

May Birthdays

Christine H. 5th
Robert W. 6th
Mara B. 12th
Louise E. 14th
Julie P. 14th
Livia D. 17th
Hans M. 17th
Arlene L. 20th
Sandra R. 26th
Susan C. 28th
Bill O. 29th



Life at Turtle Speed

In many traditions, the turtle carries the world on its back or represents the steady foundation of life itself. Their shells symbolize shelter and perseverance—moving forward while carrying one's home, history, and strength along the way.

Perhaps the most enduring lesson turtles offer is the familiar phrase "slow and steady." Turtles remind us that progress doesn't have to be rushed to be meaningful. In a world that often prizes speed, multitasking, and constant productivity, turtles model a different approach. Turtles have been moving through Earth's waters and landscapes for more than 200 million years, quietly outlasting dinosaurs, ice ages, and continents in motion. Each May, World Turtle Day (May 23) invites us to pause and consider what these remarkable animals can teach us about conservation, resilience, and how to live well in a fast-paced world.

Today, turtles need our attention more than ever. Of the world's roughly 360 turtle and tortoise species, more than half are threatened or endangered. Habitat loss, plastic pollution, climate change, and road traffic all take a toll. Sea turtles often mistake floating plastic for food, while freshwater turtles lose nesting areas to development.

Even small actions matter: Slowing down in crossing areas, reducing plastic use, and supporting conservation organizations can help turtles remain part of our future. Beyond their ecological importance, turtles have long held symbolic meaning across cultures. They are often associated with wisdom, patience, and protection.

As World Turtle Day approaches, it's a good moment to reflect on both action and attitude. Sometimes, slowing down isn't falling behind—it's choosing a wiser way forward.

Pomeroy Post

May 2026

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May Memories in the Making...

Tuesday, 5/5, 2:30 p.m.- Cinco de Mayo Celebration!- Mackinaw Dining Room

Tuesday, 5/5, 6:00 p.m.- Pet therapy visit with Simba the dog

Friday, 5/8 2:30 p.m.- Mother's Day Tea Celebration w/ Entertainment by Tom Reid- Mackinaw Dining Room



Tuesday, 5/12 and Tuesday, 5/26- Mother of God Chaldean Catholic Mass- Great Lakes Dining Room

Thursday, 5/14 and Tuesday, 5/26- Pet visits w/ Penny the dog

Thursday, 5/28, 11:00 a.m.- Picnic outing to James C. Nelson Park

Friday, May 29th, 2:30 p.m. -May Birthday Celebration w/ Entertainment by Marie Kravetz- Great Lakes Dining Room



May 18th-22nd



Attention!

We are always accepting donations to treat our residents for prizes, games, and the bingo store. We appreciate gently-used and new items.

There are also various volunteer opportunities to enrich the lives of our residents.

Contact Activities at activityss@pomeroyliving.com or call (586) 978-2280 ext. 213.

April Activities

From Easter egg decorating and celebrating the Tigers' winning home opener, to Earth Day word puzzles and button art, residents had fun enjoying what Spring has to offer. They painted flowerpots and started growing seeds, and had a blast when Lukas Stachurski played accordion for our April birthday party!



And the Winners Are....

We had an OVERWHELMING amount of participation in our bird naming contest! There were so many fun and very creative names. The canaries received two very popular names that were written on many of the ballots. We do need to narrow down the name choices for three of our finches- they were all so imaginative! For now, say hello to Tweety and Sunshine (Sunny)! Be on the lookout as we finalize the names for the finches. Thank you so much for your excellent input!



Tweety



Sunshine (Sunny)

Holy Rollers



Riders often decorate their bikes with flowers, ribbons, or other symbols of protection.

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 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 bicycling season. Since 1972, the Blessing of the Bikes has become a May ritual 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.

THE MONTHLY GAZETTE

May 2026

"May, more than any other month of the year, wants us to feel most alive."

~ Fennel Hudson



Animal of the Month – White-Tailed Deer

White-tailed deer are very common in North America, preferring to live in open woodland, forests, or farmland, by streams or rivers, feeding on a wide variety of vegetation. Their coats shine reddish-brown in the summer and turn grayish-brown in winter, but their distinctive white tails catch the eye all year long as the deer lift them while scampering through the forest and wave them side to side to signal danger. The maximum life expectancy for white-tailed deer is 20 years, but most don't survive more than 10, with many living only two to three years in the wild. Male



deer have antlers, which are primarily used to fight off other males during the breeding season. The antlers are dropped and regrown each year. White-tailed deer are crepuscular, which means they are most active before and just after dawn and again near dusk. They tend to be relatively inactive or resting during mid-day hours.

