

## “CELEBRATION OF MOMS”

To ALL the women of WestRidge who have made a difference in the life of a child. It truly does take a village to raise a child. Thank you!

### Mother's Day Poem

Dear Mom,  
I will love you forever;  
And forever you will be  
The most wonderful mother,  
You mean everything to me.

I thought of buying you flowers  
In the usual way,  
But I knew you would prefer  
A FOREVER bouquet!



#### Mother's Day Photos!

Please bring photos of you with your mom, or kids, or a special aunt or “mother figure” to display on our hallway wall!

**On Saturday, May 7<sup>th</sup>  
Between 11:00-1:00pm**

Ladies Tea Party in celebration for Mother's Day. Serenade by Liya (Violinist).

**Please sign up for the May 7<sup>th</sup> tea party. If you are able to invite a special friend to WestRidge, please let us know so we can plan.**

Thank you 😊.

## Mother's Day Word Search

A O N Z C N J U A U M C Y Y W  
T P Z A A E L N R L H L H A E  
L J P Y R J X F A O I J H D Z  
H J H R D L R C C M S S Z N T  
X T R L E C A O A P W L K U H  
I E O G B C L F J K L S Z S O  
A V R U U A I N E F E Y E I U  
E T P H T P G A T I K B X R G  
G Y E E S M O M T G U A E S H  
C Z Q M M I F F F E C D L Y T  
H V Y C X S R D E A U W E R F  
Y J W C L T R E F T F J B S U  
G I F T B R V W H Q E Y X N L  
P S R E W O L F M C R D I W C  
M X Q O C E Q N M I L J L O A

APPRECIATE  
CAKE  
CARD  
CHERISH

CHOCOLATE  
FAMILY  
FLOWERS  
GIFT

LOVE  
MOM  
SUNDAY  
THOUGHTFUL

## MEN'S SUMMER COOK OUT!

We are going to be featuring summer cook outs for the men who live at WestRidge of Minnetonka. The objective of this event is to encourage **comradery** among the men.

Please join us this summer for some delicious food and wonderful fellowship.



## BUS UPDATE!

The WR Bus will be **out the first week of May** for body-work on the steps. **There will be no shopping this week.** We apologize for the inconvenience AND thank you for your patience.

# WESTRIDGE

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[www.facebook.com/WestRidgeOfMinnetonka](http://www.facebook.com/WestRidgeOfMinnetonka)



### Sara's Space



### The Merry Month of May!

I bet you are expecting a paragraph about how wonderful my mother is. A comment about how the nut didn't fall far from the tree. Many of you have met her as she pops in from time to time to tell me how proud she is of me and bring me lunch or a just a hug. Maybe you thought I'd write about how motherhood changed me. How it is the most **challenging** and *rewarding* part of my life so far.

Or, possibly you were hoping I'd talk about my dear grandmothers and their influence and legacy on our

family. Maybe the story of how my Grandma Eula walked 4 blocks to the little Baptist church in Robbinsdale because she just **KNEW** her baby-son needed more in his life than she had growing up. Well, I'm not going to mention ANY of that.

What I want to say is **THANK YOU** to all of you women of WestRidge. (You men, too, but you get yours next month). Our company has a lot of mission statements, mottos, and phrases that all have to do with how WE are here to serve YOU.

However, I'd like to say THANK YOU to how YOU serve US every day. From greeting us at the door with a “Good Morning” or a concerned look when we are tired or overwhelmed with what life is throwing at us. You lend us your ear, your puppy, your skills and talents. I have been blessed by ALL of you.

If you are feeling lonely or insignificant, please remember that YOU MATTER deeply to us! We quite literally could not do our jobs without you. Don would have no one to drive, Elizabeth would have no one show up to activities or events, Jennifer would have no phone calls or visits to make, Alex and Alberto would have very little to fix or improve, and Kari would have no one impress with her smile and her skills. Lane could sing to himself, but it really isn't the same. Many of you have brought us support and advice in ways we may never be able to tell you about.

**THANK YOU for “serving” us every day. We love our WestRidge Family!**

### Services Offered at WestRidge:

See calendar and weekly sneak peaks (posted in elevators and bulletin board) for more information.

#### Live 2B Healthy FREE Exercise Class

Mon, Wed, & Fri at 8:45am to 9:30am

#### Hair Salon

Wed & Fri 9:00am to 3:00pm  
By Appointment

#### Podiatry Services

Sign up in the on-site activity book. By appointment only.

#### Shopping Shuttle

Tuesdays & Thursdays at 9:30am

#### Schwan's Delivery

Every Other Tues. Between 1:00-2:00pm



June H. – 5/2      Helen P. – 5/18  
 Mavis S. – 5/3      Peg E. – 5/18  
 Gloria S. – 5/3      Louise J. – 5/22  
 Carty B. – 5/6      Kathy W. – 5/25  
 Mary Kay H. – 5/16      Barney B. – 5/28  
 Beverley O. – 5/29

## Birthday Concert:

May 24<sup>th</sup> (Tuesday)

at 2pm with

Duke Zecco DR



## Marketing Corner!

Welcome to our new resident who has moved in recently, we are glad to have you here.

### 1. Lillian G.



- The longest wedding veil of all times equaled the length of 63.5 football fields or 22,843 feet!
- Bees not only sting us humans, bees will also sting other bees. “Guard Bees” will remain at the entrance of the hive, and sniff bees as they come in, if determined to be an outsider the bee will bite or sting the intruder.
- “E” is the most common letter in the English Language. It can be found in 11 percent of words. Least common is ‘Q’, appearing in about 0.2 percent of words.
- Most popular instrument in North Korea is the accordion. So much so that all teachers used to be required to play the accordion in order to get their teachers license. The accordion is thought of as the “people’s instrument,” because it is portable.
- Water makes different sounds, when being poured, depending on its temperature. Heat changes the thickness (viscosity) of the water, which changes the pitch of the sound it makes when it is poured.

## The Renewed Mind

For those who know me, and have attended chapel services I have held, you know that I value three things in guiding people through their spiritual care and life’s journey. First, to love God with all your heart and your neighbor as yourself as recorded in the gospel of Luke:

[Christ] answered, “Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind”; and ‘Love your neighbor as yourself.’” - Luke 10:27

Second, to enjoy and share the gifts of the Holy Spirit as shared by the Apostle Paul in his letter to the early church in Galatia:

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, and self-control. Against such things there is no law. - Galatians 5:22-23

Third, to live a life of thankfulness and gratitude as enjoyed by the psalmist:

Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. - Psalm 100:4

In a recent flight, I sat next to a woman who specialized in the psychology related to thankfulness. She inspired me to continue to compel people to live a life of thankfulness. She explained that living a life of intentional thankfulness changed the patterns in the brain that benefit our health in many ways. As I have shared before, my heart doctor gave me one word of advice after my heart surgery. He said, “When you wake up each day, think of three things you can be grateful for. It is good for your heart.” That is exactly what the woman on the plane told me too. She said to even make your health better think of three different things each morning and journal them. I believe this is something the apostle Paul would agree with. He wrote to the early church in Rome:

Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing, and perfect will. - Romans 12:2

In our society, we tend to look for the worst in people and situations and eagerly criticize those who don’t look like us, agree with us, live like us... I believe a thankful heart will be eager to look for the



good and the beauty and the hand of God throughout each day. A thankful heart will renew your mind!

We are created to be thankful people. A thankful attitude will contribute to a youthful spirit. How can you live each day with gratitude?

*Written by Campus Pastor  
Lane Skoglund-Anderson*