

# BODEN SENIOR LIVING NEWSLETTER

May 2026



**AGE MAGNIFICENTLY**  
*A Lifespark Community*

***“TO WAIT OPENLY IS AN EXPRESSION  
OF HOPE. HOPE IS THE EXPECTATION  
THAT I WILL BE GIVEN THE STRENGTH  
TO LIVE THIS DAY.”***

***—HENRI NOUWEN***

# HAPPY BIRTHDAY

**Please join us in wishing a very happy birthday to our  
residents celebrating this month!**

**VIOLET  
DOROTHY  
BARB**

# Welcome Home!



## *Meet your new neighbors*

### **ANNA**

BORN AND RAISED RIGHT HERE IN MINNEAPOLIS, HER FONDEST CHILDHOOD MEMORIES ARE ROOTED IN THE TIME SHE SPENT WITH HER SISTERS. AFTER A CAREER AS A BOOKKEEPER, SHE NOW FILLS HER DAYS WITH THE THINGS SHE LOVES MOST. WHETHER SHE'S LOST IN A BOOK, ENJOYING THE FRESH AIR, OR SETTling IN FOR A FEEL-GOOD HALLMARK MOVIE, SHE KNOWS THE VALUE OF A QUIET, PEACEFUL MOMENT.

### **JUDY**

A FORMER CASHIER AND LIFELONG DOG LOVER, JUDY IS A SOCIAL SPIRIT WHO THRIVES ON BEING AROUND PEOPLE AND SPENDING TIME OUTDOORS AMONG PINK FLOWERS. SHE IS A TRUE GAME ENTHUSIAST, ALWAYS READY FOR A WALK OR A ROUND OF 500, CRIBBAGE, OR KINGS CORNER. IN HER QUIET TIME, JUDY ENJOYS CROCHETING, READING THE BIBLE, AND LISTENING TO COUNTRY MUSIC. WHETHER SHE'S SOLVING A WORD GAME OR WATCHING AMERICAN IDOL, JUDY'S WARMTH AND FRIENDLY ENERGY MAKE HER A WONDERFUL PRESENCE IN OUR COMMUNITY.

# DATES TO REMEMBER



## Upcoming events:

5/7 - Dessert Making

5/10 - Mother's Day

5/11 - Outing (Sign Up With Jill)

5/13 - Painting Outside

5/18 - Outing (Sign Up With Jill)

5/29 - Outdoor Movie Night





# Lifespark™

## SPARK GAMES

GAME

- 2 -



### WHAT IS ROBOT SOCCER?

Residents use specialized remotes to navigate small robots across a mini field, working together to score goals against the opposing team.

### JOIN THE TEAM!

Whether you want to be a star striker or just sit in the stands and cheer for your team, the energy in the room is contagious and open to everyone.

**PRO TIP FOR PLAYERS:** *The secret to scoring a goal, is small, gentle movements. Those little robots have a lot of "kick" once they get moving!*

# Blast From The Past

# 1952

MR. POTATO HEAD!



## A NEW QUEEN:

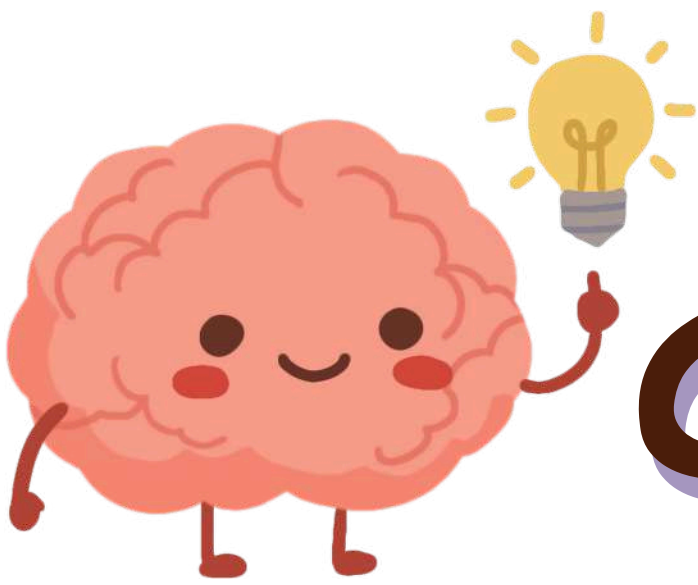
Following the passing of her father, Elizabeth II ascended to the throne at age 25, beginning the longest reign in British history.



## THE BIG SCREEN:

The musical masterpiece **Singin' in the Rain** premiered, starring Gene Kelly and a young Debbie Reynolds.





