

Events in May

Tuesday, 5/5, at 3:00pm: Music with Steve in the Lobby.

Let's clap with Steve as he sings the standards that we all know and love!

Friday, 5/8, at 2:00pm: Mother's Day High Tea in the Lobby.

Our annual Mother's Day High Tea has once again arrived. Let's celebrate ourselves, mothers, stepmothers, grandmothers, sisters, aunts, and the women who stepped up this day!

Saturday, 5/9, at 10:30am: Music with Allison in the Lobby.

Allison Donahue comes to us from the Florida circuit with a selection from the 1930s to 1970s. Join us as she celebrates Mother's Day weekend with song!

Monday, 5/11, at 2:00pm: Music w/ the Royal Oak Musicales in the Lobby.

The senior choir group from Royal Oak Musicales returns for a fun afternoon of singalongs and showtunes!

Tuesday, 5/12, at 2:00pm: Travel to Mexico Mixer in the Lobby.

This month we are exploring Mexico with music, art, trivia, and food.

Thursday, 5/14, at 3:00pm: Birthday Party with Marie in the Lobby.

Let's celebrate our May birthdays with Marie and her fun party vibes!

Tuesday, 5/5 and 5/19, at 10:30am: Judy and Frodo the Therapy Dog Visit

Judy and Frodo will come back with more stories and trivia for us!

Thursday, 5/21, at 2:00pm: Music w/ Gary in the Lobby.

Snap along with Gary as he sings the country and Motown hits!

Friday, 5/22, at 12:00pm: May BBQ in the Gazebo. We'll be hosting our first cookout of the year!

Tuesday, 5/26, at 2:00pm: Outing to James C. Nelson Park.

We'll take a trip over to James C. Nelson Park down the road to peek in the Butterfly House and Community Garden.

Wednesday, 5/27, at 11:15am: Movin' & Groovin' with Kathleen in the Lobby.

Let's welcome Kathleen back for another music and exercise class.

May Birthdays

In astrology, those born May 1–20 are Bulls of Taurus. Bulls show a steady persistence in endeavors both professional and personal, and after working hard, they are not shy about rewarding themselves for a job well done. Those born May 21–31 are Gemini's Twins. The Twins represent energetic communication and interaction. Curious Geminis love to collect and share information. Witty and intellectual, they attract many friends, mentors, and colleagues.

Frankie Valli (singer) – May 3, 1934
 Willie Mays (ballplayer) – May 6, 1931
 Florence Nightingale (nurse) – May 12, 1820
 Cher (singer and actress) – May 20, 1946
 Bill Robinson (tap dancer) – May 25, 1878
 Sally Ride (astronaut) – May 26, 1951
 Gladys Knight (singer) – May 28, 1944
 Clint Eastwood (actor) – May 31, 1930
 Brooke Shields – May 31, 1965



Yvette	May 1st
Derrick	May 4th
Don N.	May 5th
Tai	May 8th
Paige	May 9th
Justice	May 11th
Norrene	May 12th
Linda Z.	May 13th
Linda N.	May 20th
Chanisha	May 20th
Edwin	May 23rd
Genevieve	May 24th

Pomeroy Living

Assisted Living | 2200 15 Mile Rd, Sterling Heights, MI 48310 | (586) 554-7200



Here to Assist You

Mary Zolno

Executive Director

execsa@pomeroyliving.com

Heather Cousineau

Leasing Director

leasingsa@pomeroyliving.com

Robyn Lanzon

Director of Wellness

dowsa@pomeroyliving.com

Stephanie Noble

Housekeeping Supervisor

hsksa@pomeroyliving.com

Michelle Burse

Executive Chef

chefsa@pomeroyliving.com

name

Maintenance Supervisor

maintenancesa@pomeroyliving.com

Aiden Jacob

Activity Director

activitysa@pomeroyliving.com

Nancy Frendo

Accounts Payable/Reception

apsa@pomeroyliving.com

Mother's Day High Tea Party

This year's Mother's Day Tea Party will take place in the Lobby on



May 8th, from 2pm to 3:30pm. Please join us as we celebrate the women in our lives who've provided a maternal role. If you would like to provide support for this

event, please email or speak to Aiden, the Activity Director.

Trash to Treasure Date Announcement!

This June's Trash to Treasure event will take place on Thursday, June 11th from 2pm to 4pm in the Lobby. The Activity Department is accepting



donations of clothing, accessories, décor, books, games, and so much more, until June 10th at 5pm. Items can be left in the Activity Office at any time. We invite residents, staff, and families to donate and shop! All items are free to take.

