

# CLATSOP CARE RETIREMENT VILLAGE

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## Administrator's Corner

Happy Spring!

Let's get some flowers planted and enjoy our outdoor area. Please visit with Wayne concerning flower planting. Wayne is also going to teach some flower arranging—so exciting!

We will be working on some activities that involve planting, outdoor walks, and scenic drives. Thank you to those who followed our smoking rules; we appreciate the effort.

I would like to make a special mention about Sybil and the activities she provides for all. I appreciate her efforts to try and make everyone happy, but a huge part of the activity program's success is attendance. Some of you have mentioned to Sybil what you would like to see on the calendar, but yet there are still no-shows to said activities. Let's show Sybil some love and attend the activities!!

Be sure to congratulate our Resident Council members for a much-needed election.

Sincerely,  
Ann Rubino  
Administrator

May 2026

### Animal-Assisted Therapy Benefits

Research suggests that animal-assisted therapy can positively impact the quality of life in our aging population. This is particularly true for those living alone or in long-term care communities. Pet therapy increases physical activity. Interactions with animals encourages greater mobility and reflex and reduces sluggishness. Pet therapy increases mental activity, mental acuity, and problem-solving skills. It also increases communication and improves verbalization skills. The emotional benefits of animal-assisted therapy are well established. AAT can increase bonding and security and decrease stress and anxiety. Animals increase affection and decrease loneliness. And the positive impact of an animal may reduce the senior's negative expressions, such as anger, outbursts, and irritation.

Please join us on Wednesday, May 6th, at 1pm, outside in the courtyard, for our annual Pet Parade with the folks from Steadfast Homeschool Co-op. We are excited to welcome back all of our furry and feathered friends!



## Wit & Wisdom

"There is nothing as sincere as a mother's kiss."

—Saleem Sharma

"Mother's love is peace. It need not be acquired, it need not be deserved."

—Erich Fromm

"Being a mother is learning about strengths you didn't know you had."

—Linda Wooten

"It may be possible to gild pure gold, but who can make his mother more beautiful?"

—Mahatma Gandhi

"Youth fades; love droops; the leaves of friendship fall: A mother's secret hope outlives them all."

—Oliver Wendell Holmes Sr.

"There's no way to be a perfect mother and a million ways to be a good one."

—Jill Churchill

"A mother is a person who seeing there are only four pieces of pie for five people, promptly announces she never did care for pie."

—Tenneva Jordan

"When your mother asks, 'Do you want a piece of advice?' it is a mere formality. It doesn't matter if you answer yes or no. You're going to get it anyway."

—Erma Bombeck

## Stay Sun Safe

With summer right around the corner, we can expect warmer weather and longer, brighter days. Keep in mind that while UV rays are their strongest between 10 a.m. and 4 p.m., active sun-safe practices are important all day long. If your shadow is shorter than you are, then you should seek shade.

Wear sunscreen every day to reduce the risk of skin cancer—doing so can lower the chances of squamous cell carcinoma by 40% and melanoma by 50%. A daily use sunscreen with SPF 15 is sufficient, but if you spend extended time outdoors, you should steer toward SPF 30 or higher. Choose a sunscreen that protects against UVA (rays that cause tanning and premature aging) and UVB (rays that cause sunburn).

Clothing choice is the easiest protection against harmful UV radiation, since there is no need for reapplication. UPF is the Ultraviolet Protection Factor for clothing. UPF 30–49 is considered very good protection, and 50-plus is excellent. Just because an item of clothing is missing a UPF label doesn't mean it won't help protect your skin, though. Dark or brightly colored, densely woven fabrics—such as denim, canvas, wool or synthetic fiber—are prime choices for protection. Sunglasses and hats with 3-inch brims are helpful for shading your eyes, face and neck.

## Bug Repellent Kit

Summer is meant for outdoor fun! Don't let mosquitos or other pesky bugs ruin a good time; instead, use this portable repellent kit.

### Materials:

- Small jar with a lid or cork
- Fresh or dried herbs
- Essential oils
- White vinegar
- Cotton ball

### Directions:

You can use any mix of herbs and essential oils, customized to your scent preference. Effective insect-repelling options are lavender, mint, lemongrass, rosemary, basil, sage and citronella.

Place your chosen herbs in the bottom of the jar, followed by 10 drops of each essential oil you are using. Add more herbs or oils to adjust the scent, as needed.

