

Country Villa Freedom News Letter

May

**Hello everyone, my name is Tabatha, and I am so excited to introduce myself as your new Activity Director! It is truly an honor to join this wonderful community, and I am looking forward to getting to know each and every one of you. My passion is creating meaningful, engaging, and fun experiences that bring people together. I believe activities are not just about staying busy—they're about building connections, sharing laughter, and creating moments that make each day special. Whether it's trying something new, revisiting favorite pastimes, or simply enjoying time with friends, my goal is to make sure there is something for everyone to enjoy. I am eager to hear your ideas, interests, and suggestions so we can build a calendar filled with activities that truly reflect what you love. Please don't hesitate to stop by, say hello, and share what makes you happy—I'm here for you! I am so happy to be part of this community and can't wait to make wonderful memories together. Warmly, Tabatha Starr
Activity Director**

**Suggestion box
located in the
activity room!**



**Remember to like our
Facebook page to see
updated information
on what's happening
and photos of your
loved ones.**

Employee of The Month

Rez



We're proud to recognize Rez as our Employee of the Month! Rez is a dedicated team member who consistently goes above and beyond in everything he does. Whether it's picking up extra shifts, supporting his coworkers, or balancing a busy schedule that includes school and a second job, his work ethic truly stands out. Outside of work, Rez enjoys spending time with his daughter, as well as bowling and four-wheeling. His commitment, positivity, and willingness to step up make a meaningful difference every day. Thank you, Rez, for all that you do—we're lucky to have you on our team!

Celebrating May

Family Month

Personal History Awareness Month

Global Love Day May 1

Star Wars Day May 4

Mother's Day May 10

International Nurses Day May 12

New Friends, Old Friends Week May 17–23

Rescue Dog Day May 20

Memorial Day May 25

Birthday's #3 Beverley R #33 Lois V

Happy May, From the Kitchen!

As we welcome warmer weather and brighter days, the kitchen team is excited to bring fresh, seasonal flavors to your table. This month, you'll notice lighter dishes, crisp vegetables, and a few sweet treats inspired by springtime favorites. We are always working hard to provide meals that are not only nutritious but also comforting and enjoyable. Our goal is to make every dining experience feel like home—whether it's a hearty breakfast, a satisfying lunch, or a delicious dinner shared with friends. Be on the lookout for some special menu features this month, including spring-inspired desserts and resident favorites making their return! We also love hearing from you—if you have a favorite dish, family recipe, or suggestion, please let us know. Your input helps us make the menu even more special. Thank you for allowing us to serve you each day. We look forward to continuing to bring smiles through good food! Warm regards, The Kitchen Team

Nursing Corner

As we welcome the beauty of spring, the nursing team would like to take a moment to remind everyone of the importance of staying healthy and active during this season of renewal.

With warmer weather arriving, it's a great time to enjoy fresh air, take part in activities, and stay engaged—just remember to dress appropriately for changing temperatures and stay well hydrated.

We also encourage everyone to continue practicing good hand hygiene and to be mindful of any changes in how you're feeling. If you're experiencing allergies, seasonal symptoms, or simply not feeling your best, please don't hesitate to reach out to us—we are always here to help.

May is a wonderful time to focus on wellness, both physically and emotionally. Taking time to connect with others, participate in activities, and maintain daily routines all play an important role in overall health.

As always, it is our privilege to care for you. Thank you for trusting us to be part of your daily lives.

Warmly,
The Nursing Team