This Summer...

We have fun planned this summer! Here's a preview:

- In June, let's Sail Away for Father's Day on Friday the 19th and discover the Caribbean on Tuesday the 23rd!
- In July, we'll have an Independence Day Cookout on Friday the 3rd and go watch the local Minor League Baseball teams at UWM Stadium on Wednesday the 15th!
- In August, join us Thursday the 13th for our 5th Annual Pomeroy Classic Car Show with DJ Tony!
- September hosts a week of events starting on Sunday the 13th (Grandparents' Day) and ending on Friday the 18th to celebrate National Assisted Living Week!



Thank you all for supporting the Activities Department in our mission to bring joy and love into the lives of our residents.

SPIRIT DAYS

5/8 Friday: **Tea Party Day**

5/12 Tuesday: **Mexico Day**

Catholic Communion & Rosary

Every Wednesday at 10:30am

This is held in the Lobby every Wednesday morning with the ladies from St. Renee.

Goodlife Church

Tuesdays, May 5th and 19th at 2:00pm

Pastor Prout will bring a word of encouragement and lead us in a few hymns in the Lobby.

Bible Study

May 28th at 2:00pm

Join us in the Lobby as we discuss Humility in the Bible.

Open Gym

Every Wednesday from 10-11am

Ami, the Physical Therapist, oversees the gym each week. This is not a formal therapy session but is a chance for you to use the equipment in the gym with supervision.

John Anthony Salon

Thursdays from 9:30am to 3:00pm

Please see the receptionist to make an appointment with Jan, the stylist. You need a signed consent form and a credit card on file. Gratuities are cash only.

Aiden's Addition

If you need to schedule transportation on our bus for anything (doctor or family outing, etc.), please see Executive Director, Mary Zolno.

Our gazebo will reopen once we have multiple days of consistent good weather. When you do head outside, please make sure that you have adequate sun protection (Sunglasses, hats, sunscreen, etc.)!

"Who am I?" Answer: I am Lydia Mendoza, Mexican-American guitarist and singer of Tejano and traditional Mexican-American music.

Housekeeping Reminder: Spring is here and soon Summer will be, and you may be getting new clothes and bedding that are weather-appropriate. Please make sure that those items are dropped off with the receptionist for labeling. If you have any questions, don't hesitate to reach out to Stephanie, the

Who am I?



I was born on May 31st, 1916, in Houston, Texas. I died on December 20th, 2007, in San Antonio, Texas.

I was dubbed, "The Mother of Tejano Music", an art form that is the uniquely Texas cultural amalgamation of traditional Mexican, Spanish, German, and Czech musical roots. I recorded on numerous labels over the course of my six-decade career of live performing. The aggregate total of my records numbers an estimated 200 different Spanish-language songs on at least 50 LP record albums.

In 1977, I performed at the Inauguration of President Jimmy Carter, as part of the line-up for the Inaugural Folk Dance and Concert. My most well-known tune was "Mal Hombre" (Bad Man), a song I had heard as a child.

Employee of the Month: Paula Clifton – Care Staff

Paula has made the switch from Dietary to Care Staff, and with the switch has come even more talent and care! The residents praise Paula's dedication to their wellbeing, family members send their compliments directly to management, and staff members recognize her work. Thank you, Paula, and congratulations!



Excellence in Action: Yvette Johnson – CNA

Our Executive Director can't go a day without hearing how much families love the care Yvette provides to the residents of Upper Assisted Living. She is consistent, keeps vigil, and remains a frontline hero amongst frontline heroes. Yvette is the bedrock of care for our residents. Thank you, Yvette, and congratulations!



April in Review



Holy Rollers



As the weather warms in May, cyclists of both the motor and pedal variety feel the call of the open road. As a response to this urge to cycle, many

religious institutions hold a Blessing of the Bikes ceremony. In massive cathedrals like New York City's St. John the Divine, pews and aisles are packed with bikers and spandex-clad cyclists of all religious denominations while the local priest showers attendees with holy water and prayers for a safe and fun bicycling season.

Since 1972, the Blessing of the Bikes has become a ritual each May in Baldwin, Michigan. Over 10,000 motorcyclists and bicyclists congregate at the Baldwin airport for a blessing ceremony. Some churches have added a new twist, inviting wheelchairs, strollers, and skateboards for a Blessing of the Wheels.

