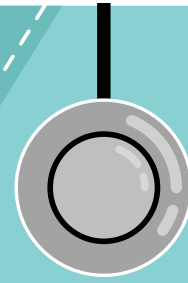
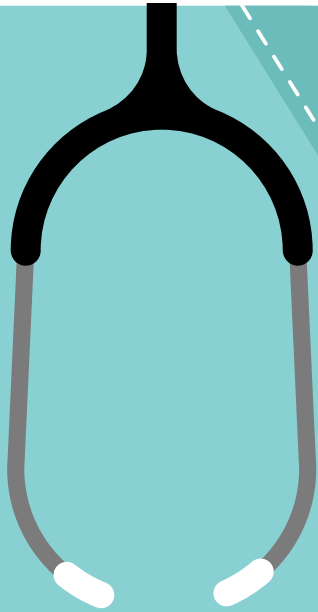


# ARBROOK PLAZA



**CELEBRATING THE  
POWER OF NURSES!  
NATIONAL NURSES WEEK: MAY 6-12**

National Nurses Week is a time to celebrate the incredible impact of nurses and honor the “Mother of Nursing,” Florence Nightingale. The week begins on May 6 and concludes on May 12, her birthday.

**The 2025 theme, *The Power of Nurses*, highlights their invaluable contributions and the profound difference they make every day.** Nurses provide more than care and medical services—they

bring comfort, security, companionship, and joy to residents and their families. Their dedication enhances lives in countless meaningful ways.

In senior living communities, nurses are the heart of compassionate care. Their skill, kindness, and unwavering commitment create an environment where residents feel safe, supported, and valued. The power of nurses is seen in every comforting word, every healing touch,

and every moment they spend ensuring the well-being of those they serve.

**This week, take a moment to show appreciation for the nurses who make a difference.**

A heartfelt thank-you, a small gift, or a thoughtful gesture can mean so much.

**From all of us, we honor and celebrate the remarkable nurses who work tirelessly to help, heal, and uplift others. Your dedication is truly inspiring. Thank you!**

# Cinco de Mayo

While Cinco de Mayo initially observed the Battle of Puebla and Mexican heritage, it is now a global secular celebration of Mexican culture. This vibrant holiday is honored with parades, mariachi music, folklore tales, and sombreros. Decorations are often showcased in the colors of the Mexican flag (red, white, and green). Festivities may also include enjoying tasty tacos, margaritas, nachos, and more!

Community events during Cinco de Mayo often feature educational workshops and art exhibitions, teaching Mexican culture and history.

## Here are some fun ways to celebrate this year:

**Craft Decorations:** Craft papel picado (paper banners) to embellish personal or community spaces.

**Enjoy Mexican Cuisine:** Prepare a taco bar where everyone can customize their own delicious meal.

**Cultural Trivia Game:** Engage seniors with a trivia game about Mexican culture, history, and traditions.

**Music and Dance:** Play traditional Mexican music and encourage residents to dance and enjoy the lively tunes together.

### Movie Screening:

Watch a film or documentary that highlights Mexican

heritage, followed by a discussion to enhance residents' and families' understanding of Cinco de Mayo.



# Tapestry of Life

NATIONAL SKILLED NURSING CARE WEEK® | MAY 11 - 17, 2025

The 2025 theme for National Skilled Nursing Care Week (NSNCW), *Tapestry of Life*, celebrates the rich and diverse stories that come together in skilled nursing care.

Each resident, family member, caregiver, and staff member contributes a unique thread, woven into a shared fabric of resilience, connection, and compassion. Skilled nursing centers are more than places of care—they are vibrant communities where experiences intertwine, memories are cherished, and lives become forever woven together to make it a thriving community.

Now through May 11–17, families, residents, and staff are encouraged to celebrate this theme by weaving together traditions, experiences, and shared moments. Create a memory display with short reflections on paper strips or build a chain story where each person adds a personal touch to a fun, evolving tale. Share favorite songs, reminisce about concerts, and enjoy a group listening session. Spread kindness through small gestures like painting rocks, writing heartfelt notes, or crafting word clouds. Design a patchwork of fabric, photos, or decorated paper to visually capture the connections that unite us. Coming together for a shared meal can also be a meaningful way to bond—enjoying favorite dishes, exchanging stories, and celebrating the traditions that shape each person's journey.

