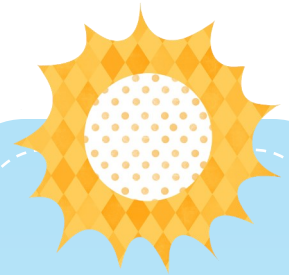




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April Newsletter
Volume 3, Issue 5



May is National Military Appreciation Month

Declared by Congress in 1999, May was selected to be National Military Appreciation Month, a month-long observance honoring the sacrifices of the United States Armed Forces. There are more military related observances during the month of May than any other month, so it is an appropriate time to honor those serving and those who have served. During May, we recognize Loyalty Day, National Military Spouses Day, V-E Day, Children of Fallen Patriots Day, Armed Forces Day and Memorial Day.

National Military Appreciation Month opens with Loyalty Day on May 1st. It's a special day for people to reaffirm their loyalty to the United States and to recognize the heritage of American freedom. National Military Spouses Day, is a presidentially-approved holiday and is celebrated on the Friday before Mother's Day in May. This year it will be observed on Friday, May 7th, 2021.

Military Spouse Appreciation Day is a day set aside for us to pause to recognize the military spouses around us who are the backbone of the families who support our troops. Military spouses are silent heroes who are essential to the strength of the nation, and they serve our country just like their loved ones.

This year is the 75th anniversary of V-E Day. V-E Day, May 8th, is observed all over the world and marks the end of World War II. It celebrates the acceptance of surrender the Allies received from Nazi Germany on May 7th, 1945.

To salute the sacrifice of military children who have lost a parent in the line of duty, May 13th has officially been proclaimed Children of Fallen Patriots Day. This date shows appreciation for the young people whose lives were forever changed in support of their parents' service to our country. Too often, this tremendous sacrifice is overlooked, which is why Children of Fallen Patriots Day was created to applaud their resilience and strength.

Armed Forces Day, held annually on the third Saturday of May, will be celebrated this year on May 15th. It is a time to honor the men and women who currently serve in the armed forces in the United States.

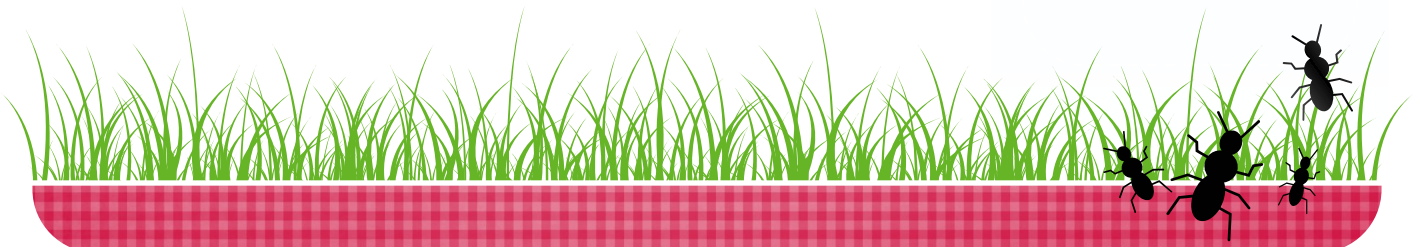
National Military Appreciation Month closes with Memorial Day, which is a Federal Holiday. On this day, we honor those men and women who have died serving in the United States Armed Forces.

May is also:

Gifts from the Garden Month
National Bike Month
National Blood Pressure Month
National Salad Month
Older Americans Month

Special Dates of Interest

4th Star Wars Day
5th Cinco de Mayo
7th **Payday**
9th Mother's Day
10th National 3rd Shift Workers Day
12th Limerick Day
15th National Slider Day
16th Wear Purple for Peace
18th No Dirty Dishes Day
20th Pick Strawberries Day
21st **Payday**
23rd Lucky Penny Day
27th Sun Screen Day
28th Don't Fry Friday
30th Water a Flower Day
31st Memorial Day (Federal Holiday)



National Limerick Day May 12, 2021

National Limerick Day pays homage to English Poet, Edward Lear, who made the short poems widespread.

A limerick consists of five lines. The 1st, 2nd, and 5th lines must have 7 to 10 syllables while rhyming and having the same verbal rhythm. The 3rd and 4th lines should have 5 to 7 syllables; they too must rhyme with each other and have the same rhythm.

*There was a young lady of
Niger*

*who smiled as she rode on
a tiger;*

*They returned from the
ride*

With the lady inside,

*And the smile on the face
of the tiger.*

*I'm papering the walls in
the loo*

*And frankly I haven't a
clue:*

*For the pattern's all
wrong*

(Or the paper's too long)

*And I'm stuck to the toilet
with glue.*

National Don't Fry Day

To help reduce rising rates of skin cancer from overexposure to the ultraviolet (UV) rays of the sun, The National Council on Skin Cancer Prevention has designated the Friday before Memorial Day as "Don't Fry Day" to encourage sun safety awareness and to remind everyone to protect their skin while enjoying the outdoors.



