



THE
LODGE
Managed by
SIDNEY HEALTH CENTER



The Lodge Newsletter

May 2026

May Wellness Feature

Safe Walking, Gardening & the Power of Staying Mobile

As the weather warms up, May is a wonderful time to enjoy fresh air, gentle movement, and the beauty of spring. Walking and light gardening can lift mood, support strength, and help keep the body active. A few simple safety habits can help everyone enjoy these activities with confidence.



Walking Safety Tips

- Wear supportive, non-slip shoes.
- Use a walker or cane if it helps you feel steady.
- Walk in well-lit areas and watch for uneven ground.
- Start slow, rest when needed, and stay hydrated.
- Walk with a friend or let staff know where you are going.



Gardening Safety Tips

- Use raised planters or a stable chair to avoid too much bending.
- Wear gloves and protect skin with sunscreen or a hat.
- Choose lightweight tools that are easy to hold.
- Take frequent breaks and avoid overdoing it.
- Ask for help with heavy pots, hoses, or tricky areas.



Why Mobility Matters

Regular movement helps maintain strength, balance, flexibility, and independence. It can also improve circulation, support joint health, boost energy, and brighten mood. Even a short walk or a few minutes of gardening can make a meaningful difference.



A Gentle Reminder

Move in ways that feel safe and comfortable. Little steps each day can help keep the body stronger and the spirit brighter.



Enjoy the sunshine, stay safe, and keep moving this May!

SPRING
NEWSLETTER

TASTE
EDITION

Hello New Tastes!

For Our
Wonderful
Residents
Ages 55-105!

Why Your Taste Buds Change as You Age

Good news: it's all part of life's delicious adventure! ♥

Have you noticed foods don't taste quite like they used to? Maybe you crave spicier flavors, or sweets just aren't as tempting. You're not imagining it! Our bodies change over time—and that includes our sense of taste and smell. Let's explore why! ♥



What Happens to Our Taste as We Age?

Tips to Keep Food Delicious!

1 WE LOSE TASTE BUDS



We start with thousands of taste buds, but the number gradually goes down. The ones left get a little smaller and not as sensitive.

Result: Flavors seem duller or weaker.

2 OUR SENSE OF SMELL WEAKENS



Much of what we "taste" actually comes from smell. As we age, smell receptors don't work as well.

Result: Food can taste bland—even if the recipe hasn't changed!

3 LESS SALIVA, LESS FLAVOR



Saliva helps break down food and carries flavor molecules to our taste buds. We make less saliva as we age.

Result: Weaker flavor signals reach the brain.

4 CHANGES IN SWEET & SALTY



Sensitivity to sweet and salty flavors often decreases.

Result: You might crave stronger flavors—or lose interest in foods you used to love.

5 OTHER FACTORS CAN PLAY A ROLE



Medications, dental changes, health conditions, and even stress can affect how food tastes.

Result: Tastes can change in surprising ways.

6 YOUR BRAIN ADAPTS



Your brain learns and adapts. It may start to prefer different flavors that give stronger signals.

Result: Hello, new favorites!



Herbs & Spices are Your Friends!

They add big flavor without extra salt.



Brighten It Up!

A squeeze of lemon or lime can make flavors pop!



Try New Textures

Crispy, creamy, warm, or cool—texture adds enjoyment!



Stay Hydrated

Sip water throughout the day—hydration helps with taste.



Explore & Enjoy!

Be open to new foods. Your next favorite might surprise you!

Every stage
of life has
something
wonderful to
taste! ♥

Your taste journey is unique—
and that's something to celebrate!

Bon Appétit!

Remember: ♥

Your tastes may change,
but the joy of good food
and good company
never goes away. ♥

♥ Thank you for being part of our community. You add flavor to our days! ♥

MAY BIRTHDAY CELEBRATION

We are happy to celebrate our residents with May birthdays! May brings warmer days, blooming flowers, and time to enjoy the beauty around us—just like each of you brightens our community every day.

