



**Outings**

Sign up in the book located at the front desk for meals out, shopping, and these exciting outings!

**Tulips Festival** Saturday, May 4 at 1:00 pm

**Let's go to the movies! – Avengers: End game** Monday, May 6 at 9:20 am

**Wendover trip: Rainbow Casino** Monday, May 13 at 9:15 am

**Butterfly Biosphere at Thanksgiving Point** Friday, May 17 at 9:30 am

**Antelope Island and lunch at Buffalo Island grill** Friday, May 24 at 9:15 am

**Scenic drive: Heber City** Friday, May 31 at 1:00 pm

**Bird of the Month – Wilson's Warbler**



Who is Wilson and what exactly is a warbler? In this case, Wilson is Alexander Wilson, a Scottish mill worker who emigrated to America and eventually authored the nine-volume American Ornithology. Wilson's warblers are small, chirpy, and very spry songbirds. Most of their time is spent flitting in the shrubby understory of the forest hunting for insects. Wilson's warblers are found throughout the United States, especially in the west. Both male and female Wilson's warblers are shades of yellow. The males have little black "caps" that look like mini berets on top of their head. Wilson's warblers nest on the ground, in bushes, or in small trees, laying about five eggs annually. In 2014, a study tracked the migration patterns of Wilson's warblers. It was discovered that DNA extracted from feathers predicted their migration routes. Scientists hope to replicate this study with other species.

**Did You Know?**

The term *mayday* is often used as a distress signal for sinking ships and crashing lanes. But what does May Day, the celebration on the first day of the month, have to do with the distress call? Actually, the distress term is a mispronunciation of the French phrase *m'aider*, which simply means "Come help me!"



# Chateau Brickyard

3080 S 1300 E Salt Lake City UT 84106 Ph: (801) 466-9999 Fax: (801) 466- 7650

**Lunch Bunch**

May 13 Rainbow casino  
May 24 Buffalo Island grill  
May 31 Chick Fil A

**Special Dates**

**May Day**

May 1

**Cinco de Mayo**

May 5

**Mother's Day**

May 12

**Armed Forces Day (U.S.)**

May 18

**Victoria Day (Canada)**

May 20

**Memorial Day (U.S.)**

May 26

**Management Staff**

**Executive Director**

Willow Greer

**Activities Director**

Gigi Gazani

**Dining services manager**

Hector Flores

**Building Services Director**

Eric Nielsen

**Business Office Manager**

Sandra Applegate

**Community Outreach Director**

Jennifer Swaffer

**Full Flower Moon**

In most areas, flowers are abundant everywhere by now— thus full flower moon is the most common name for May's full moon. Another name, the milk moon, has a less obvious origin. Cows, goats, and other grazing animals can find green pastures this time of year, which helps them make plenty of milk for their babies born in the early spring.



**What's Lucky in May?**

Lucky Number: 5

Lucky Letter: M

Lucky Plant: Lily

Lucky Color: Lavender

Lucky Days: Tuesday and Saturday

**May Events**

**Cinco de Mayo Fiesta**

Friday, May 3

11:30 am-1:00 pm

**Mother's Day Events**

**Mother-daughter dance**

Friday, May 10

**Mother-daughter garden party**

Saturday, May 11

**Mother's Day luncheon**

Sunday, May 12

**Memorial Day Ceremony & BBQ**

Monday, May 27

Ceremony 10:45 am

BBQ 11:30 am-1:00 pm



**Making An Impact**

Did you know that Blue Harbor communities are home to more than 2,000 residents and employ nearly 1,500 employees? Our communities are open and operating 24 hours a day, seven days a week, 365 days a year. In any given year, we share more than 2 million meals together, celebrate thousands of birthdays, host hundreds of events, and create countless memories. To make that all possible, we use a lot of natural resources.

To offset our use of natural resources, we have taken a number of steps aimed at creating a more sustainable future. Here are just a few of the initiatives we have taken on in the last few years:

- Last year, we performed a successful LED light retrofit at a pilot community in California that reduced our common area lighting consumption by 65%, while providing brighter lighting for residents and employees. This initiative also reduced the time and expense spent replacing lightbulbs allowing us to focus more on our residents. Following this pilot, we started rolling this program out to all communities and plan to be finished very soon.

- We have installed more than 400 occupancy sensors that automatically turn off lights in common areas, offices, and storage areas when not in use.