Prevent Skin Cancer

Follow these sun safety practices to protect your skin from damaging effects of sun exposure and reduce your risk of skin cancer.

Seek shade when the sun's rays are strongest between 10 am and 2 pm. If your shadow is shorter than you are, seek shade.

Wear sun-protective clothing, such as a lightweight, long-sleeved shirt, pants, a wide-brimmed hat and sunglasses with UV protection. For more effective protection, select clothing with an ultraviolet protection factor (UPF) label.

Apply a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher. Use sunscreen whenever you are outside – even on cloudy days. Apply enough sunscreen to cover all skin not covered by clothing. Don't forget the tops of your feet, your neck, your ears and the top of your head.

Reapply sunscreen every 2 hours, or after swimming or sweating.

Use extra caution near water, snow, and sand, because they reflect the rays of the sun, which increases your chance of a sunburn.

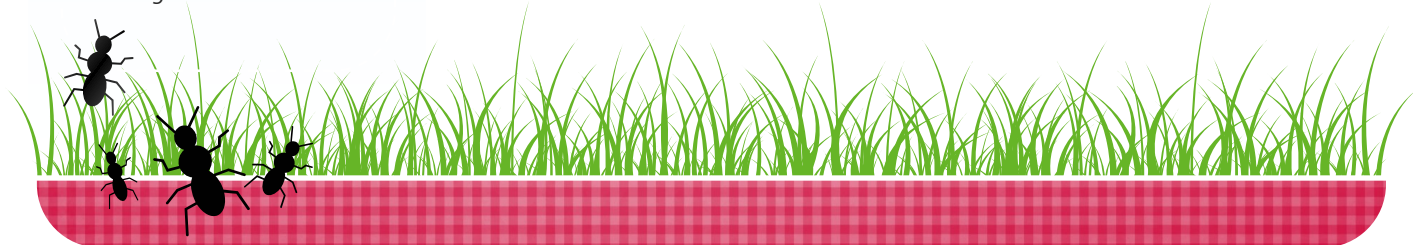


"I'm warning you, Edgar. You're getting too much sun."

Avoid tanning beds.

Ultraviolet light from tanning beds can cause skin cancer and premature skin aging.

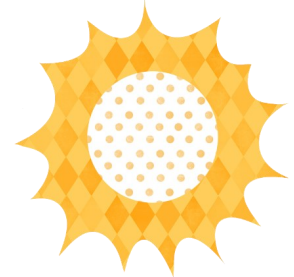
If you want to look tan, consider using a self-tanning product but continue to use sunscreen with it.



What To Look For In A Sunscreen

Today's sunscreens can help prevent sunburns, skin cancer, and premature skin aging, like wrinkles and age spots. To help choose the best sunscreen protection for you and your family, follow this advice:

- Choose a broad-spectrum sunscreen which protects you from the sun's harmful aging, ultraviolet A (UVA) and burning, Ultraviolet B (UVB) rays.
- Use a sunscreen with a SPF 30 or higher. To simplify things, you may want to think of the sun protection factor (SPF) as the "sunburn protection factor." The number behind it tells you how much UVB (burning rays) a sunscreen can filter out. SPF 30 filters out 97% of the sun's UVB rays.
- No sunscreen is waterproof; however, there is water-resistant sunscreen. Water-resistant sunscreen stays effective 40 – 80 minutes in the water. At that time, you'll need to reapply.
- Even if your skin remains dry while using a water-resistant sunscreen, you'll need to reapply after 2 hours.



As long as a sunscreen offers all of the following, it can effectively protect you from the sun:



SPF 30 or greater



Broad-Spectrum Protection



Water Resistance

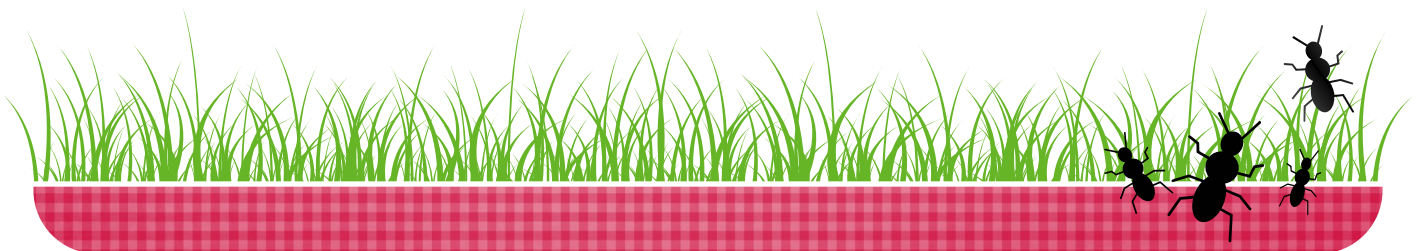
Other terms related to sunscreen that may be of interest are:

Chemical sunscreen: Protects you by absorbing the sun's rays. May contain one or more of possible active ingredients, including oxybenzone or avobenzone.

