



# The Graceful Connection

MAY 2024



## Sedgwick Plaza Newsletter

Welcome to May 2024! May is the 5th month of this year 2024 and it is filled with lots of celebrated observances through out the month. This month brings you Cinco de Mayo which is a celebration that represent Mexican culture. Also, we get to honor our mothers, and if it wasn't for our wonderful mothers we wouldn't be here today. Celebrating mother's day is a very special day for many because truly there is nothing like a mothers love for her family. Just to share a few more ways to celebrate May you have Lupus Awareness, Hoagies, Astronauts, and many other reasons to celebrate the month of May.

# Sedgwick Plaza Events

# Dates & Times



Cinco De Mayo Celebration with Los Reyes Mariachi 5/2 2pm

Toilet Trivia with Choice Hospice 5/1 3pm

Mobility Disorder with Angels Home Care 5/1 1pm



Driver Safety with AARP 5/3 3pm

TBH Brain Class : Beat the Clock 5/9 2pm

Music: Buster Bones 5/16 2pm  
Doug Everingham 5/23



## BIRTHDAYS

John V. - 5th  
Frieda D. - 13th

Tom Connolly -  
17th

Jeanine R. - 29th



# C R A F T S

Every Monday we will be crafting with Sarah 3pm

5/10 - Crafting with Michelle

5/15 - Sea Shell Craft

5/17 - Foam Flower Wreath

5/21 - Painting Class with Peggy

5/29 - Hand Parrot Craft

5/30 - Spring Flower Suncatcher

# N E W S

Welcome to the month of May! We are celebrating Older Americans Month! This was established in 1963 by President Kennedy and the National Council of Senior Citizens, back when there were 17 million Americans over the age of 65. Today, there are 62 million Americans over age 65 - how incredible! Older American's Month has long been a time to celebrate and acknowledge the contributions of past and current older persons to their communities and to society. This is also a great time to remember that age is a state of mind, and today's elders are not shrinking violets, but vibrant, interesting, and fun people to celebrate! There is even a new movement called, Old People are Cool, which continues to celebrate older adults during Older Americans Month and all year long. Check in with your Life Enrichment team to see how we are celebrating Older Americans this month and stay cool!

## NEW RESIDENTS

Betty Nutter  
Stephanie Harris

Cecil Kope  
Bob & Judy Dvorak

Carl & Margaret Davis





SEDGWICK PLAZA  
A GRACE MGMT COMMUNITY



# SEDGWICK PLAZA

## A GRACE MGMT COMMUNITY

### MEET OUR TEAM

Interim Executive Director

Meshell Boydston - Business Office  
Manager

Samantha Simmons -Wellness Director

Dimitriy Kiselev - Maintenance Director

Lawonder Markham - Life Enrichment

Director

Carli Birmingham - Sales and Marketing  
Director

Crystal Johnson - Housekeeping  
Supervisor

Dining Service Director - Ricardo Ruiz

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**Sedgwick Plaza**

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