

Currents at the Cove

Sunapee Cove Assisted Living & Memory Care 1250 Rt 11 Sunapee, NH 03782 (603) 763-0566



May Activities

5/1 Chat w/Executive Director

5/1 Mystery Bus Trip

5/3 Pastor Elisabeth (Fridays)

5/3 Food Committee Meeting

5/4 Music w/Jim Hollis

5/4 Lake Church Gospel Singers

5/6 Music w/Martha (Mondays)

5/7 Therapy Dogs f/C.A.P (Tuesdays)

5/7 Resident Council Meeting

5/8 Trip to Colonial Pharmacy

5/9 + 5/23 Piano Music w/Elaine Cox

5/10 + 5/24 Happy Hour w/Click Horning

5/12 Mother's Day Photos & Fun

5/14 Tai Chi Class & more w/Rich

5/16 "Let's go out for Lunch" Trip

5/16 Music of the 1940's ZOOM

5/18 Music w/Moe Kennett

5/21 "Let's go out to breakfast" Trip

5/22 Music w/Joe Jennings

5/26 Communion Service w/St. Andrews

5/27 Memorial Day Celebration

5/29 Future in Sight Presentation

Welcome May

As the vibrant blooms of May usher in warmer days, it's the perfect time to embrace the great outdoors, starting right in your backyard. Here's a roundup of backyard games and activities that will turn your outdoor space into a hub of entertainment and relaxation.

First up, consider organizing a lawn bowling extravaganza. Gather your friends and family for some friendly competition. The satisfying clatter of pins and the strategic precision employed make it enjoyable for all ages. Set up a makeshift alley, and let the good times roll!

Next, why not create your own picnic paradise? May is the ideal month for a delightful backyard picnic. Spread out a cozy blanket, pack a basket with your favorite treats, and bask in the sunshine. Invite friends over for an afternoon of al fresco dining, complete with refreshing beverages and delicious snacks.

*Theme Day - Every Tuesday for
Everyone at The Cove!*



Does anyone recognize this resident?

Happy Mother's Day!



N.H. Maple Weekend Treats & Fun



Green Gold

A great use of your time on May 29 is to learn about the many benefits of composting. It is, after all, Learn About Composting Day.

One of the best ways to maintain a healthy garden is to feed it fresh compost. Most soils are sandy, rocky, or compacted—less than perfect in some way. Adding compost improves a soil's fertility, thanks to a dose of energy-giving nutrients and microorganisms. Plus, you can forego harsh and costly chemical fertilizers.

The trick to a healthy compost pile is a good carbon-to-nitrogen ratio. Different types of matter provide carbon (branches, dead leaves, peels, wood, straw) and nitrogen (food scraps, green grass clippings, green leaves, stems). Rainwater, worms, and other microorganisms in the ground do the rest. Simply turn the compost with a pitchfork once a week, and watch as the perfect soil additive develops before your eyes.

LET'S CELEBRATE MOM!

TEA SOCIAL
&
LIGHT BITES

PHOTO BOOTH WITH CORSAGE

SUNDAY, MAY 12TH
10:00-12:00

IN THE
SUNAPEE COVE GREAT ROOM
SHARE WITH FAMILY
PLEASE RSVP BY MAY 6TH
603-763-1517

CPARKHURST@HALLKEEN.COM



Mediterranean Magic



What is it about living in the Mediterranean that allows people to live longer? Is it the sunshine? The red wine? Science suggests that it's the Mediterranean diet. This simple diet isn't

a fad; it just consists of foods typical of the Mediterranean region. And yes, the occasional glass of red wine is included! May is International Mediterranean Diet Month, so add a few of this region's foods to your shopping list.

All healthy diets require a variety of fruits, vegetables, and whole grains, but what makes the Mediterranean diet special? Bread is a staple in many Mediterranean countries, but the grains typically are whole grains, containing no damaging trans fats. Moreover, these whole grain breads are eaten plain or simply dipped in olive oil, not spread with butter or margarine. Also, salt isn't the first choice when it comes to increasing flavor. Instead, cooks sprinkle on herbs and spices.

