

**MAY IS NATIONAL STROKE AWARENESS MONTH**  
STOP Stroke • Act F.A.S.T. • Spread HOPE

**5 THINGS EVERY STROKE HERO SHOULD KNOW!**

**1** Even **SUPERHEROES** are in **DANGER**  
**STROKE RISK** increases with age, but young adults, children, and even unborn babies can suffer strokes. If one of your parents had an ischemic stroke before 65, you are at **3X THE RISK** of suffering one yourself.

**2** **HIGH** blood pressure is stroke's public **ENEMY #1**.  
**3 OUT OF 4 PEOPLE** who suffer first strokes have high blood pressure.

**3** **STROKE** targets by **ETHNICITY**  
**AFRICAN-AMERICANS** have nearly **2x the risk** for a first-ever stroke as whites.

**5** **FRIENDS** usually **SAVE** friends from **STROKE**  
Learn to recognize the warning signs of stroke.

**4** **STROKE** is largely **TREATABLE**.  
Clot-busting drugs and medical devices have made stroke largely treatable, but every second counts. The faster you are treated, the more likely you are to **recover without permanent disability**.

**FAST**

- F** FACE DROOPING
- A** ARM WEAKNESS
- S** SPEECH DIFFICULTY
- T** TIME TO CALL 911

**APRIL SHOWERS BRING MAY FLOWERS**



**MAY FUN FACTS**

- 31 DAYS IN THE MONTH
- Memorial Day
- National Pet Month
- Lily of The Valley
- Spring
- Emerald Birthstone
- Cinco De Mayo
- 5th Month of The Year
- BBQ Month
- Astrology Signs: Taurus, Gemini
- Kentucky Derby

MADEWITHHAPPY.COM



**May Word Search**

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

May Spring Memorial (Day)

Flag Garden Warm Sunshine

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**happy National FOSTER CARE Month**

**OLDER AMERICANS MONTH**

**National Strawberry Month**

**MAY IS ARTHRITIS AWARENESS MONTH**

**MAY IS NATIONAL HIGH BLOOD PRESSURE EDUCATION MONTH**



**MEMORY SUPPORT/1ST FLOOR CALENDAR**  
740 Diamond Shoals Road  
Wilmington, NC 28403  
FRONT DESK: 910-769-7550  
SHANNON'S OFFICE: 910-769-7523

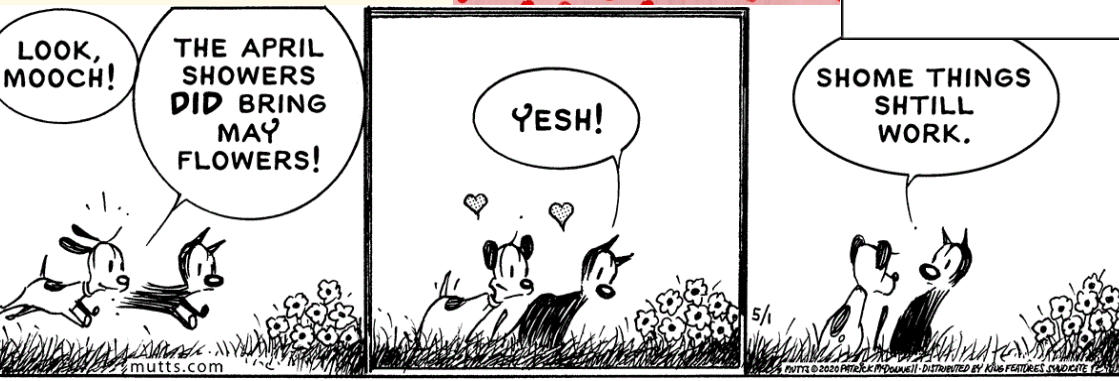
**BRADLEY CREEK AT CAROLINA BAY**

**It's International Drum Month. So beat it.**

**MAY IS BETTER HEARING & SPEECH MONTH**

THE KEY TO CONNECTION: BETTER HEARING & SPEECH MONTH

VERBALIZE COMMUNICATION



May 2024

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

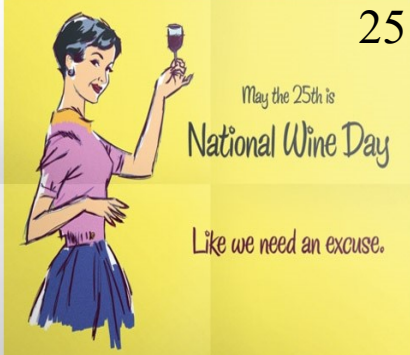
Saturday

Daily Meal Schedule:

8:00am Breakfast  
12:30pm Lunch  
5:30pm Dinner



MENTAL HEALTH AWARENESS MONTH MAY



National Nurses Day  
10:30 PET THERAPY  
11:30 SIT & STRETCH, (3rd Floor)  
2:30 50 States: Kentucky  
3:30 WOODWORKING CLUB

