

Edgewood Manor OF LUCASVILLE II

10098A Big Bear Creek Road • Lucasville, OH 45648 • (740) 259-5536

May 2025

A Hero

"I think of a hero as someone who understands the degree of responsibility that comes with his freedom." —Bob Dylan

A Good Night's Sleep

For many, the challenge of getting a good night's sleep doesn't lie in falling asleep; it's staying asleep that's the problem. If you find yourself waking up alert far too early, consider the 4-7-8 deep breathing technique to relax back into the zzzs you need. Inhale through the nose for four seconds; hold that inhale for seven seconds; and then exhale through the mouth for eight seconds.

'Skip' Is One

How many words can you come up with using the letters in "picnic basket"?

Honoring Nurses

The important role of nurses in health care is recognized during National Nurses Week, beginning May 6. The annual celebration ends May 12, the birthday of Florence Nightingale, founder of the modern nursing profession.



Best Friends

"It's not that diamonds are a girl's best friend, but it's your best friends who are your diamonds." —Gina Barreca

Fiesta on the Fifth

From Los Angeles and Phoenix to Denver and Washington, D.C., cities across the nation will put on Cinco de Mayo festivals. Commemorating Mexico's 1862 battle victory over the French, the annual May 5 salute to Mexican culture and heritage has become a popular American observance, often enjoyed with traditional food and music.

Salute America's Military

In May, America observes Armed Forces Day, Memorial Day, National Military Appreciation Month and Military Spouse Appreciation Day. Take the time this month to honor the men and women in uniform, past and present, and their families.

Happy Mother's Day!

"A mother's love for her child is like nothing else in the world." —*Agatha Christie*

Mother's Day is set aside to honor and celebrate mothers, grandmothers and mothers-to-be. Shower the special women in your life with love, hugs and maybe a card or a beautiful bouquet! From all of us, we wish all the moms who call our community home a very happy Mother's Day!



Happy Mother's Day



Trivia Whiz

Moms in the Movies

Some memorable mothers have made their marks on the movie screen. This Mother's Day, celebrate the maternal instinct found in the following characters.

Maria Portokalos.
At the head of the overbearing yet lovable family in "My Big Fat Greek Wedding" is this feisty mother (Lainie Kazan), who supports her children with love, advice and fabulous cooking.

M'Lynn Eatenton.
Sally Field earned a Golden Globe nomination for her emotional portrayal of this Southern mama, whose devotion to her grown daughter is a central theme of the beloved film "Steel Magnolias."

Elastigirl. Voiced by Holly Hunter, villains don't stand a chance against the matriarch of "The Incredibles."



The History of Memorial Day

Observed with ceremonies and parades, Memorial Day honors the men and women who gave their lives while serving in the U.S. military.

After the Civil War ended in 1865, people in various cities began decorating the graves of fallen soldiers with flowers, flags and wreaths. This inspired Maj. Gen. John A. Logan, the head of a veterans organization, to designate May 30, 1868, as Decoration Day, a national day of remembrance. It's believed that date was chosen because it didn't fall on the anniversary of any battle, and spring flowers would be in bloom all over the country.

On that first Decoration Day, a large ceremony was held at Arlington National Cemetery in Washington, D.C.

Officials gave speeches, and more than 5,000 people placed small American flags on the graves of 20,000 Civil War soldiers.

After World War I, Decoration Day was expanded to honor fallen soldiers from all wars. An act of Congress officially renamed it Memorial Day in 1967, and when the law went into effect in 1971, the date of observation was changed to the last Monday in May.



Happy Birthday



Cecil Eller - May 18th
Matt Ison - May 12th
Ralph Fick - May 14th
Jimmy Lyons - May 10th
Allison Kremin - May 16th
Brittany Linkous - May 21st
Kayla Taylor - May 27th
Lawren Alge - May 15th
Matthew Johnson - May 29th
Michelle Dunn - May 10th
Sheyenne Montgomery - May 7th
Ann Spillman - May 13th

Happy Anniversary

Anita Murray - May 13th
Eddie Sue Whitt - May 22nd
Jeremy Coriell - May 9th
Kim Strickland - May 9th

HAPPY
MOTHER'S
DAY

Remember, Honor, Celebrate

Memorial Day pays tribute to those who have made the ultimate sacrifice while serving in the armed forces. There are many ways you can take part in honoring these heroes.

Explore their stories. Read a military memoir or watch a movie or documentary. You can listen to recordings of veterans' firsthand accounts online at StoryCorps.org.

Tune in to a TV tradition. On the night before Memorial Day, PBS stations broadcast the National Memorial Day Concert, an annual event that honors the fallen and their families with musical performances and personal stories.

Learn about your family's military heritage. Talk to family members who were in the military about their experiences. Ask about stories of past relatives who served.

Post a tribute. If you have a loved one who is a fallen hero, post a photo and story about them on social media.

Send a letter. Express your thanks in a note to currently deployed troops. Search online for one of many nonprofit groups that gather and distribute letters to men and women serving overseas.

Visit a memorial. Spend time at a local military monument or museum, or pay your respects at a veterans cemetery. You can also make virtual visits to many war memorials.

Pause at 3 p.m. Stop and reflect during the National Moment of Remembrance, a one-minute pause observed at 3 p.m. local time on Memorial Day.



Managers

- **Executive Director:** Tammie Tuttle
- **Director of Nursing:** Rachel Pieper
- **Asst. Director of Nursing:** Rebekah Anderson
- **MDS:** Donie Bowen
- **Business Office:** Eddie Sue Whitt
- **Business Office Manager:** Barb Newman
- **Activities Director:** Shannon Broughton
- **Dietary:** April Montgomery
- **Resident & Family Services:** Amber Mercer
- **Medical Records:** Tina Whitt
- **Environmental Services:** Kim Strickland
- **Hospitality Services:** Carolyn Miller
- **Rehab Director:** Lynn Kratzer
- **Nursing Unit Manager:** Christy Pernell



May 2025

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 	23	24
25	Memorial Day 26	27	28	29	30	31

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