# BRAIN GAMES

MAY'S RIDDLE:

**I HAVE A BED BUT NEVER  
SLEEP, I HAVE A MOUTH  
BUT NEVER SPEAK, AND  
THOUGH I HAVE A "TAIL,"  
I'M NOT A HORSE AT ALL.  
WHAT AM I?**

# THE ARMCHAIR EXPLORER: MONTHLY TRAVELS FROM HOME



EVERY MONTH, WE'RE TAKING A TRIP WITHOUT EVER LEAVING OUR FAVORITE CHAIRS. FROM THE HISTORIC STREETS OF EUROPE TO THE HIDDEN GEMS OF OUR OWN BACKYARD, JOIN US AS WE EXPLORE THE SIGHTS, SOUNDS, AND STORIES OF A NEW DESTINATION.

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# THE ARMCHAIR EXPLORER: MONTHLY TRAVELS FROM HOME



## *Kyoto, Japan*

**SIGHTS:** May is the season of Wisteria, where purple flowers hang in long, cascading "curtains" from wooden trellises in ancient temple gardens.



**TASTES:** The Aoi Matsuri festival takes place in May, featuring people dressed in traditional imperial costumes from the 8th century.

**CULTURE:** In the Gion district, you can still find Geiko (Geishas), who spend years mastering traditional arts like tea ceremonies, classical dance, and the shamisen—a three-stringed musical instrument.



**HISTORY:** During WWII, Kyoto was famously removed from the atomic bomb target list because of its immense cultural importance; today, it remains one of the few Japanese cities with its ancient wooden temples and history perfectly preserved.



# Chaplin's Corner

***MAY IS A MONTH THAT DARES TO BLOOM.***

NO MATTER WHAT WINTER—LITERAL OR METAPHORICAL—WE HAVE PASSED THROUGH, MAY REMINDS US THAT LIFE, GROWTH, AND COLOR ARE INEVITABLE. IN OUR JOURNEY TOGETHER, WE OFTEN FOCUS ON THE PAST OR WORRY ABOUT THE FUTURE. YET, THIS MONTH, I INVITE YOU TO SETTLE INTO THE BEAUTY OF THE PRESENT.

OFTEN, IN SENIOR LIVING, WE MAY FEEL OUR WORLD SHRINKING. BUT I BELIEVE OUR CAPACITY FOR LOVE AND CONNECTION CAN ACTUALLY GROW. AS ST. THÉRÈSE OF LISIEUX SAID, "MISS NO SINGLE OPPORTUNITY OF MAKING SOME SMALL SACRIFICE, HERE BY A SMILING LOOK, THERE BY A KINDLY WORD; ALWAYS DOING THE SMALLEST RIGHT AND DOING IT ALL FOR LOVE."

YOUR PRESENCE HERE IS A GIFT TO YOUR NEIGHBORS AND STAFF. THE BEAUTY OF A SPRING DAY ISN'T DIMINISHED BECAUSE IT IS ONLY ONE DAY—IT IS CELEBRATED FOR THAT EXACT MOMENT. YOU, TOO, ARE TO BE CELEBRATED FOR WHO YOU ARE TODAY.