Happy Birthday!



Iona Hansen – May 9th

Irene Torgerson – May 19th

May your birthday be filled with smiles, laughter, and the company of friends. We are so grateful to celebrate with you!

Wishing You a Wonderful Month



Montana Assisted Living Resident Rights

Three important rights to remember

Residents have these important rights:

● **Make Your Own Health Care Choices**

Residents have the right to take part in health care decisions, including accepting or refusing treatment, and to request choices that support comfort and well-being.

● **Be Free from Abuse and Neglect**

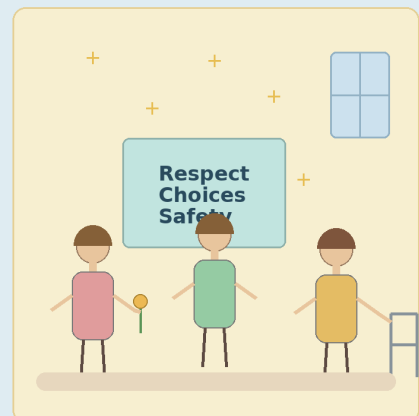
Residents have the right to be free from verbal, mental, physical, or financial abuse, as well as neglect or exploitation.

● **Keep Personal Belongings Safe**

Residents have the right to reasonable protection for personal belongings. Concerns about lost or stolen items should be taken seriously and reviewed promptly.

Clear wording version for newsletter use.

Rights matter every day



Friendly reminder: residents can ask questions, make choices, and speak up about concerns.

May

THROUGH THE YEARS

A LOOK BACK AT SPECIAL MOMENTS THAT SHAPED OUR WORLD

Celebrating
Our Stories,
Our Memories,
Our Community!

From the 1900s to today—May has been a month of discovery, celebration, and change! ♥



1900s



May 1903
The first long-distance automobile race ever held in the U.S. took place in May—from Chicago to New York City!



1910s



May 1912
The RMS Titanic set sail on its maiden voyage on May 10. A trip the world would never forget.



1920s



May 1927
The first “talking” pictures hit theaters with The Jazz Singer. Movies would never be the same!



1930s



May 1932
The Empire State Building in New York City officially opened its doors to the public on May 1.



1940s



May 1945
Victory in Europe (VE) Day was celebrated on May 8, marking the end of World War II in Europe.



1950s



May 1954
The TV game show Jeopardy! first aired. It's still a favorite for curious minds today!



1960s



May 1961
NASA astronaut Alan Shepard became the first American in space on May 5. The sky was just the beginning!



Every day holds a new memory in the making! ♥

Thank you for the wisdom you share, the memories you hold, and the community you help make so special.
You inspire us every day!



Did You Know?

- May is named after Maia, a Roman goddess of growth and spring. ♥
- Many places celebrate May Day with flowers and fun traditions! ♥
- Spring is in full swing in May—birds build nests and new life begins. ♥
- Perfect month for fresh air, sunshine, and making wonderful memories! ♥

Simple Joys That Never Change

- ♥ Good friends
- ♥ Kind words
- ♥ Sharing stories
- ♥ Laughter
- ♥ Feeling at home

The past is full of stories. The future is full of possibilities. ♥ Let's enjoy both!

Resident Spotlight

Meet Iona Hansen



Iona Hansen enjoys listening to Bing Crosby.



She loved her job working for the Sidney Schools Superintendent.



Christmas was always her favorite time, especially when everyone got together.



The friendly staff at The Lodge brings her joy and smiles.



Her favorite food is mashed potatoes.



Her favorite season is spring, with all the new green leaves and flowers.



Thank you, Iona, for inspiring us each day with your grace, kindness, and beautiful spirit!

Her secret to reaching 102 is:

“Doing what you can as long as you can.”



Employee Spotlight

Meet Kaitlyn Davis, CNA



Kaitlyn was inspired to work in assisted living because she wanted to selflessly care for others. She loves the welcoming environment and the wonderful staff she works with, and says working here has shown her just how fun residents are.