Physical sunscreen: Protects you by deflecting the sun's rays. Contains the active ingredients titanium dioxide and/or zinc oxide.

Some sunscreens use both types of active ingredients, so they contain one or more active ingredient found in physical sunscreen and chemical sunscreen. If you are concerned about an specific active ingredient, look for a sunscreen that contains different ingredients.

Tip: If a sunscreen label says it contains insect repellent, you may want to consider looking for a different sunscreen. Sunscreen should be applied liberally and often. However, insect repellent should be applied sparingly and less often than sunscreen.



National Strawberry Month

Sweet and bright, National Strawberry Month beckons in May. We eat strawberries fresh out of the garden, blend them in smoothies, add them to parfaits and make them into pies. Strawberries tantalize us in ice cream and milkshakes, too. We create preserves with them and give them to our sweethearts covered in chocolate or whipped cream.

These slightly tart berries aren't even berries. Strawberries belong to the rose family and reproduce from runners, not seeds. There are over 400 varieties, and berry produces approximately 200 seeds on the outside of the fruit.

They're nutritious, too. Strawberries are low in sugar and excellent sources of vitamins C and K.

Strawberry Smoothie Recipe

www.bettycrocker.com

Ingredients

1 container (6 oz) Yoplait Original yogurt strawberry, strawberry kiwi or strawberry mango
1/2 cup sliced fresh or frozen strawberries (frozen will make the smoothie thicker)
1/2 cup orange or pineapple juice
Pineapple chunks, strawberries or kiwifruit slices, if desired.

In blender, place yogurt, strawberries and juice. Cover, blend on medium about 2 minutes until smooth.

Pour into serving glass, Garnish with pineapple, serve immediately.



It's the picnic principle. Things taste better outdoors. And if it's a forbidden thing, so much the better. ~ Franny Billingsley

Loaded Cauliflower Salad (A Low-Carb Potato Salad)

Ingredients:

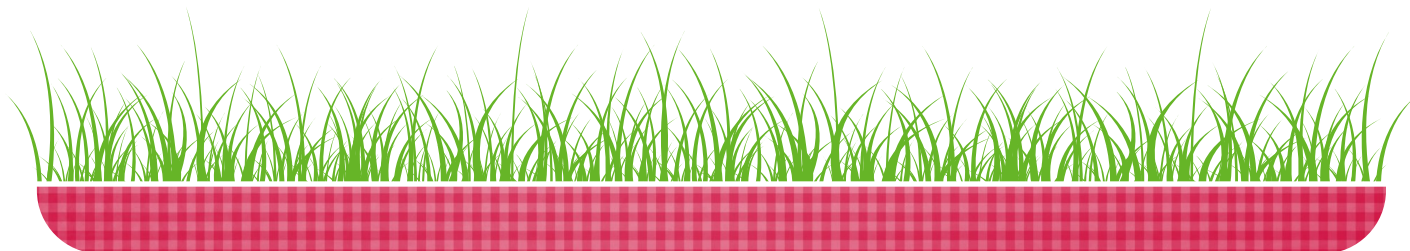
1 large head cauliflower, cut into florets
6 slices bacon
1/2 c. sour cream
1/4 c. mayonnaise
1 tbsp. lemon juice
1/2 tsp garlic powder
Kosher salt
Freshly ground black pepper
1 1/2 c. shredded cheddar
1/4 c. finely chopped chives



Directions

- 1) In a large skillet, bring about 1/4" water to boil. Add cauliflower, cover pan, and steam until tender, about 4 minutes. Drain and let cool while you prep other ingredients.
- 2) In a large skillet over medium heat, cook bacon until crispy, about 3 minutes per side. Transfer to a paper towel-lined plate to drain, then chop.
- 3) In a large bowl, whisk together sour cream, mayonnaise, lemon juice, and garlic powder. Add cauliflower and toss gently. Season with salt and pepper, then fold in bacon, cheddar, and chives. Serve warm or at room temperature.

www.delish.com



In the Spotlight

Meet Employee of the Month, Shawna Beaver, HS Willow

Shawna started her employment with CSCS in August 2019. Within 2 months, she suffered a personal tragedy. All the staff, including her PC, Kim and the HS, Rose, were there to support her. Everyone pulled together while Shawna was dealing with ICU, surgeries, TBI and rehabilitation. Shawna states that she will be forever grateful to the kindness that was shown to her during such a detrimental time in her life.