- Over 75% of our resident rooms already have LED lights and we are committed to retrofitting 100% of our rooms in the coming year.

- We are replacing inefficient toilets, aerators, and showerheads across our communities. To date, we have installed 1,500 high-efficiency water fixtures and 2,500 aerators.

- To divert our waste stream away from landfills, we have increased recycling programs at our communities.

- Our communities have been using green certified housekeeping products, flooring, and paints since 2012.

We believe it's our responsibility to do what we can to make a positive impact on our environment. At the end of the day, our primary goal is to create comfortable, engaging living environments that promote wellness for our residents and work environments that allow our employees to learn, grow, and thrive. If we can reduce our impact on the environment at the same time, that's even better. Thank you for joining us in this effort.

**Musical Performances**

- 05/03 Mariachi de mi tierra band at 12:00 pm
- 05/03 Royal Heritage at 3:00 pm
- 05/10 Mixed Nuts at 6:15 pm
- 05/20 One wagon three wheels at 1:00 pm

**\*\*All performances are held in the living room\*\***



Creekside Home Health & Hospice is here to provide personalized, high-quality care to those in need. We provide professionally skilled nurses, therapists, and aides, and work with your doctor to create a tailored care plan to meet your specific health needs. In addition to exceptional clinical care in the home, we provide custom packaged, home-delivery options for your pharmaceutical needs through our affiliation with Amphex Pharmacy. Our office is on the main floor, and our friendly CNA will be happy to help answer your questions or get you on our services. She is available 9am-5pm, Mon-Fri. Creekside Home Health & Hospice is here to provide personalized, high-quality care to those in need. We provide professionally skilled nurses, therapists, and aides, and work with your doctor to create a tailored care plan to meet your specific health needs. In addition to exceptional clinical care in the home, we provide custom packaged, home-delivery options for your pharmaceutical needs through our affiliation with Amphex Pharmacy. Our office is on the main floor, and our friendly CNA will be happy to help answer your questions or get you on our services. She is available 9am-5pm, Mon-Fri.

**May Activities**

- Every Friday at 2:00 pm**  
Nintendo bowling
  - Every Tuesday at 1:00 pm**  
Manicures with Vicki
  - Every Tuesday at 2:30 pm**  
Bingo prizes!
  - Every Wednesday (except 1st Wednesday)**  
at 3:00 pm  
Craft class
- Come and make beautiful and easy projects!
- Every Saturday at 11:00 am**  
Nintendo Wii golf
  - Monday-Saturday (times vary)**  
Group exercise, sit and stretch, strenght training, moving to music, chair volleyball, theraband exercises
- Check your Activities calendar for details!
- Every Wednesday (No specific time)**  
N.P. Kurtis Hinderman Visits Check at the front desk for more information. Ask Vicki from Creekside when does Dr. Lewis and other health providers come in!
  - Every first Friday at 1:00 pm**  
Ballroom class with Don!
  - Every Saturday at 2:15 pm**  
New-release movie at our Theater Room.
  - Wednesday, May 1, at 3:30 pm**  
Man Cave! (Activity Room)
  - Monday, May 6, at 3:30 pm**  
Ladies Club! (Living Room)
  - Tuesday, May 7, at 1:30 pm**  
Town Hall meeting
  - Wednesday, May 8, 2:00 pm**  
Daughters of Utah pioneer meeting
  - Tuesday, May 14, at 1:30 pm**  
Tai-chi class w/Gwen
  - Tuesday, May 21, at 1:15 pm**  
Yoga class w/ Lauren
  - Tuesday, May 28, at 1:30 pm**  
Dining services meeting
  - Wednesday, May 29, at 2:00 pm**  
Resident council

**May Birthdays**

- May 7 Terri M.
- May 11 Barbara E.
- May 13 Barbara A.
- May 15 Louise H.



**We Appreciate Referrals**

The highest honor you can bestow on us is referring someone you care about. We are committed to providing service that is worthy of referral. Your referrals are the heart of our business. Please direct all referrals to our Community Outreach Director.



"Like" Our Facebook Page at Chateau Brickyard Senior Living and stay updated of all the fun our residents have!

If you would like your family to receive our newsletter and be informed of our upcoming events, activities and more, please fill out our new contact information form! Get your forms at the front desk!