S DAY
PIÑATA
PLANT
SEEDS
SPRING
SUNSHINE
TAURUS
TEACHER



ANSWERS

MERRY MONTH OF May

Word Search

SOLUTION

