

May 2026

King's Daughters Home

2410 Rodd St. - Midland, MI 48640 * (989) 839-9800



Celebrating May

Happy Nurses Week

May 6- 12

We LOVE our Nurses!

Thank You- YOU ROCK!

Resident Meeting

Friday, May 8th

@ 2:30 pm.- Dining Rm

Mother's Day Tea

Sunday, May 10th

@ 2:30 pm.- Dining Room

Join us for Tea, Coffee,

Cookies & Treats

Monthly Birthday Party

Monday, May 18th

@ 2:30 pm.- Dining Rm

Join us for Cake & Ice

Cream

Memorial Day Parade

Monday, May 25th

Join us in the Front @ 10

am to watch the Parade

(we go outside)



**Please join KDH in Welcoming
Our new Administrator-
Director of Operations
JAMIE STUDER!**

Jamie has worked for many years
(over 25!) in Long Term Care.

She has been a CNA, Human
Resources/Payroll, Business Office
Manager- and was previously our
Assistant Administrator. We welcome
her back with open arms- She LOVES
KDH, and will do great things here!
CONGRATULATIONS!

(Jamie will be joining us the end of May)

***Welcome/Meet & Greet on Calendar in early June!**

Nursing News



Hello to our wonderful residents and families,

May has arrived at King's Daughters Home, and we couldn't be happier to see our courtyards coming into full bloom. As the weather warms and we all look forward to spending more time outside by the fountains, our nursing team has a few updates to keep everyone feeling their best.

This month, we hold a very special place in our hearts for Mother's Day. To the mothers, grandmothers, and the many women who offer maternal love and wisdom throughout our halls—we celebrate you. Your stories and strength are the heartbeat of KDH. We look forward to seeing many families gathering to honor these incredible women throughout the Mother's Day weekend; there is truly nothing like the joy of a multi-generational visit in the garden!

With the sunshine becoming a regular guest, we want to remind everyone to stay safe while enjoying the fresh air. If you are heading out to the gardens, please remember your sunscreen and a favorite sun hat to prevent burns.

The warmer days are perfect for a stroll, but before you head out, let's make sure your "ride" is ready. If you use a walker or cane, please ask a staff member to check your equipment for safety—we want to ensure your assistive devices are in top working order for your outdoor adventures.

We are so grateful for the opportunity to provide person-centered, loving care to each of you every day. We look forward to a vibrant, healthy May filled with garden walks and quality time with loved ones!

Warmly,
Jo Lynn & Kari

King's Daughters Home Staff Royalty for May 2026



CONGRATULATIONS

Sam Ciccone!

Sam is an Activity Assistant and has worked at King's Daughters Home Since July of 2025.



*Sam has won a \$50 Bonus!
Way to Go Sam!!!

National Nursing Home Week! May 10-16, 2025

Sunday, May 10th- Join us for a Mother's Day Tea to celebrate all the wonderful KDH Moms! Time: 2:30 pm- Dining Room

Monday, May 11th- Pajama Day- It's OK to stay in your PJS, Robe & Slippers ALL Day!

Tuesday, May 12th- Wear your KDH Shirts today- Old or New- You decide!

Wednesday, May 13th-Hawaiian/ Beach Day
Wear bright colored Hawaiian shirts/hats, Hawaiian Leighs. Join us @1:30 for Blue Hawaiian & Mai Tais- Don't miss it!

Thursday, May 14th -Decades Day- Dress in your favorite Decade from 1940-1990
Join us @ 1:30 pm for a Sundae Social in the Dining Rm.

Friday, May 15th Wild West Day! Wear those Cowboy hats, Blue jeans, Bandana and Cowboy boots! Wild West Party with Chili/Frito Bag snacks @ 2 pm. Today in the Dining Rm.

Sound Sense



Many of us might not like to admit that we are constantly turning up the TV volume. However, over a lifetime of listening, our hearing begins to deteriorate. As we age,

the tiny hairs in our inner ears that pick up sound vibrations begin to break down. The louder the noise, the more violent the assault on these hair cells and the more severe the degradation. On May 31, turn down the television, radio, or headphones playing music from your smartphone—it is Save Your Hearing Day.

How loud is too loud? The World Health Organization says that listening to sounds around 80 decibels can be safe if your total exposure stays below about 40 hours a week, but as levels go above that, safe listening time drops quickly. For example, at 90 decibels, the recommended weekly listening time falls to roughly four hours, and at 100 decibels, it's only about 20 minutes per week. So you can still enjoy loud music or TV, but the louder it is, the shorter the safe listening time to protect your hearing.

