



NorBella
SENIOR LIVING

Age Magnificently



Our Community Newsletter

Discover what's going on in our community.



Happy May to you all,

We are excited for the new month!! We have hired 2 new caregivers, that will be starting in May. We will continue to recruit more staff to keep our staffing levels optimal. We recently had our caregivers go through a dementia champions course, that provided interactive training on best practices when working with residents in assisted living experiencing memory loss issues. We are also preparing for our annual training that we conduct with the staff to ensure they retain their skills, and learn new ways to do their job efficiently.

Lastly, thank you to all the families and friends that came out on April 20th for our Easter meal. We had a great turnout and had over 30 guests come out to celebrate with the residents.

Our next family council meeting will be held on Thursday May 8th at 5:30.

We will also have podiatry onsite on Thursday May 15th. If you are new to seeing podiatry, please sign up with our nurse Katie Germann.

Deborah Ashamu
Executive Director

Community **Life Activities**

Entertainment

- Friday May 2nd at 2:30
- Mary Annes Karaoke
- Friday May 9th at 2:30
- Steve Rosa
- Saturday May 10th at 1:30
- Violinist Shawn Vougeot performing for Mothers day tea
- Friday May 16th at 2:30
- The Floras
- Rockin' with Tony performing in memory care at 2:30
- May 6th and 27th

Resident Council

Thursday May 1st at 2:00

Family Council

- Thursday May 8th at 5:30

Outings

- Monday May 12th at 2:00
- 5 Below, Bath & Body, Dollar Tree
- Thursday May 22nd at 1:30
- Como Zoo
- Tuesday May 27th at 3:30
- Walk to Kwik Trip

RSVP is required for outings. Sign up sheets are located by the activity tables.

Midweek Matinee's

- Wednesday May 7th at 2:00
- Snow White and the 7 Dwarfs
- Wednesday May 21st at 2:00
- The Sandlot

May is here, and we are looking forward to the nicer weather. For May our theme is move and thrive. We will be having a walking club at 4:00 on Wednesdays. We will also have our weekly exercise classes in the morning, Monday through Friday.

We received some great news about our Try-athlon we participated in from January through March. We placed third in our division, and won a nice amount of money, for our residents to decide on what they would like to buy for our building. We are very excited to brain storm some fun things we can do.

We will be having a Mother's day tea on Saturday May 10th at 1:30 in the A.L. dining room. Chef Emily will be making some nice desserts and we will have an assortment of teas or coffee if you prefer. Violinist Shawn Vougeot will be playing for us during our tea time.

We are always looking for volunteers, whether it's running activities with the residents or playing music, or pet visits, we welcome all ideas and caring people who enjoy sharing their time. If you have an interest in volunteering, stop by and pick up an application at the front office.

We wish everyone a wonderful month of May, and a safe and fun Memorial weekend.

Mindy La Clair
Community life director



Resident Referral Program

Pick Your Neighbor

REFER A FRIEND TO NORBELLA CENTERVILLE & WHEN THEY MOVE IN

you
will receive \$500 off
one month's rent

&

your friend
will receive \$500 off
one month's rent

*friend must mention you during our first conversation



NorBella
CENTERVILLE

Honoring the Heart of the Home: A Tribute to Mothers

As the blossoms of May begin to bloom, we take this special moment to honor the women who have shaped our lives with love, strength, and wisdom -- our mothers, grandmothers, and all the mother figures who have nurtured hearts and homes.

Mother's Day is more than a date on the calendar; it's a heartfelt celebration of the stories, sacrifices, and smiles that have stood the test of time. In our community, we are privileged to be surrounded by women whose lives have inspired generations -- each one with a unique journey, full of love, laughter, and lessons worth passing down.

This month, we'll be celebrating with a special Mother's Day Tea & Treats Social on Sunday, May 12th, where residents, families, and friends are invited to share stories, enjoy live music, and raise a cup in tribute to the mothers in their lives.

We've also collected a few memories from our residents to share:

"My mother taught me how to bake bread from scratch. It's a tradition I still carry on every spring."

-- Helen R., Resident

"Being a mom was my greatest joy -- and now I get to be a grandma, too. It's a beautiful full circle."

-- Dorothy T., Resident

Whether you're a mother, daughter, son, or simply someone who has been loved by a mother -- we invite you to reflect on the ways maternal love has made your life brighter. Sometimes, it's the smallest gestures -- a comforting word, a favorite dish, a hand to hold -- that make the biggest impact.

We also remember and honor the mothers who are no longer with us, carrying forward their legacy through cherished memories, shared recipes, and traditions kept alive.

Looking for ways to celebrate this month?

- Write a letter to your mom or a loved one who's been like a mother to you.
- Plant a flower or herb in her honor -- lavender and rosemary are classic choices.
- Share a memory at our upcoming storytelling circle, "Moments with Mom," on May 14th.

From all of us here, Happy Mother's Day to the amazing women in our lives. Your love continues to bloom in everything we do.



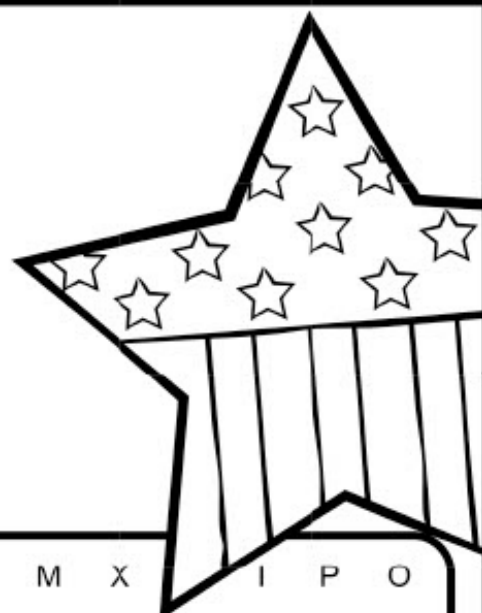
*Happy
Birthday
to You*

- **Dale 5/15**
- **Marion
5/30**

Name: _____

MEMORIAL DAY

Word Search



Can you find the words in the word search below?
They can be horizontal or vertical, and forward or backward.

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



memorial
flag
monument
veterans
cemetery

heroes
sacrifice
courage
America
respect

remember
stars
stripes
patriotic
soldier