



RETREAT AT CARROLLTON

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May 2024

Come Take a Tour With Us!



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 in the office, we wish all the moms who call our community home a very happy Mother's Day!



Experience a relaxed lifestyle in our chic yet cozy apartments, fostering independence while ensuring access to exceptional, polite and professional care or support. Our objective is to establish a contemporary atmosphere that surpasses the ordinary, inspiring in a stylishly comfortable ambiance. Through our individualized service and exceptional care, residents can relish the comfort of home with added security, convenient assistance, a maintenance-free setting and amenities that go above and beyond expectations.

Contact us today to arrange a tour.



Team Member Spotlight



My name is Lessie White. My journey in the food industry started at a very young age, assisting my grandmother as a child, but later on my personal story started as a food service specialist within the Armed Forces. And after years of working in the commercial restaurants, I decided to change my passion to make it of service—going into senior living working for many companies, such as Discovery Senior Living, Integrated Property Management, Holiday Retirement and Solstice Senior Living, and during those years, it became my passion to serve senior living as more than just a job, but to pay it forward with the best service possible, as if knowing I require that which is given. I am a registered food manager, food handler, hospitality manager and associate of biology concentration nutrition. Also course of studies hospitality hotel restaurant management and 40 plus years of executive chef experience and culinary director experience. With all my years of senior living experience, I am still growing and desiring to improve the service and the lives of those I serve through caring and compassionate pursuit of excellence in service.



Sedona Place



The Day To Remember Those We've Lost

Memorial Day, originally known as Decoration Day, began in the 1860s, when people would decorate the graves of soldiers who had fought in the Civil War. Gen. John Logan, leader of a Civil War veterans' organization, officially proclaimed May 30 as Memorial Day in 1868.

After World War I, May 30 became a day to honor fallen soldiers from all wars.

In 1971, Memorial Day became a federal holiday, and Congress declared it to be celebrated on the last Monday in May, ensuring a three-day weekend.

Cities across the country hold Memorial Day parades and other events. American flags are often placed throughout cemeteries for veterans. At other cemeteries, many people choose to decorate the graves of all loved ones.

On Memorial Day, the American flag should be flown at half-staff until noon, then raised to full staff in recognition of those currently serving in the military.



A Look at the Ukulele

Alongside pineapples, hula skirts and leis, the ukulele is a classic symbol of Hawaii.

The story behind the instrument is a sweet one—literally. In the late 1800s, thousands of Portuguese immigrants arrived in the Hawaiian Islands to work in the sugar industry. Many brought with them a small stringed instrument called the *machete* or *braguinha*. According to an

article in the Hawaiian Gazette, the immigrants began "delighting the people with nightly street concerts," playing instruments described as a strange cross between a guitar and banjo that produced "very sweet music."

The people of Hawaii, including the royal family, fell in love with the instrument's light, plucky sound. It's said they called the instrument *ukulele*, meaning "jumping flea" in the Hawaiian language, as a reference to the musician's fast-moving fingers across the strings.

Through the 20th and 21st centuries, the ukulele has been featured in many styles of music.

Wit & Wisdom

"May flowers always line your path and sunshine light your day."
—Irish blessing

"Laughter is magic that dispenses clouds and creates sunshine in the soul."
—Richelle E. Goodrich

"Let there always be a bright spot in your heart for the people around you. They might need a bit of sunshine."
—Ron Baraton

"Wherever you go, no matter what the weather, always bring your own sunshine."
—Anthony J. D'Angelo

"Few of us really appreciate the soothing, strengthening power of sunshine."
—H. Addington Bruce

"Daisies are like sunshine to the ground."
—Drew Barrymore

"Some sunshine is good for the soul, but I always make sure I wear a big hat."
—Miranda Kerr

"To be happy, you must be your own sunshine."
—Charles Edward Jerningham

"Don't let the shadows of yesterday spoil the sunshine of tomorrow. Live for today."
—Nandina Morris



“This Month In History”

MAY

1922: The Lincoln Memorial is dedicated. It took eight years to build the statue of U.S. President Abraham Lincoln and its surrounding building on Washington, D.C.’s National Mall.

1939: The caped crimefighter Batman makes his debut in issue No. 27 of “Detective Comics.” The superhero was an instant hit with readers.

1945: Celebrations erupt worldwide after Allied leaders announce the end of fighting in Europe in World War II.

1963: High school junior Lesley Gore performs her first single, “It’s My Party,” on TV’s “American Bandstand.” The next week, the song topped the U.S. pop music chart.

1971: Merging 20 of America’s passenger railroad services into one, Amtrak begins service.

1994: Nelson Mandela is inaugurated as South Africa’s first Black president.

2001: Thousands line up to be the first customers when tech company Apple opens its first retail stores in Virginia and California.

2019: New York City officially renames the intersection of West 63rd Street and Broadway to Sesame Street to honor the 50th anniversary of the kids’ TV show.