10:30 BRAIN GAMES  
11:30 SIT & STRETCH, (3rd Floor)  
2:00 CASINO NIGHT WITH COCKTAILS A PIANO PERFORMANCE, (2nd Floor)  
\*MEREDITH OUT\*

10:30 BRAIN GAMES  
11:30 SIT & STRETCH, (3rd Floor)  
2:30 50 States: Louisiana  
3:30 WOODWORKING CLUB

Memorial Day  
10:30 BRAIN GAMES  
11:30 SIT & STRETCH, (3rd Floor)  
2:30 50 States: Maine  
3:30 PATRIOTIC SING A LONG & GRAPE POPSICLES ON THE PORCH



10:30 HYDRATION STATION & SNACK  
11:00 BALLOON TENNIS  
2:30 MAKING POSTERS FOR VINTAGE AUTO PARADE

10:30 HYDRATION STATION  
11:15 CHAIR EXERCISE WITH JEN, (3rd Floor)  
2:00 ANTIQUE RADIO HISTORY BY CAPE FEAR MUSEUM, (2nd Floor)  
3:00 DAVE BOHN CONCERT, 2nd Floor

10:30 HYDRATION STATION & SNACK  
11:00 BALLOON TENNIS  
2:30 BOWLING  
3:30 CARD GAMES

10:30 HYDRATION STATION & SNACK  
11:15 CHAIR ZUMBA WITH JEN  
2:30 THE PRICE IS RIGHT

Salon Services  
For appointments call Jeaneen  
740-255-1255

National Have A Coke Day  
10:30 MUSIC & WORSHIP  
11:15 SCATTERGORIES  
2:30 MAY BIRTHDAY BASH

10:30 MUSIC & WORSHIP  
11:15 SCATTERGORIES  
2:00 TAP DANCING GROUPS WITH A PIANIST & SINGER, (2nd Floor) & 2:30 DARA SWING DANCING, (2nd Floor)

10:30 MUSIC & WORSHIP  
11:15 SCATTERGORIES  
2:30 MAKING MEMORIAL DAY DECORATIONS  
3:30 GARDENING CLUB

10:30 MUSIC & WORSHIP  
11:15 SCATTERGORIES  
2:30 1ST FLOOR OUTING TO LEWIS FARMS

Nail Services  
For appointments call Kim  
910-231-5147

10:00 ONE ON ONE VISITS  
10:30 HYDRATION STATION & SNACK  
11:30 PET THERAPY  
2:30 BINGO  
\*MEREDITH OUT\*

10:00 ONE ON ONE VISITS  
10:30 HYDRATION STATION & SNACK  
11:30 MUSIC GROUP WITH INSTRUMENTS  
2:00 50's DAY-SCOTTI STRINGS CONCERT & ROOTBEER FLOATS, (2nd Floor)

10:00 ONE ON ONE VISITS  
10:30 HYDRATION STATION & SNACK  
11:30 CHAIR EXERCISE  
2:00 QUARTET CONCERT, (3rd Floor)  
3:30 BINGO

10:00 ONE ON ONE VISITS  
10:30 HYDRATION STATION & SNACK  
11:30 BALL DRUMMING  
2:30 BINGO

Taylor Deloney Administrator  
Spenser Harris Director of Nursing  
Shannon Young 1st Floor Activity Director  
Meredith Mercer 2nd & 3rd Floor Activity Director  
Jen Velardo Business Office Manager  
Amy Skinner Social Worker  
Keira Sciance Therapy Director  
Hanna Bell SNF Admissions Coordinator  
Sarah Marable AL Admissions Coordinator  
Karen Johnson Transportation  
Liany Medinamaldoando Nursing Secretary

National Military Spouse Day  
10:30 MANICURES  
2:00 DUKE LADD, (2nd Floor)  
3:45 MOTHER'S DAY CELEBRATION  
\*MEREDITH OUT\*

10:30 MANICURES  
2:00-3:00 VINTAGE AUTO & MOTORCYCLE PARADE, (Parking Lot)  
3:00 FINAL BASH WITH REFRESHMENTS (Lobby)  
Virginia's Birthday

10:30 MANICURES  
2:30 PUTT PUTT  
3:30 WINE & CHEESE CLUB

10:30 MANICURES  
2:00 MOVIE & POPCORN  
2:30 SHANNON OUT WITH 3RD FLOOR FOR OUTING

Jennifer Jester 3rd Floor Unit Manager  
Daniel Fisher Dietary Director  
Joe Smith Maintenance Director  
Justin Hollis Housekeeping Director  
Nicole Blanks Medical Records  
Alexa Woodward MDS Coordinator

ACTIVITIES MAY BE CANCELED OR RESCHEDULED DUE TO INCLIMATE WEATHER OR CERTAIN CIRCUMSTANCES



David Ryan 5/2 (89 y/o) & Virginia Holland 5/17 (90 y/o)