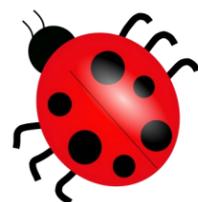


Happy Mother's Day to all Moms, Grandmas, Great grandmas! May your Day be filled with love and joy!

This year especially, the month of May brings us lots of hope and promise. Thousands of people, and growing, in Minnesota have received their COVID vaccine. Slowly, our communities are opening up and life seems like it is getting a little bit more "normal", or whatever the new normal is these days.

Comcast is now an option at Waterford Manor and townhomes for cable television, internet, and phone, in addition to the current Upstream media service we currently have. If interested, just call Comcast and let them know. This week, we had one of our townhome tenants switch to Comcast and is saving over \$80 a month!

-Troy Barrick, Executive Director



"It's not easy being a mother. If it were, fathers would do it."

—The Golden Girls



Manor

Doris Y 5/18
Sue M 5/20
Grace B 5/24
Iva Lou J 5/25

Estates

Kathy M 5/02
Mildred C 5/03
George M 5/11
Ann A 5/13
Judy C 5/13
Kim H 5/14
Kenneth N 5/21
John E 5/21
Doris H 5/22
Nadine B 5/23
Angela H 5/23
Yvonne M 5/24
Rilla Y 5/25

Townhomes

Dick I 5/09
Janet I 5/12

Memory Care

Violet L 5/06



Waterford
A not-for-profit retirement community

MAY 2021

Waterford Talk

Memorial Day Program



Saturday, May 29

10:00 am

Manor EP patio

(by the pond)

All welcome! Weather permitting.

Join us as we pay respect to all who have died, in war or in peace, as soldiers or as civilians.

Please wear a face mask.



Cinco de Mayo—More than Tacos

The Mexican holiday of Cinco de Mayo (May 5) commemorates Mexico's victory over French forces in the 1862 Battle of Puebla. Napoleon III's army had come to Mexican shores to recover unpaid war debts, but instead they were soundly defeated.



Sunday, May 9

HAPPY 
Mother's Day



National Nurses Week, May 6-12

National Nurses Week is a time for everyone – individuals, employers, other health care professionals, community leaders, and nurses – to recognize the vast contributions and positive impact of America's 4 million registered nurses. Each year, the celebration ends on May 12, Florence Nightingale's birthday.

We recognize the difference you make as a *nurse*! Your caring covers many aspects: you, your patients, staff, community, our country and the world.

THANK YOU to our nurses!



Contact Us

WATERFORD
6288 Louisiana Ct N
Brooklyn Park, MN 55428
Phone: 763-316-4800
Fax: 763-536-7679
WaterfordLiving.org

Don't forget the

RESIDENT REFERRAL PROGRAM.

For referring a new Resident to the Waterford Senior Community, receive a rent credit of \$500!

See Willie for details!

Waterford's Leadership Team

TROY BARRICK, EXECUTIVE DIRECTOR
MEGAN MIRWALD, ASSISTANT EXECUTIVE DIRECTOR
CRYSTAL LEROL, BUSINESS OFFICE MANAGER
RHONDA MAKELA, DIRECTOR OF NURSING
ANNETTE WAINIO, DIRECTOR OF LIFE ENRICHMENT
RANDY LANDIS, MEMORY CARE COMMUNITY MANAGER
KEVIN ADAMS, DIRECTOR OF PLANT OPERATIONS
WILLIE RAINEY, COMMUNITY RELATIONS DIRECTOR
SHANNON McMAHON, DIRECTOR OF RESIDENT RELATIONS-ESTATES

May Word Search

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

MOTHERS
FLOWERS
BASKET
GARDENING
BONFIRE
HONOR
BUTTERFLIES
LILAC
CATERPILLAR
SUNSHINE
WORM
SINGING
LAWNMOWER
BOUQUET
FLAG
BIRDS
FREEDOM
MEMORIAL
ARBOR
LADYBUG

LAST CALL FOR GARDEN PLOTS

Do you want to plant and care for one of the garden plots on the Estates side of the Waterford community?

Please let Annette know before April 30, 2021

763-316-4806



May Birthstone—Emerald

The verdant emerald is the birthstone for May and the anniversary gemstone for the 20th anniversary of marriage. The ancient Romans associated this brilliant green stone with fertility and rebirth. They dedicated the gem to Venus, the goddess of love and beauty. Even today, some believe wearing an emerald brings wisdom, growth, and patience—qualities essential to fulfilling and lasting love. Emeralds are found in the Middle



East and South America and get their green hue from small amounts of the chemicals chromium and/or vanadium.

**“Rough winds do shake the darling buds of May,
And summer’s lease hath all too short a date.”**

~ William Shakespeare

Staff Spotlight

Meet Megan Mirwald! Megan joined the Waterford team 4 months ago as our Assistant Executive Director.

Megan grew up in Germantown, a suburb of Milwaukee, WI. She graduated from the University of Wisconsin-Eau Claire with a Bachelor’s Degree in Health Care Administration. Megan currently lives in Minneapolis. Her family is spread out across the country—her parents live in Boston, MA, and her brother lives in Austin, TX.

One of her favorite hobbies is to travel, especially since her family lives all over the country. Megan enjoys spending time with her friends and family. She also likes to read (mostly fiction) and watch sports, any sport, especially the Packers.

Megan is truly enjoying getting to know everybody at Waterford.



Welcome

May Flower—Lily of the Valley

The flower for the month of May is the lily of the valley. It is prized for its sweet fragrance—once considered so precious that water laced with its essential oils was stored in gold and silver containers. It’s a common folk belief that the scent of this inedible flower in the spring air is the signal for nightingales to begin their seasonal singing and choosing of a mate. Legend has it that King Charles IX of France was given this flower on May 1, 1561. He reportedly then gave the gift of lilies of the valley to all the ladies of his court each year on May 1.



May Day Fun

May Day is celebrated on May 1. This secular holiday goes back to ancient times and is a yearly ritual to celebrate the bounty of spring. Typical festivities include flowers, dancing, and maypoles, which are tall poles decorated with ribbons and flowers erected for revelers to dance around. Traditionally, wreaths of posies adorn heads and bouquets are quietly left on the doorsteps of neighbors and friends as gestures of friendship.

