

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 meat 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. 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, and after working hard, they are not shy about rewarding themselves for a job well done. Those born May 21–31 are Gemini's Twins. The Twins represent energetic communication and interaction. Curious Geminis love to collect and share information. Witty and intellectual, they attract many friends, mentors, and colleagues.

Pasty C.-5/05
 Shirely P.-5/12
 James W.-05/14
 Robert T.05-16
 Mary S.05/17
 Carol H.-05/20
 Nancy M.-05/23
 Linda K.-05/29
 Cheryl P.-05/29
 Doris B.-05/31



Westchester Village

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Celebrating May

Family Month

Arthritis Awareness Month

Personal History Awareness Month

Abor Day May 1

National Nurses Week May 6-12

National Nursing Home Week May 10-16

Mother's Day May 10

New Friends, Old Friends Week May 17-23

Rescue Dog Day May 20

Memorial Day May 25

Life at Turtle Speed

Turtles have been moving through Earth's waters and landscapes for more than 200 million years, quietly outlasting dinosaurs, ice ages, and continents in motion. Each May, World Turtle Day (May 23) invites us to pause and consider what these remarkable animals can teach us about conservation, resilience, and how to live well in a fast-paced world.

Today, turtles need our attention more than ever. Of the world's roughly 360 turtle and tortoise species, more than half are threatened or endangered. Habitat loss, plastic pollution, climate change, and road traffic all take a toll. Sea turtles often make mistakes with floating plastic for food, while freshwater turtles lose nesting areas to development. Even small actions matter: Slowing down in known crossing areas, reducing plastic use, and supporting conservation organizations can help ensure turtles remain part of our shared future.

Beyond their ecological importance, turtles have long held symbolic meaning across cultures. They are often associated with wisdom, patience, and protection. In many traditions, the turtle carries the world on its back or represents the steady foundation of life itself. Their shells symbolize shelter and perseverance—moving forward while carrying one's home, history, and strength along the way.

Perhaps the most enduring lesson turtles offer is the familiar phrase "slow and steady." Turtles remind us that progress doesn't have to be rushed to be meaningful. In a world that often prizes speed, multitasking, and constant productivity, turtles model a different approach—one rooted in persistence, awareness, and balance. They move at a pace that suits them, conserving energy and paying attention to their surroundings.

As World Turtle Day approaches, it's a good moment to reflect on both action and attitude. Protecting turtles means caring for the environments we all depend on. Learning from turtles means remembering that steady effort, patience, and respect for natural rhythms can carry us far. Sometimes, slowing down isn't falling behind—it's choosing a wiser way forward.

Aid Without Borders



World Red Cross Day, observed each year on May 8, honors one of the world's largest and most enduring humanitarian networks—and the people who keep it running when it matters most. The date marks the birthday of Henry Dunant, founder of the International Committee of the Red Cross and the first recipient of the Nobel Peace Prize.

Today, the Red Cross and Red Crescent Movement operate in nearly every country, responding to crises that range from armed conflict and natural disasters to public health emergencies and everyday community needs. In a world shaped by climate extremes, migration, and ongoing conflict, the organization's role is more relevant than ever.

In recent years, Red Cross workers and volunteers have been on the front lines of wildfires, floods, earthquakes, and hurricanes, often arriving within hours to provide shelter, food, medical care, and family reunification services. Beyond disaster response, the Red Cross plays a critical role in blood donation services, emergency preparedness training, and support for military families.

World Red Cross Day is also a reminder that humanitarian work is guided by core principles, like humanity, neutrality, and voluntary service. These principles allow Red Cross teams to work across borders and political divisions, focusing solely on human need.

This year's observance highlights the importance of local volunteers, who make up the majority of the movement's workforce. Trained community members often serve as first responders, using local knowledge to deliver aid quickly and effectively. Their efforts show that humanitarian action doesn't always start with large operations; it often begins with neighbors helping neighbors. World Red Cross Day is not just a celebration of an organization but of the shared belief that helping others, quickly and humanely, can change lives.

**May 5 at 1:45-2:45
Healthcare Dining
Come and join the fun!
Celebrate Cinco de Mayo with
refreshing drinks and music
featuring Drew and Rick.**



**May 8 at 3pm IDR
Join us in the Independent Dining
room at 3:00pm for a joyful
Mother's Day celebration! Let's
come together to honor our moms
with the beautiful music of harpist
Brenda and refreshments.**

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.



We invite you to join us on May 25, Memorial Day, as we honor the memory of those who sacrificed everything for our freedom. Let us remember those who returned home.

Monday May 25 at 3pm in the Healthcare Dining with Betty Jo



Join us every Thursday at 3 PM with Pickled Painters, where your creative mind can flow freely with colors and heartfelt creations.