Add 2 to 3 tablespoons of white vinegar to the jar. Place the cotton ball on top of the mixture, and then replace the lid or cork. The vinegar will absorb the fragrance of the herbs and oils. You can also gently swirl the jar to mix the scents.

Bring the jar to your next outdoor event and use the cotton ball to dab the mixture on your wrists. Alternatively, place the open jar next to you as you sit outside to let the fragrance waft through the air and drive off the bugs.

## Spring Migration

Grab your binoculars—it's your big chance to view the magnificent spring migration! The beginning of May welcomes the first massive arrivals of migrant birds as they fly from their winter homes in South and Central America to their breeding grounds in the United States, Canada and the Arctic. Although spring migration began in late February, the largest wave of numbers and varieties of birds will arrive this month. Songbirds are especially active in May, so keep an eye on feeders and birdbaths and listen for the songs of our feathered friends.

## Recognizing First Responders

May is filled with annual observances that pay tribute to the dedication of first responders. Look for ways to recognize National Police Week, International Firefighters Day, National Emergency Medical Services Week and Nurses Week, all happening this month.



## Older Americans Month

In honor of Older Americans Month, consider the hard-earned advice these famous Americans encouraged people of all ages to live by.

"Hope for the best. Expect the worst. The world's a stage. We're unrehearsed," advised filmmaker and comedian Mel Brooks, who turns 100 next month. This wisdom combines a few classic adages to encourage people to be prepared and gracious optimists.

"Be nice to people and kind," now 92-year-old actress Shirley MacLaine counseled to once-upon-a-time set-mate Elvis Presley, and that wise guidance holds true today. Practicing daily

acts of kindness not only helps the recipient of that kindness, but studies show that it improves health and happiness for those practicing kindness.

"You have to be brave," encouraged award-winning singer, dancer and actress Rita Moreno, now 94, who has accomplished a rare "EGOT," earning Emmy, Grammy, Oscar and Tony awards throughout her career.



## Melanoma Monday Is May 4

Melanoma is the deadliest form of skin cancer. It may develop in a mole or suddenly appear as a new dark spot on the skin. Early diagnosis is crucial for the successful treatment of melanoma.

To raise awareness of melanoma and other skin cancers, and to encourage early detection through self-exams, the American Academy of Dermatology recognizes the first Monday in May as Melanoma Monday.

In a skin self-exam, you check all the spots on your body. If you notice any changes, you should make an appointment with your dermatologist. To look for changes, follow the ABCDEs of melanoma:

A is for asymmetry, which means the two halves of the spot look different.


B is for border. Check for moles with scalloped, irregular or poorly defined borders.

C is for color. Look for moles that have more than one color, and pay attention to moles that are black, white, red or blue.

D is for diameter. Watch for moles bigger than a pencil eraser.

E is for evolution. A mole or spot that looks different from your others or is changing in shape, size or color is cause for concern.

## May 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		May			 1	2
3	4	 5	6	7	8	9
 10	11	12	 13	14	15	16
17	18	19	20	21	22 National Maritime Day	23
24/31 Memorial Day	25	26	27 National Senior Health and Fitness Day	28	29	30

# "This Month In History"

## MAY

**1914:** Woodrow Wilson issues a presidential proclamation officially establishing the Mother's Day holiday in America.

**1926:** Ford Motor Co. adopts a five-day, 40-hour week for its automotive factory workers. Other companies would follow Ford's lead.

**1935:** Under the glow of 600 lights, Crosley Field, the original home of the Cincinnati Reds, hosts Major League Baseball's first night game.

**1959:** Perry Como, Ella Fitzgerald, Henry Mancini and the Kingston Trio are among the winners at the first Grammy Awards ceremony.

**1963:** Jim Whittaker becomes the first American to reach the summit of Mount Everest, the world's tallest mountain.

**1977:** With the opening words "A long time ago in a galaxy far, far away ..." the space odyssey film "Star Wars" premieres in U.S. theaters.

**1986:** At age 54, Bill Shoemaker crosses the finish line as the oldest jockey to win the Kentucky Derby. He was riding Ferdinand, a colt who was considered a long shot.

**1998:** An estimated 76 million viewers tune in to watch the finale of the hit TV sitcom "Seinfeld."

**2003:** Bob Hope Day is declared in 35 states as the man known as "Mr. Entertainment" celebrates his 100th birthday.

**2014:** TV journalist and talk show host Barbara Walters retires after more than 50 years in front of the camera.

**2021:** Pro golfer Phil Mickelson wins the PGA Championship at 50 years old, becoming the oldest golfer to win a major championship