

## North Fork Heights - May 2022 Activity Calendar

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		
1		2		3		4		5	Cinco de Mayo	6		7		
		2pm	Tenant Council Meeting	10am	Patty Hurd's Surprise	9am	2nd Harvest Food Delivery	9am	Beauty Shop	9am	Ladies Appreciation Day - Sign up	6pm	Bingo	
						1pm	Domino's							
						6-7pm	Tenant Council Snack Bar							
8	Mother's Day	9		10		11		12		13		14		
						6-7pm	Tenant Council Snack Bar	9am	Beauty Shop			6pm	Bingo	
						1pm	Domino's	12pm	Birthday Luncheon \$4 per person Sign-up					
											Happy Birthday Jackie L!		Happy Birthday Richard A!	
15		16		17	Election Day	18		19		20		21		
		1pm	Domino's	7pm	NBC Barbershop Choral	1pm	Resource Day Blood Pressure Check	9am	Beauty Shop			6pm	Bingo	
						6-7pm	Tenant Council Snack Bar							
22		23		24		25		26		27		28		
		1pm	Domino's	12pm	EUM Church Lunch	6-7pm	Tenant Council Snack Bar	9am	Beauty Shop			6pm	Bingo	
								1pm	Game Day					
			Happy Birthday Brian U!						Happy Birthday Deb D!					
29		30	Memorial Day	31										
		12pm	Flag Service by Military Honor Guard											
		1pm	Tenant Council Picnic \$4 per person Sign up											

# Important Information

**Tenant Council Meeting** — Monday 5/2/22 at 2pm. Discussion and plans for Memorial Picnic will be completed and upcoming summer events will be planned.

**Patty Hurd's Surprise** — Tuesday 5/3/22 at 10 am in the Dining Room. It is always a mouth-watering treat to enjoy, along with the comradery with your neighbors.

Wednesday May 4, 2022 the **Second Harvest Delivery** at 9am. Please stop in the dining room for your box. Anyone in need for this service, stop in the office for an application. We will assist in completion and send to Second Harvest.

**Ladies Appreciation Day** — Sign up by May 2nd if you will be attending. Then, join us in the dining room on Friday 5/6/22 at 9am for a wonderful start to your day! Ladies Only.

**Birthday Lunch** — Thursday, May 12th at 12 noon. \$4 per person. Sign up by 5/6/22. Menu: Rigatoni, salad, beverage and birthday cake.

**Primary Election Day** — Please visit your poll and vote. Our votes count! May 17th, 2022.

Please welcome the **NBC Barbershop Choral** on May 17th at 7 pm. You will love the music and fun this group brings to all of us. Refreshments served following the performance. A sign-up sheet will be on the Bulletin Board if you would like to donate sandwiches or cake.

**EUM Church** will be preparing lunch on Tuesday, May 24, 2022 at 12noon. Please join your neighbors in the dining room for a wonderful lunch. Rev. Gary Sheeley is joining the ladies to meet with you. A word of knowledge is to be shared.

**Military Honor Guard** — The Brookville Honor Guard will do the flag service at 12 noon on Memorial Day at the front entrance flagpole. Following the service the Guard will join us for our Memorial Day Picnic at 1 pm as our guests.

**Memorial Day Picnic** — a joint picnic with the Brookville Military Honor Guard will be held on May 30th at 1 pm. Cost is \$4 per person which helps Tenant Council cover the cost. Menu: Hamburgers, hot dogs, beverages, and baked beans are being provided by Hazel Barrett. Please bring a side dish to share with everyone. Sign up is required by May 25th.

**Beauty Shop** — Great News Ladies and Gents! We will be reopening the Beauty Shop. Beauty Shop will be open every Thursday. Call Hope Masters for an appointment at 814-849-2387. Please tell her you are from North Fork Heights when making your appointment. Walk-ins welcome when available.

**Welcome Your New Neighbors** — Brian Uveges (#C125) and Bernice Alexander (#A149). Please take a little time to introduce yourself and welcome both to their new homes.

Sandy Powell has volunteered to care for the front patio entrance. She will planting flowers and caring for them with her green thumb! THANK YOU!



## North Fork Heights

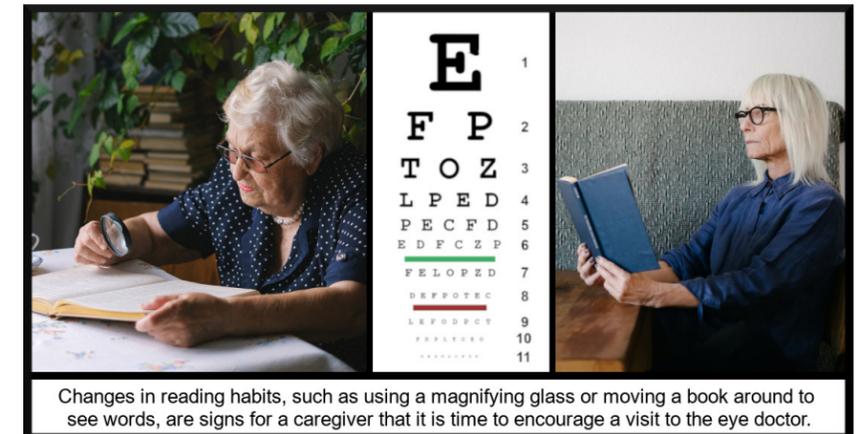
## MAY 2022



Older adults play vital, positive roles in our communities - as family members, friends, mentors, volunteers, leaders, members of the workforce, and more. Just as every person is unique, so too is how they age and how they choose to do it - and there is no "right" way. That's why the theme for Older Americans Month (OAM) 2022 is Age My Way, which focuses on how older adults can age in their communities, living independently for as long as possible and participating in ways they choose.

WRC is excited to celebrate OAM with our partners in the aging community. We greatly value the happiness and wellbeing of our seniors. Therefore, we will always provide them with the choice to live out their older years the way they choose. We strive to give them the best care and leave them feeling safe, healthy, and happy.

## Take Notice Of Vision Loss Warnings



Often, vision loss happens over time and a the person makes adjustments to accommodate the loss without even noticing. For example, they will squint or move closer to the TV.

As a caregiver, we look for these signs that warn us when someone in my care is struggling to see. Another common adjustment to look for is the tilting of the head. People do this to try to place an object into a line of sight that is still accurately working for them.

A sight impairment can also surface when there are changes in the way a senior walks. Yes, they can have a balance problem or arthritis. But if they are touching the wall, bumping into things and/or hesitant when stepping, they could be having difficulty seeing where they are going. So I bring these red flags to the attention of the senior and encourage a visit to the eye doctor.