Kaitlyn enjoys crocheting, jet skiing at the lake, Disney movies, and winter snow. Her favorite meal is steak with mushrooms, and her busy-shift favorite is Diet Coke and jerky. If she could travel anywhere, she would choose Italy and Greece.



CROCHETING



JET SKIING



DISNEY MOVIES



WINTER SNOW



TRAVEL (ITALY & GREECE)

“Most of all, Kaitlyn hopes residents feel respected and loved when she cares for them.”



Fun Fact:

Kaitlyn has two sweet corgis 😊





Bloom & Grow Together



MAY 2026 ACTIVITY CALENDAR



WEEKLY ROUTINE

MON	2:00 ☘ Bingo 3:00 ☘ Coffee Time
TUE	2:00 ☘ Wisdom & Coffee with Sister Rita 3:00 ☘ Coffee Time
WED	2:00 ☘ Bingo 3:00 ☘ Coffee Time
THU	10:00 ☘ Coffee Time 2:00 ☘ Church Service 3:00 ☘ Coffee Time
FRI	2:00 ☘ Bingo 3:00 ☘ Coffee Time
SAT	2:00 ☘ Bingo 3:00 ☘ Specialty Drinks
SUN	2:00 ☘ Optional Social 3:00 ☘ Coffee Time (EVERY SUNDAY)

SUN	MON	TUE	WED	THU	FRI	SAT
3 2:00 ☘ Optional Social 3:00 ☘ Coffee Time	4 2:00 ☘ Bingo 3:00 ☘ Coffee Time	5 3:00 ☘ Coffee Time	6 2:00 ☘ Bingo 3:00 ☘ Coffee Time	7 10:00 ☘ Coffee Time 2:00 ☘ Church Service 3:00 ☘ Coffee Time	8 10:00 ☘ Coffee Time 3:00 ☘ Coffee Time	9 2:00 ☘ Iona Hansen Birthday 3:00 ☘ Bingo 3:00 ☘ Specialty Drinks
10 ☘ Mother's Day 2:00 ☘ Optional Social 3:00 ☘ Coffee Time	11 2:00 ☘ Bingo 3:00 ☘ Coffee Time	12 9:00 ☘ Catholic Mass 12:45 ☘ Lodge Staff Meeting 3:00 ☘ Coffee Time	13 2:00 ☘ Bingo 3:00 ☘ Coffee Time	14 10:00 ☘ Coffee Time 2:00 ☘ Church Service 3:00 ☘ Coffee Time	15 10:00 ☘ Coffee Time 3:00 ☘ Coffee Time	16 2:00 ☘ Bingo 3:00 ☘ Specialty Drinks
17 2:00 ☘ Optional Social 3:00 ☘ Coffee Time	18 2:00 ☘ Bingo 3:00 ☘ Coffee Time	19 ☘ Wisdom & Coffee with Sister Rita 2:00 ☘ Irene Torgerson Birthday 3:00 ☘ Coffee Time	20 2:00 ☘ Bingo 3:00 ☘ Coffee Time	21 10:00 ☘ Coffee Time 2:00 ☘ Church Service 3:00 ☘ Coffee Time	22 10:00 ☘ Coffee Time 3:00 ☘ Coffee Time	23 2:00 ☘ Bingo 3:00 ☘ Specialty Drinks
24 2:00 ☘ Optional Social 3:00 ☘ Coffee Time	25 ☘ Memorial Day Social 2:00 ☘ Coffee Time 3:00 ☘ Coffee Time	26 — 3:00 ☘ Coffee Time	27 2:00 ☘ Bingo 3:00 ☘ Coffee Time	28 10:00 ☘ Coffee Time 2:00 ☘ Church Service 3:00 ☘ Coffee Time	29 2:00 ☘ Coffee Time 3:00 ☘ Coffee Time	30 2:00 ☘ Bingo 3:00 ☘ Specialty Drinks
31 2:00 ☘ Optional Social 3:00 ☘ Coffee Time						

