

Resident & Family Council

Pines III provides space and coordinates the participation of interested participants for Resident and Family council. This is an opportunity to come together and discuss any changes they would like to see implemented, share concerns, or simply collaborate with our council members. Please stop by the front desk if you would like to schedule a date and time for a Resident & Family Council Meeting.

-Melissa Whiteside
Executive Director

Savor the Snail



Some recoil at the thought of eating snails, or *escargot*, as they are called in French. Others consider snails sautéed in garlic, butter, and herbs to be a delicacy. If you haven't yet tried them, perhaps May 24, Escargot Day, is your chance.

Humans have been eating snails for over 30,000 years. Snail shells discovered in Stone Age-era settlements in Spain even showed how they were cooked: roasted in their shells over charcoal made of pine and juniper. These days, the best snails for eating are wild Burgundy snails, renowned for their grassy, buttery flavor and exceptional nutritional value. Toss them with pasta, skewer them on kebabs, or sweeten them for dessert, and join the ranks of those who have eaten escargot.

Resident Birthdays

Clifford J - May 5th
Natalie G - May 6th
Ron A - May 7th
Gladys B - May 10th
Don M - May 10th
Jerome N - May 12th
Don G - May 28th

Others You May Know. . .

Frankie Valli (singer) - May 3, 1934
Florence Nightingale (nurse) - May 12, 1820
Cher (singer and actress) - May 20, 1946
Sally Ride (astronaut) - May 26, 1951
Gladys Knight (singer) - May 28, 1944
Clint Eastwood (actor) - May 31, 1930
Brooke Shields (actress) - May 31, 1965



Birthstone:
Emerald

Birth Flower:
Lily of the Valley

Astrology

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.

The Pines Times

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Celebrating May

Family Month

Arthritis Awareness Month

Personal History Awareness Month

World Press Freedom Day
May 3

Star Wars Day
May 4

Mother's Day
May 10

International Nurses Day
May 12

New Friends,
Old Friends Week
May 17–23

Rescue Dog Day
May 20

Memorial Day
May 25

Employee Spotlight: Joanie Krmpotich



We'd like to take this opportunity to recognize Joanie! She just celebrated her 12th anniversary working here at Pines III! Starting out as a Resident Assistant and now working as a Laundry Aide, Joanie is one of our most dedicated employees!

When asked what she enjoys most about her job, her answer was easy – the residents. The connections with them are what make the job so meaningful. She's also very attached to our birds on the 3rd floor and takes a special interest in making sure they are always doing well!

Fun fact about Joanie – she was a member of the Duluth Rowing Club in the late 1970's. She established a foundation in the Elite Competitive Rowing culminating in winning the 1977 Northwestern International Rowing Association Women's Single Sculls Championship!



When she isn't at work, she enjoys gardening, spending time with her cats, playing guitar, and going out to dinner with friends and family! She also loves a good thrift store find!

We're so thankful that Joanie has been with us these past twelve years! If you see her in the hall be sure to wish her a happy anniversary!

Activities Corner

April was a month full of fun things to do here at Pines 3! We celebrated Easter/Spring with an Easter Egg Hunt! Over 220 brightly colored eggs filled with chocolate decorated our facility!

We said thank you to Julia, our personal librarian, she has walked over to our community many days, in the wind, cold and rain to bring us a nice variety of books and supplies for craft classes. Julia has accepted a promotion with the Duluth Public Library. Residents gathered to make cards for her

The residents enjoyed the live entertainment this past month! We welcomed Jeremy Lepak back, a ventriloquist/comedian. Jeremy brought 4 of his friends with him, Johnny Cash, Uncle Larry, Las Vegas Lucky and his old dog Lyle! Joseph Kotiranta gave a great performance with his choice of music by Dean Martin, Johnny Cash and Frank Sinatra just to name a few. Steve Johnson helped us celebrate the residents that had birthdays in April, his talent for playing the piano is amazing!

Special thanks to Cam (a local veteran) for sharing your time with the gentlemen here!

I appreciate all who take part in my activities! Remember if you have an idea for an activity, I would like to hear about it!

Cindy Koecher
Health & Wellness Director



Star Wars Day

“May the force be with you” is one of the most well known phrases from the Star Wars movie franchise! The movies are so popular that Star Wars fans worldwide now celebrate May 4th as May the Fourth Be With You aka Star Wars Day!

Our Administrative Assistant, Michelle, and her family have started an annual tradition of hosting a May the 4th party. Her husband Chris, an avid Star Wars fan, has so much fun coming up with a creative themed cake each year along with themed drinks and appetizers.

Are you or someone you love a Star Wars fan?



This Month in History

- May 1st - May Day**
- May 2, 2011** - US Special Operations Forces killed Osama Bin Laden during a raid on his secret compound culminating a decade long manhunt
- May 4, 1970** - At Kent State University, four students - Allison Krause, 19; Sandra Lee Scheuer, 20; Jeffrey Glenn Miller, 20; and William K. Schroeder, 19 - were killed by National Guardsmen who opened fire on a crowd of 1,000 students protesting President Richard Nixon's decision to invade Cambodia. Eleven others were wounded.
- May 5th** - Celebrated in Mexico as Cinco de Mayo, a national holiday in remembrance of the Battle of Puebla in 1862, in which Mexican troops under General Ignacio Zaragoza, outnumbered three to one, defeated the invading French forces of Napoleon III.
- May 5, 1961** - Alan Shepard became the first American in space. He piloted the spacecraft *Freedom 7* during a suborbital flight that reached an altitude of 116 miles above earth.
- May 7, 1915** - The British passenger ship *Lusitania* was torpedoed by a German submarine off the coast of Ireland hastening the US entrance into World War I
- May 14, 1607** - The first permanent English settlement in America was established at Jamestown VA
- May 14, 1804** - Lewis and Clark departed St. Louis to begin their expedition of the Northwest
- May 14, 1796** - Smallpox vaccine was developed by Dr. Edward Jenner in rural England. He also coined the term vaccine