Experts think that one of the best ways to save our hearing is to protect our ears. Professions that require the use of loud equipment often require the use of earplugs or earmuffs. The same advice applies to those engaging in loud recreational activities, such as riding a motorcycle or hunting. For those who find themselves in loud places, such as an airplane or crowded train, noise-cancelling headphones often help make the loud environment more comfortable and tolerable.

It turns out that the best medicine for our ears is to give them a rest. Hearing experts recommend limiting exposure to very loud sounds, such as a 100-decibel rock concert, and following them with extended periods of quiet to reduce strain on the ears. Perhaps the best way to celebrate Save Your Hearing Day is simply to hit the mute button.

Congratulations

on “beeing” awesome & “sticking with us”



We Appreciate YOU!!

Happy Anniversary dates of hire

Val Saxton, Laundry (26 yrs.)
 Diane Barnhart, CNA (15 yrs.)
 Tyler Beebe, Housekeeper (4 yrs.)
 Riley Biermaker, CNA (2 yrs.)
 Karen Barnes, Charge Nurse (2 yrs.)
 Caden Metzler, CNA (1 yr.)

**You're
 AWESOME!**

WE APPRECIATE



Happy Nurse's Week!

May 6-12, 2026

Garden to Table



Most people agree that a salad is a healthy meal choice. What better way to get a daily dose of raw and delicious food abundant in vitamins and minerals into your

diet? It may be difficult to believe, but building a healthy salad is harder than it looks. This May, Salad Month, expert nutrition consultant and certified sports dietitian Cynthia Sass helps us mix the perfect salad.

The first salad mistake that Sass often notices is that people use too many veggies and not enough protein. Well-balanced salads require protein, because bodies require protein for tissue maintenance and healing. Lean meats like chicken or fish are good additions, but plant-based proteins like lentils or beans, and dairy proteins like cheeses or hard-boiled eggs are excellent choices.

Yes, even salads need fat. Like protein, fat is an important building block for our bodies, aiding our skin, brains, and cell membranes. Healthy fats include things like nuts, olives, and avocados. Also, including olive oil in salad dressing is an easy way to add a dose of healthy fat.

The most important part of any salad is vegetables. The most important rule of adding veggies to a salad is variety, and the easiest way to create variety is to add many different colors! Field greens, red tomatoes, purple cabbage, orange carrots, yellow peppers... a colorful palette of veggies will boost your intake of essential nutrients.

Those with a green thumb can grow many vegetables right in their home gardens. Leaf lettuce is very easy to grow, and so are cucumbers and radishes. Tomatoes are another garden favorite. Gardens aren't only for veggies, though—for a larger variety of goodies to toss into your salad, grow melons, herbs, and corn, too. This way, you can enjoy a complete, farm-fresh salad from your own backyard.

May Birthdays

In astrology, those born May 1–20 are Bulls of Taurus. Bulls show a steady persistence in endeavors both professional and personal. Those born May 21–31 are Gemini's Twins. They represent energetic communication and interaction. Curious Geminis love to collect and share information. Witty and intellectual, they attract many friends, mentors, and colleagues.

Residents:

- 5/2 Jo Ann Gilpin
- 5/4 Tina Romanick
- 5/14 Maureen Pillepich
- 5/29 Jeanette Dukarski

Staff:

- 5/3 Kaylin Beebe
- 5/3 Tracey Oberlander
- 5/9 Matt Kerbleski
- 5/10 Kim Potter
- 5/12 Florina Hadley
- 5/18 Riley Biermaker
- 5/21 Paul Coronado
- 5/24 Justin Conarty
- 5/25 Rich Radcliffe



Holy Rollers



As the weather warms in May, cyclists of both the motor and pedal variety feel the call of the open road. As a response to this urge

to cycle, many religious institutions hold a Blessing of the Bikes ceremony. In massive cathedrals like New York City's St. John the Divine, pews and aisles are packed with bikers and spandex-clad cyclists of all religious denominations while the local priest showers attendees with holy water and prayers for a safe and fun bicycling season. Since 1972, the Blessing of the Bikes has become a ritual each May in Baldwin, Michigan. Over 10,000 motorcyclists and bicyclists congregate at the Baldwin airport for a blessing ceremony. Some churches have added a new twist, inviting wheelchairs, strollers, and skateboards for a Blessing of the Wheels.