Nuts are another frequent addition to meals. Some people avoid nuts because they are high in fat, but nuts actually contain healthy fats. Mediterranean diets steer clear of honey-roasted or salted nuts.

Speaking of fat, olive oil is almost always the primary source of fat, used in lieu of vegetable or canola oil and butter. Olive oil helps reduce cholesterol and is full of beneficial antioxidants. Eating fish at least twice a week (and red meat only a few times a month) also increases the intake of omega-3 fatty acids, which help moderate blood pressure, improve the health of blood vessels, and decrease the likelihood of heart attacks.

What about red wine? Dark red wine is rich in antioxidants, but many doctors hesitate to recommend alcohol as part of a healthy diet. Whatever the secret of the Mediterranean diet, studies show that it staves off heart disease and cancer and can even reduce incidences of Parkinson's and Alzheimer's. Cheers to that!

Sound Choices

Hearing loss is the number one disability in the world, affecting 1.5 billion people, both young and old. Hearing decreases as we age, and more people living longer means more people experience hearing loss. However, the main culprit of hearing loss is too much noise. This May 31, Save Your Hearing Day, follow these tips to give your ears a rest.

In many cases, our ears' worst enemies are everyday appliances that make our lives easier: hair dryers, lawn mowers, and portable music players. Work-related noise is also a culprit. So how do we fight hearing loss? Search out peace and quiet for one. And don't be afraid to protect your ears with earplugs or other types of ear protection. Other methods to save hearing may surprise you. Some doctors stress a diet rich in nutrients that slow the aging process. Exercise is just as important. It stimulates circulation, which is greatly beneficial to a healthy auditory system. Now that's advice worth listening to!



Easter Joy



Residents enjoyed decorating eggs. They also had a great time looking for eggs filled with treats and special prizes all over the building on Saturday. (Staff did too!) Easter Brunch was enjoyed by families and residents on Easter Sunday.

Swinging Through Time



What is jazz music without the Lindy Hop? Born in Harlem, New York, in the 1920s and '30s, the Lindy Hop combined jazz, tap dancing, and the Charleston to become one of the most beloved forms of swing dancing in the world. On May 26, World Lindy Hop Day, aficionados from all around the

world will spread the message that the Lindy Hop is not only alive and well but is also one of the world's most joyous and enduring dance styles.

On June 17, 1928, a famed dancer named "Shorty" George Snowden was performing in a dance marathon at the Manhattan Casino ballroom in Harlem. The event was captured on film, and afterward someone asked Shorty to describe his dancing style, which involved breaking away from his partner, flinging her out, and improvising a few steps on his own. Shorty called it the "The Lindy."

Whether Shorty intended it or not, his "Lindy" was forever associated with Charles Lindbergh's flight across the Atlantic Ocean. Lindy, as Lindbergh was called, completed his "hop" in 1927, and the name stuck.

The dance, however, continued to evolve along with jazz music. During the big band era in New York, bandleaders like Count Basie, Chick Webb (at his world-famous Savoy Ballroom), and Benny Goodman led orchestras that encouraged dancers to Lindy Hop. And dancers didn't just dance—the best competed both formally and informally for bragging rights.

Our residents here at Sunapee Cove really enjoy watching Swing Dancing on YouTube. They laugh and comment on each dancer and really enjoy seeing all different age groups dance.

"Dance Like Nobody Is Watching!"

10 MIND DIET FOODS

1. WHOLE GRAINS
2. LEAFY GREENS
3. BERRIES
4. NUTS
5. BEANS
6. VEGETABLES
7. WINE
8. FISH
9. POULTRY
10. OLIVE OIL

April Staff Anniversaries

Denise MacDonald

Start date - 4/21/16
8 years

Kate Menard

Start date - 4/14/21
3 years

Cheryl Gonyo

Start date - 4/17/21
3 years

Charlotte Lemire

Start date - 4/12/23
1 year

Wendy Swain

Start date - 4/25/23
1 year