

May 2024

Sunnyside Sentinel

Sunnyside Senior Living 108 Wildwood Dr, Cadillac, MI

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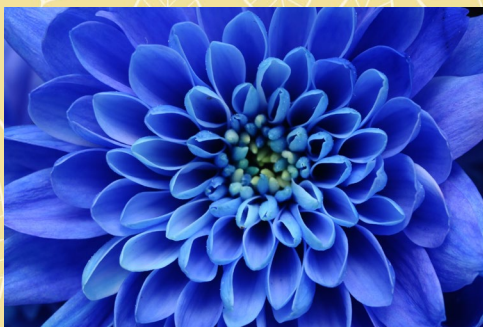
Resident Care Manager
Skye Schwab

Life Enrichment
Leslie Benson

Sunnyside Birthdays

Jamie Diener
May 17th

*Happy Birthday,
Jamie!*



Welcome May!

May Day, May 1st, is marked with rich celebrations of culture and folklore throughout history, welcoming the return of spring!

There are many fun traditions that have persisted over time, like creating delightful little baskets with sweets and flowers to celebrate. Sometimes the baskets are left on the doorsteps of the unsuspecting with the sender yelling "May Basket" and dashing from the scene.

Festivities may also be held the night before, known as May Eve. Traditions often include gathering wildflowers and green branches, weaving floral garland, crowning a May Queen, and setting up a maypole.

Every year people around the world still celebrate the first day of May by watching dancers weave ribbons around the maypole. This tradition dates back centuries.

Guinness World Records has listed that the largest maypole dance was achieved in Manheim, Pennsylvania on May 9, 2015, with 326 participants.





Spotlight Clara Martin

Clara is a talented, creative woman! She keeps herself busy with many projects. She enjoys good newspaper articles and is always interested in learning new things.

Clara is an excellent seamstress. She made her 3 daughter's wedding gowns, including the lace, and crocheting. She still mends and sews here at Sunnyside.

In total Clara has 5 children. She is full of good tips on the best ways to cook, can, clean, and do most everything she had to do around her house.

At 87 years young she is spry and helpful! She participates in all Sunnyside activities from crafting to Bingo, and all our exercises.

Thanks, Clara, for your kindness and good sense of humor! We are glad you are here.

Point of Interest:

The Empire State Building opened its doors on May 1, 1931. At the point of construction, it held the record for being the tallest building in the world. Many other sky-high constructions have since dwarfed it, but it's still an awe-inspiring feature of the New York city landscape!



Moo-ve over April, May is here!

The Ancient English used to refer to May by a totally different name. It was known as the "Month of Three Milkings." Because of the quantity of new green grass, cows could start to be milked 3 times a day! Happy Milking Month, everybody!



**Joke: How do you count cows?
Answer: With a COWCULATOR!**



Staff Spotlight Emily Marvin

Emily is mom to little 9-month-old Benji. Besides being with her adorable baby, she likes to hunt and fish!

Emily has been at Sunnyside for 2 years. This fall she will be heading to Ferris State University to pursue a degree in nursing!

Although we are thrilled for her to be following her dreams, we are happy that will still see her sweet face here at Sunnyside!

Thanks, Emily, for taking such good care of all the residents here!

“A mother’s love
is more beautiful
than any fresh
flower.”

DERASISH HRIDHA



The Eclipse Watchers of Sunnyside: Brenda, Shirley, Bill, Cullann, Cleo, Clara, Skye and Jeff



A table of joyful voices singing-
for no special reason other than
to share some time together!



Cinco De Mayo – May 5th

This annual celebration commemorates the Mexican Army's victory over the French empire at the Battle of Puebla of May 5th, 1862. The colors associated with Cinco de Mayo are red, white, and green, reflecting the Mexican Flag.

Mole Poblano?

Tacos and margaritas are great, but they are not the official dish of this holiday. It is mole poblano, an authentic Mexican dish of a dark brown sauce made with Mexican chocolate and a ton of spices. The dish comes from the Mexican city of Puebla where the victory occurred. OLE !

Mother's Day – May 12th

Every year on the second Sunday in May, we celebrate Mother's Day by giving our moms cards, gifts, and time together.

People all around the world observe Mother's Day, honoring their original #1 woman with longstanding traditions. With street serenades in Mexico, cemetery visits in Peru, a 3-day festival in Ethiopia, Australians giving mums to Mums, cakes baked to look like a bouquet of flowers in France – there are many ways to show love to the mothers in our lives.

"Mothers hold their children's hands for a short while, but their hearts forever."

Memorial Day – May 27th

Background:

Memorial Day started as an event to honor Union soldiers who had died during the American Civil War. It was inspired by the way people in the Southern states honored their dead. After World War 1, it was extended to include all men and women who died in any war or military action.

Memorial Day was formerly known as Decoration Day. Many people visit cemeteries and memorials on Memorial Day, but it is also seen as the start of the summer season, which is why celebrations usually include picnics, barbecues, and fun gatherings.

Danielle and Gene enjoy a moment in the fresh air!



May Devotion Chaplain Karen

Above all...Love

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness, and patience. ¹³ Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. ¹⁴ And over all these virtues put on love, which binds them all together in perfect unity. Colossians 3:12-14



John and Lori, my brother and sister-in-law, were exhausted from a long road trip from the east coast out to Arizona. They experienced long hours, heavy traffic, and **lots** of irritated drivers. Then they saw the trailer below. Who would have thought they'd see something like that!

The truck belongs to Nussbaum Transportation. Like Baruch Senior Ministries, they are a company committed to sharing the love of God.

A few years ago, they felt led to the theme "Love, above all." An employee named Saige wondered, "what if we put (that) on a chalkboard and invite employees to be vulnerable with their struggles? And not only be **vulnerable but commit to putting love above that struggle?**" The result was a semi-trailer with the picture of the board. The words on the truck all were written by Nussbaum employees.

We all have barriers that affect how we receive and give love. God loves us fully, having removed all barriers between God and us. But what barriers may we have that prevent us from loving others fully? If you were invited to put a word on that board, what would your word be? Ask God to remove that barrier. And as "God's chosen people, holy and dearly loved," let us put on Love above all.