★ MAY HIGHLIGHTS

- May 1 ☘ Craft with Jacklyn Damm
- May 2 ☘ Kentucky Derby Social
- May 9 ☘ Iona Hansen Birthday
- May 10 ☘ Mother's Day
- May 12 ☘ Catholic Mass
- May 19 ☘ Irene Torgerson Birthday
- May 25 ☘ Memorial Day Social

🌸 SPECIAL TUESDAYS

- MAY 12 12:45 PM ☘ Lodge Staff Meeting
- MAY 19 2:00 PM ☘ Wisdom & Coffee with Sister Rita

🌿 ANYTIME ACTIVITIES

- Walking
- Puzzles
- Adult Coloring
- Massage Chair
- Reading Time



Thank you for being part of our community!

Take time to relax, enjoy friends, and make beautiful memories!



Memorial Day CROSSWORD

★ Remember & Honor ★

Let's celebrate the brave men and women who have served our country. ♥

FUN FACT!



Memorial Day began after the Civil War to honor soldiers who died serving our country.



FUN FACT!



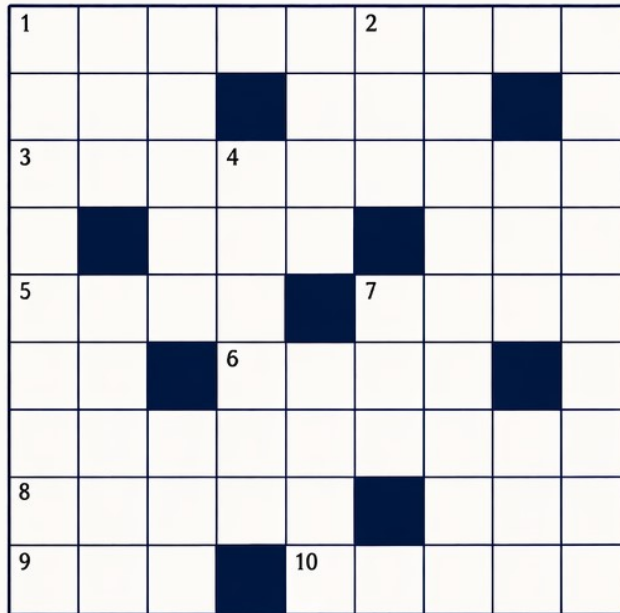
The red poppy became a symbol of remembrance for those who gave their lives.



FUN FACT!



The folded flag represents our nation and the sacrifice of our brave heroes.



ACROSS ★

1. A country we honor (7)
4. People who served in the military (8)
6. Flowers often placed on graves (6)
7. Instrument heard in ceremonies (6)
9. Red, white, and ____ (4)
10. Symbol of peace (4)

DOWN ★

1. A person who served (7)
2. National banner (4)
3. Moment of quiet to remember (6)
5. Celebrations in the sky (8)
8. To remember and respect (5)

FUN FACT!



Memorial Day is a day to remember and honor those who made the ultimate sacrifice.



FUN FACT!



"Taps" is a song played at military funerals and ceremonies.



FUN FACT!



Many communities hold parades and ceremonies to say THANK YOU to our veterans.



♥ Take Time to Remember ♥

- ★ Share stories and memories with a friend.
- ♥ Take pride in the freedom we enjoy today.
- ★ Thank you to all who have served!

We are forever grateful. ♥

HOME
★ OF THE ★
FREE
BECAUSE OF
THE BRAVE



May Word Search

♥ Horse Racing & Mother's Day Fun ♥

Find the hidden words going across, down, and diagonal.



Word Bank

MAY
ROSES
DERBY
RIBBON

MOTHER
FLOWERS
JOCKEY
TROPHY

MOM
SPRING
SADDLE
STABLE

LOVE
HORSE
REINS
RACE

Enjoy this springtime puzzle!



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1015 7th Ave SW - Sidney, MT 59270