

Mennowood News

Mennowood Retirement Community

13030 Warwick Boulevard / Newport News, VA / 757-249-0355



Mother's Day

Second Sunday of May



APPRECIATION
BEAUTIFUL
BREAKFAST
CANDY
CHARMING
COMFORT
DEVOTED
FLOWERS
FORGIVING
GIFTS

GUIDANCE
HUGS
JEWELRY
JOY
KISSES
LAUGHTER
LOVE
MATERNAL
MOM
MOTHER

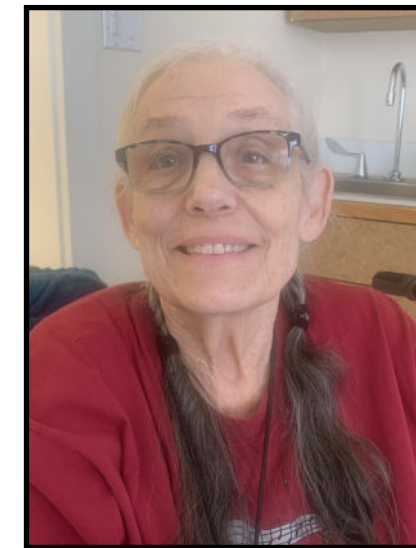
NURTURE
PERFUME
PROTECTIVE
SHARE
TELEPHONE
TENDER
THE BEST
WARM
WISE



Management Team

- **Thelma Shaffer**
Administrator
- **Brenda McCullen**
Director of Nursing
- **Kierra Baker**
Business Office Manager
- **Michele Ryba**
Director of Community Relations
- **Tina Kotlark**
Director of Dining Services
- **Emily Bartgis**
Director of Marketing & Admissions
- **Chrissy Bell**
Director of Life Enrichment
- **Curtis Shaw**
Director of Maintenance & Environmental Services

RESIDENT OF THE MONTH



Join us as we celebrate Kyra, May birthdays, and New Residents on Friday, May 24th at 2:00 pm in the Dining Room with Entertainment by Roberto

It is a pleasure to announce Kyra Krombien as our Resident of the Month!

Kyra is a native of Rochester, NY. She joined the Mennowood family in March. She worked as a secretary until receiving a Master of Divinity and becoming a chaplain.

Ms. Krombien has two children. She enjoys knitting, weaving, reading, bird watching, and listening to music.

CONGRATULATIONS KYRA!!



The Irresistible Iris



What is it about the iris that is so alluring? Van Gogh often painted the beautiful flowers. The fleur-de-lis, a stylized iris, is a symbol associated with France, New Orleans, Florence, and even the Cub Scouts, Boy Scouts, and Girl Scouts. Perhaps it should come as no surprise that this popular flower enjoys its own holiday on May 8.

The word *iris* comes from a Greek word meaning "rainbow," which is fitting since irises come in shades of purple, yellow, white, pink, and blue. In Japan, iris flowers are believed to ward off evil spirits, and the leaves are put in bathwater to prevent illness.

With Mother's Day fast approaching on May 12, perhaps May 8 is the perfect occasion to run to the flower shop and buy a beautiful bouquet of irises.



Sound Choices

Hearing loss is the number one disability in the world, affecting 1.5 billion people, both young and old. Hearing decreases as we age, and more people living longer means more people experience hearing loss. However, the main culprit of hearing loss is too much noise. This May 31, Save Your Hearing Day, follow these tips to give your ears a rest.

In many cases, our ears' worst enemies are everyday appliances that make our lives easier: hair dryers, lawn mowers, and portable music players. Work-related noise is also a culprit. So how do we fight hearing loss? Search out peace and quiet for one. And don't be afraid to protect your ears with earplugs or other types of ear protection. Other methods to save hearing may surprise you. Some doctors stress a diet rich in nutrients that slow the aging process. Exercise is just as important. It stimulates circulation, which is greatly beneficial to a healthy auditory system. Now that's advice worth listening to!



Wild Birds Unlimited

Michelle Schopp, Community Outreach Coordinator for Wild Birds Unlimited will host a presentation all about hummingbirds on **Monday, May 6th at 2:00 pm** in **The Commons**

Ladies Spa

Enjoy makeovers with Mary Kay Consultant, Barbara Redner, and manicures by our Life Enrichment team on **Friday, May 10th at 10:00 am** in **The Commons**

Men's Club

Join Jim & Dan on **Wednesday, May 15th at 2:00** Location to be announced. You may want to skip Bingo for this one fellas!



- 5/2 Bob Tankard**
 - 5/16 Helen Thiessen**
 - 5/23 George Pearse**
 - 5/24 Frances Tobler**
 - 5/28 Jewel Moon**
 - 5/30 Candy Rhody**
 - 5/31 James Johnson**
 - 5/31 Lucille Metzner**
- Birthstone: Emerald**
Birth Flower: Lily of the Valley

Virtual Birth of Freedom



Join us for a presentation via ZOOM by the Liberty Tree Society about "The Mayflower Compact", the men who drafted it, and the possibility that it may be considered America's "First Constitution."

After the presentation there will time with the host for answering questions.

WHEN: May 28, 2024
TIME: 2:00 pm
WHERE: The Commons