Since that time, Shawna has worked her way up to become the House Supervisor for Willow Home. She is very patient and understanding. She cares for all her residents and staff. Shawna's favorite thing about the company is that all the staff will pitch in and work at other homes who are struggling with staffing issues.

Shawna lives in a log home on 10 acres in Sterling, where she is surrounded by nothing but nature, pine trees and the Rifle River. In the summertime, she loves sitting out on her front porch at nighttime, surrounded by nature, candlelight, the woods and a good cup of coffee.

Shawna is celebrating 20 years of being with her better half; however, they have known each other for 37 years. She has a son, Skylar, who resides in Indiana with Shawna's granddaughter, Amara. Her next vacation will be to travel to celebrate Amara's 5th birthday. Shawna also has a daughter, Mariah, who also lives in Sterling, with Shawna's grandson, Jaidyn, who is age 12.

When she is not working, Shawna takes care of her better half. Her home is surrounded by family (with some adopted in), friends, laughter and love.



MOM
Happy Mother's Day
May 9th, 2021

National 3rd Shift Workers Day May 12, 2021

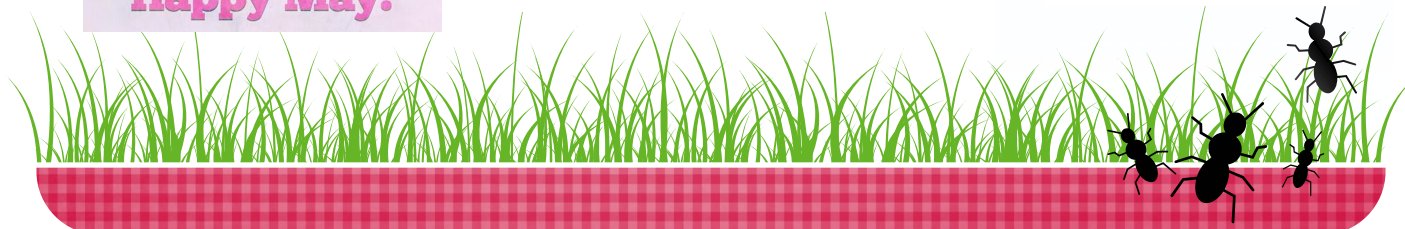
National Third Shift Workers Day, held on the 2nd Wednesday in May, is a holiday that's designed to give those hard-working individuals who work the overnight shift the well-deserved recognition that they deserve.



Our deepest sympathy to the residents and staff from Gruber, Parkside and Truax Homes, for their loss of a resident this past month.

Home News

Remodeling and work continues on Dewhirst (Saginaw) and Bradford Estates (Gagetown).



BACKYARD RETREAT

If your home is your castle then your backyard must be the royal grounds. Take a relaxing stroll through the word list, and search for items that might be found in a backyard.

ADIRONDACK (chair)	CROQUET (set)	GRILL
BENCH	DECK	HAMMOCK
BOCCE (court)	FEEDER	HORSESHOES
BUG SPRAY	GARDEN	HOSE
CITRONELLA	GAZEBO	HOT TUB
		LANTERN

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

LIGHTING
LOUNGE
(chair)
PATIO
PLANTER
POOL
RADIO
SHED
STEAMER
(chair)
SWING SET
TABLE
THERMOME-
TER
TIKI TORCH
TRELLIS
UMBRELLA



Piña Colada Chicken Salad

Ingredients:

- 1 c. all-purpose flour
- Kosher salt
- Freshly ground black pepper
- 2 large eggs
- 1 c. shredded coconut
- 1 lb. boneless skinless chicken breasts, cut into tenders
- 1 large head romaine, chopped
- 1 red bell pepper, thinly sliced
- 2 c. pineapple, chopped
- 1/2 c. coconut milk
- Juice of 2 limes, plus zest of 1
- Pinch crushed red pepper flakes

Directions

1. Preheat oven to 400°. In a shallow bowl, season flour with salt and pepper. In another shallow bowl, beat eggs. In a third shallow bowl, add coconut. Dredge chicken in flour, then egg, then coconut and transfer to baking sheet.
2. Bake until chicken is cooked through and coconut is golden, 12 minutes.
3. In a large bowl combine romaine, red pepper, pineapple and chicken.
4. In a small bowl, whisk together coconut milk, lime juice and zest, add red pepper flakes and season with salt.
5. Drizzle w/ dressing and serve.

If ants are such busy workers,
how come they find time to go
to all the picnics?

~Marie Dressler