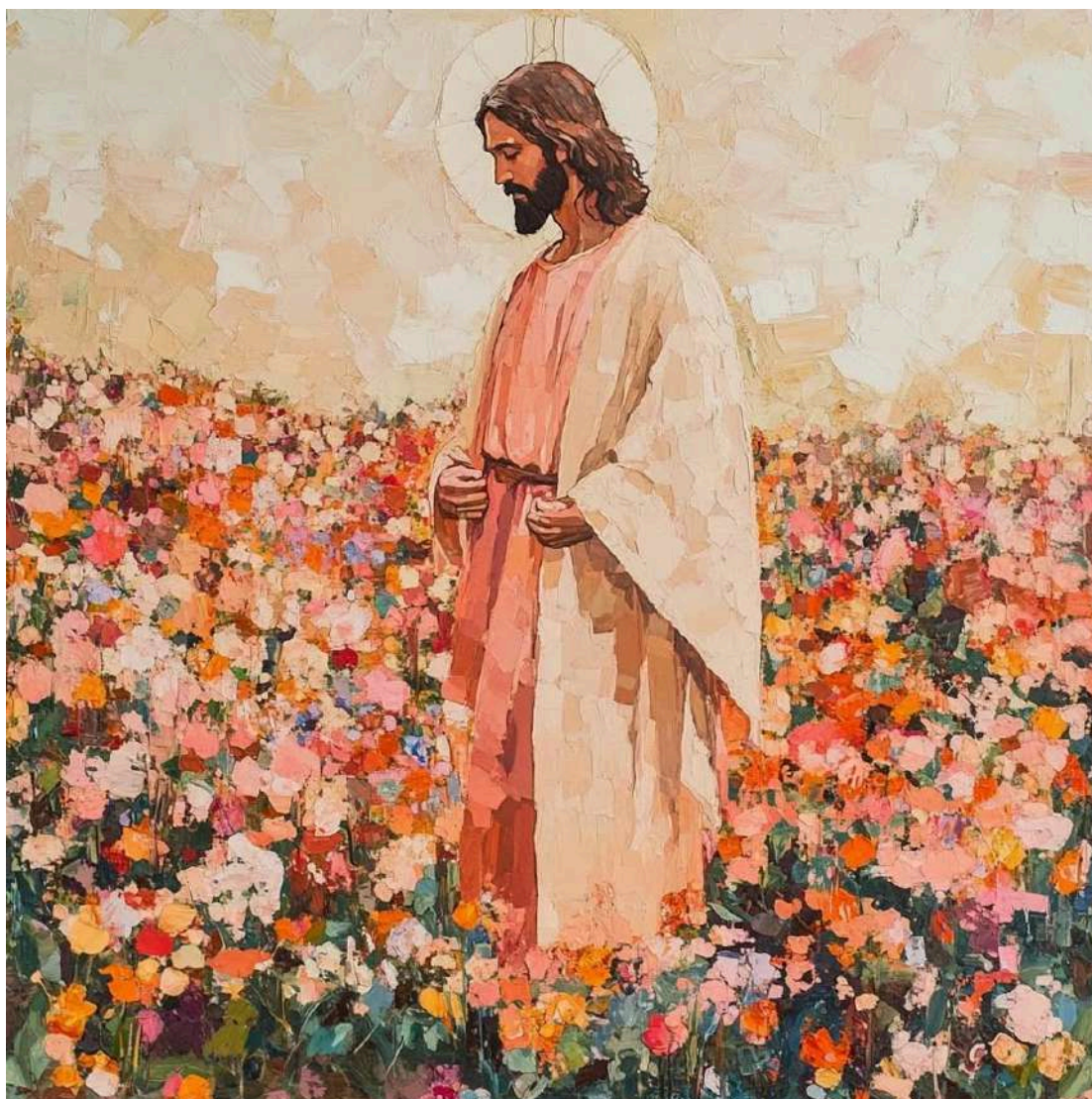


# Chaplin's Corner

## MAY SCRIPTURE

"This is the day the Lord has made; let us rejoice and be glad in it."

*(Psalm 118:24)*



# Reminders from **nursing**

**May: Mental Health Awareness**

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## **The Power Of Connection:**

Scientific studies show that even a 10-minute conversation with a friend or neighbor can lower cortisol (stress) levels and improve your heart health.

## **Don't "Tough It Out"**

If you have been feeling extra tired, lonely, or "not like yourself" lately, please let a nurse know; just like a physical ache, emotional heaviness is something we are here to help you manage.

## **A Simple Daily Habit**

Try naming three specific things you are grateful for each morning—this small practice actually retrains your brain to focus on the positive, boosting your natural "feel-good" chemicals.



**MENTAL HEALTH  
AWARENESS MONTH**  
TOGETHER FOR MENTAL HEALTH

# May: Mental Health Awareness

MORE GOOD DAYS

# TOGETHER

encourages reflection on what constitutes a “good day” for oneself and the community, emphasizing connection, support, and shared well being. Another complementary theme, “You Matter” highlights the importance of recognizing that everyone’s mental health is valuable and that each person belongs and matters in their community. These themes aim to foster empathy, reduce stigma, and promote actionable steps toward mental wellness.

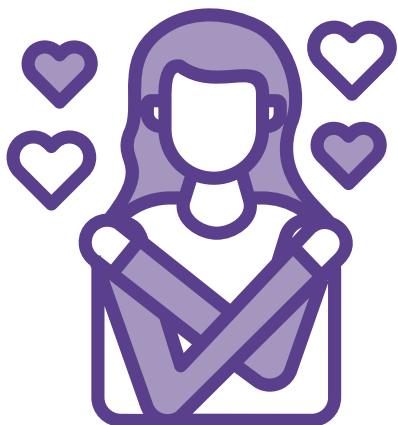
**As an exercise think of a way you can make it a “Good Day”**

**What makes you feel connected?**

**What program does Lifespark offer to ensure Residents are safe?**



**MENTAL HEALTH  
AWARENESS MONTH**  
TOGETHER FOR MENTAL HEALTH



# JILL'S AFFIRMATION

I bloom in my own time.  
Like the gardens outside, I  
have my own unique beauty  
and a purpose that grows  
stronger every day.

I am  
CAPABLE

I am  
enough

You are  
LOVED

# MOTHER'S DAY

MAY 10TH



CELEBRATING THE WOMEN WHO HAVE NURTURED,  
GUIDED, AND SHAPED OUR LIVES.

*Thank you so much!*

# MOTHER'S DAY

MAY 10TH



THIS DAY ISN'T JUST FOR BIOLOGICAL MOTHERS. IT'S A TIME TO CELEBRATE THE AUNTS, SISTERS, TEACHERS, AND FRIENDS WHO HAVE OFFERED US WISDOM AND A "MOTHERING" HEART THROUGHOUT OUR JOURNEY.

## **A MOMENT OF REFLECTION:**

TAKE A MOMENT TODAY TO SHARE A FAVORITE MEMORY OF A WOMAN WHO INSPIRED YOU WITH SOMEONE SITTING NEARBY.