Special Days

May Day
May 1

Star Wars Day
May 4

Cinco de Mayo
May 5

Train Day
May 9

Mother's Day
May 10

Pick Strawberries Day
May 20

Memorial Day
May 25

Flower – Lily of the Valley



Lily of the valley, the flower for the month of May, is native to Europe but now grows across North America and Northern Asia. Legend has it that these delicate, white, bell-shaped flowers, which bloom in May, first grew from Eve's tears after she and Adam were exiled from the Garden of Eden. The plant has come to signify purity and innocence and is often used in bridal bouquets. Giving lilies as a gift sends the message, "I am humbled by my love for you."

Birthstone – Emerald



The emerald is the birthstone for May. This bright green gemstone's name is derived from the Greek word *smaragdus*, which was a general term for green stones. In the Middle Ages, folklore held that the stone contained the power to foretell the future, to cure epilepsy and fever, and to protect the wearer from panic. Aristotle thought emeralds soothed eyesight. They are found all over the world, but Colombia is known to mine the largest and highest-quality emeralds in its Muzo mine.

Monthly Gazette

May 2026

May Days in History

May 1, 1930
The planet Pluto, which has now been downgraded to a dwarf planet, was officially named by 11-year-old Venetia Burney. The "dark planet" is named in honor of Pluto, the Roman god of the underworld.

May 3, 1802
Washington, D.C., was incorporated as a city by the U.S. Congress.

May 6, 1527
The army of the Holy Roman Emperor Charles V attacked and plundered Rome.

May 8, 1899
New Zealand-born scientist

Ernest Rutherford published his discovery of alpha and beta radiation particles. The physicist and chemist is known as the father of nuclear physics.

May 15, 1863
Salon des Refusés, an art show of works rejected by established exhibition halls, opened to the public, featuring paintings by Cézanne, Pissarro, and Manet.

May 20, 1498
Portuguese explorer Vasco de Gama landed on the shores of Calicut, India. He and his crew became the first to sail from Europe to India in search of the country's gold and spices.

May Wedding Days

Once upon a time, brides took pains to avoid having their wedding in May, as it was considered bad luck to marry during this month. "Marry in May, you'll rue the day," warned an anonymous poet, who advised waiting until June.



May Zodiacs

Taurus (The Bull)
May 1–20

Gemini (The Twins)
May 21–31

May is the fifth month of the year on the Gregorian calendar and one of seven Gregorian months with 31 days. May is a special month for many cultures. For Roman Catholics, it is the month to honor the Virgin Mary; for Buddhists, it marks the Buddha's enlightenment; for early pagan cultures, May was the time to celebrate fertility and abundance in tribute to the month's namesake: Maia, goddess of the life cycle. *Maia* means "she who brings increase" in Latin.

Mad for Mercury

In addition to its association with the Greek goddess Maia, May is affiliated with Mercury (known in Greek as Hermes), the Roman god of merchants, trade, thieves, and travelers. Maia was Mercury's mother. Both gods were routinely celebrated during the Mercuralia, or Festival of Mercury, held each year on the Ides of May, Mercury's birthday. Honoring him was said to bring good luck and money.

What's Lucky in May?

Lucky Color: Turquoise
Lucky Animal: Lion
Lucky Letters: *N* and *W*
Lucky Day: Saturday
Lucky Plant: Peony



May Birthdays

Kate Smith (singer) – May 1, 1907
David Beckham (soccer star) – May 2, 1975
Adele (singer) – May 5, 1988
Louise Meriwether (author) – May 8, 1923
Irving Berlin (composer) – May 11, 1888
Florence Nightingale (nurse) – May 12, 1820
Kadir Nelson (artist) – May 15, 1974
Janet Jackson (singer) – May 16, 1966
Tina Fey (comedian) – May 18, 1970
Georgie Auld (saxophonist) – May 19, 1919
Cher (singer) – May 20, 1946
Sir Arthur Conan Doyle (novelist) – May 22, 1859
Bill Robinson (tap dancer) – May 25, 1878
Clint Eastwood (actor) – May 31, 1930