Established by the American Health Care Association (AHCA) in 1967, NSNCW, formerly known as National Nursing Home Week recognizes the role of skilled nursing care centers in caring for America's seniors and individuals with disabilities.

## Flappy Mother's Day

Be sure to take a moment on Sunday, May 11 to honor moms, foster moms, surrogate moms, grandmothers, aunts, and the other important women role models in your life. Let her know how much she means to you by calling or video chatting. Take her out to lunch, or enjoy an afternoon together to celebrate and express your gratitude.





## HEAT AWARENESS REMINDERS

National Heat Awareness Day is observed annually on the third Friday in May, which is just about when the weather begins to get warm and people start to plan and attend outdoor events. To protect yourself from the heat, try these tips:

Try to avoid direct sunlight. The body regulates heat through sweating. If exposed to excessive heat, the body cannot regulate its temperature effectively.

- **Stay hydrated.** Be sure to drink water throughout the day to help regulate your temperature.
- **Replenish electrolytes.** Electrolytes help the body

regulate muscle function and energy. These minerals can be found in sports drinks.

- **Wear sunscreen, sunglasses, and wide-brim hats** to protect your face and eye from damaging UV rays.
- **Wear light-colored clothes.** Light colors reflect sunlight away while dark clothes absorb sunlight.
- **Never leave children, pets, or people in a parked car for any length of time** (even in low to mild heat) to prevent hyperthermia, the overheating of body, which can be fatal.

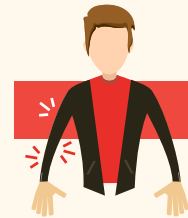
Source: [weather.gov](http://weather.gov)

## Stroke Awareness: Learn to Act F.A.S.T.

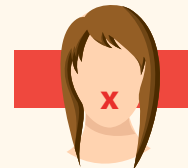
Acting F.A.S.T. can help stroke patients get the treatments they need. Treatments that work best are available only if the stroke is recognized and diagnosed within three hours of the first symptoms.



**F — Face:** Ask the person to smile. Does one side of the face droop?



**A — Arms:** Ask the person to raise both arms. Does one arm drift downward?



**S — Speech:** Ask the person to repeat a simple phrase. Is the speech slurred or strange?



**T — Time:** If you see any of these signs, call 9-1-1 right away.

Source: [cdc.gov](http://cdc.gov)

## Honoring Military Appreciation Month:

A time to recognize and express gratitude for the sacrifices made by service members and their families.

## Honor & Remember – Memorial Day is May 26

Take time this Memorial Day to visit, call, text, or video chat with a loved one who served, or a loved one who may have lost someone special that served. Ask them to share their stories and reminisce. Listen and learn from their history. Be sure to let them know how much they are valued and appreciated.



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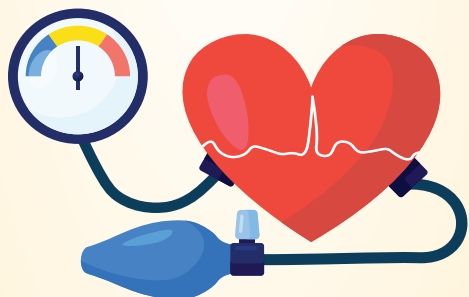
## May is National Blood Pressure Awareness Month

High blood pressure can quietly damage your heart, kidneys, and brain without showing obvious symptoms. To protect your health, it's crucial to know your target blood pressure and take steps to maintain it.

Here are some effective ways to help lower your blood pressure:

- Exercise
- Lose weight
- Reduce sodium
- Quit smoking

By making these changes, you can support your heart health and reduce the risk of complications related to high blood pressure.



**WORD SEARCH** Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!

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

### WORD LIST

CARE  
CELEBRATE  
CINCO  
CONNECT  
FLOWERS  
HEAT  
HONOR  
MOTHERS  
NURSES  
PRESSURE  
REMEMBER  
STROKE  
TAPESTRY  
WEAVE  
WOMEN