

Lodge Lane Assisted Living
and Memory Care
1221 Lodge Lane
Wilmington, DE 19809

Postage
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Street Number and Name
City, State ZIP Code

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Through Create a Jewish Legacy, we ensure the future of various agencies, like Kutz Senior Living Campus, will be available to others for years to come. *For more information, please see Felisha Alderson.*

Photo Credits

Photo 1: Shabbat Service in the great Room

Photo 2: Ms. Ross speaking during Holocaust remembrance.

Photo 3: Michel’le, Sara Lu, and Loretta dancing

Photo 4: Loretta watering the garden.

May 2021



Lodge Lane
ASSISTED LIVING & MEMORY CARE

Lodge Lane Assisted Living and Memory | 1221 Lodge Lane Assisted Living | 302-757-8100



Celebrating May

Creative Beginnings Month

Meditation Month

Physical Fitness & Sports
Month

Lemonade Day
May 2

Teacher Day
May 4

Cinco de Mayo
May 5

Mother’s Day (U.S.)
May 9

International Nurses’ Day
May 12

Ride a Unicycle Day
May 16

NASCAR Day
May 21

Victoria Day (Canada)
May 24

Memorial Day (U.S.)
May 31

Employee of the Month



Michel’Le
Congratulations



The Heart of a Nurse

Florence Nightingale set the vision for nurses all over the world. She established principles and priorities of nursing education that are taught to this day. Her desire to provide quality care has inspired many, motivating countless individuals to follow in her footsteps. Nurses are skilled professionals who work hard to serve their patients. They are “on their toes” at all times, ready to respond to unexpected developments and patient emergencies. Most importantly, they do it all with a smile on their face. Needless to say, it takes a special type of person to take on this profession. Nurses are indeed unique. They play an integral role in promoting health, preventing illness, and caring for all individuals, including those who are disabled or are physically or mentally ill. May 6th is *International Nurses Day*. Help celebrate these amazing individuals. If you see a nursing professional, let them know that their hard work has not gone unnoticed!



Dates to Remember

May 9th 2021 @ 2:00P

Mother's Day Virtual Piano Performance

May 31st 2021 @ 12:00P

Memorial Day BBQ



Photo Corner



The General Stages of Dementia

By: Samantha Freeman,
Memory Care
Coordinator

Dementia can be classified in many different stages. Today, we'll use these stages: Earliest, Early, Middle, and Late. There is never a clear line as to when exactly each stage occurs or what symptoms happen in each stage, and everybody experiences dementia differently. This is more of a general outline to make it easier to think about.

In the Earliest stage of dementia, learning, memory, thinking, and planning are all starting to be affected. This all starts 20 or more years before a diagnosis of dementia.

When someone is experiencing the Early stage, they will misplace objects, have difficulty coming up with the right word, and have difficulty performing tasks in social or work settings. This stage usually lasts a couple of years.

In the Middle stage, the person will be easily frustrated or angry and have difficulty performing routine tasks, such as brushing their teeth or using the bathroom. Confusion about where they are and what time it is, as well as trouble controlling their bladder and bowels are also seen. This stage usually lasts between 5 and 10 years.

Someone in the Severe/Late stage of dementia will not have the ability to respond to their environment. They also won't be able to hold a conversation. Because of changes in their physical abilities (walking, sitting, swallowing, etc), they will require 24/7 care and supervision.

Food of the Month: Strawberries

5 Ways Strawberries can Benefit Your Health



The heart-shaped silhouette of the strawberry is the first clue that this fruit is good for you. These potent little packages do a lot for your health.

1. *Strawberries are an excellent source of vitamin C.* Most mammals – except for humans – have the ability to produce vitamin C naturally, which is why it's so important to get your daily requirement.
2. Strawberries maintain your healthy vision. The antioxidant properties in strawberries may also help to prevent cataracts.
3. Vitamin C is one of the antioxidants that can help with cancer prevention, since a healthy immune system is the body's best defense. A phytochemical called ellagic acid — also found in strawberries — is another.
4. The power of vitamin C in strawberries continues, as it is vital to the production of collagen, which helps to improve skin's elasticity and resilience.
5. According to the Heart and Stroke Foundation, heart disease is one of the leading causes of death among Canadian women. Luckily, the benefits of strawberries include powerful heart-health boosters.

Try our "Food of the Month" recipe and give your Vitamin C a natural boost.

Spinach Strawberry Salad



Ingredients

- ¾ cup raw pecans
- ½ small red onion *very thinly sliced*
- 10 ounces fresh baby spinach
- 1 quart strawberries
- ¾ cup crumbled feta cheese

Instructions: Toast the pecans: Preheat the oven to 350 degrees F. Spread the pecans in a single layer on an ungreased baking sheet. Bake for 8 to 10 minutes, until the pecans smell fragrant, and the center of a pecan is tan when the pecan is broken in half. Transfer to a cutting board and roughly chop.

Place the sliced onions in a bowl and cover with cold water. (this keeps their flavor but removes the harsh onion bite).

Assemble the salad: Place the spinach in a great big serving bowl. Add the strawberries. Drain the red onion and add it as well. Add the feta and pecans. Toss lightly to combine. Serve immediately!



MARVIN N.

May 04

ANN R.

May 17

KEN M.

May 18

Celebrity Birthdays

Bing Crosby (singer) – May 3, 1903
 Nellie Bly (journalist) – May 5, 1864
 Toni Tennille (musician) – May 8, 1940
 Salvador Dalí (artist) – May 11, 1904
 Stevie Wonder (musician) – May 13, 1950
 Henry Fonda (actor) – May 16, 1905
 Mr. T (actor) – May 21, 1952
 Naomi Campbell (model) – May 22, 1970
 Sally Ride (astronaut) – May 26, 1951
 Bob Hope (entertainer) – May 29, 1903

Food for Thought!

California produces how many pounds of strawberries a year?