

# Bel Rae Beehive

May 2026

## Bel Rae Management Team

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**Danielle Vasquez**  
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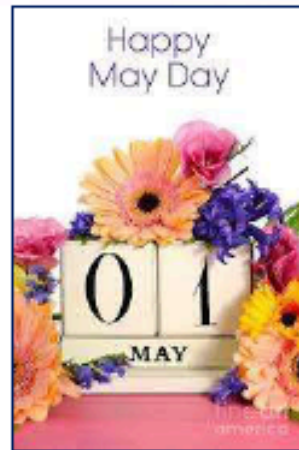
**Kevin Shelito**  
Culinary Director  
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**Donn Wallin**  
Maintenance  
Director  
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**Front Desk –**  
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Bel Rae Senior Living  
2330 Mounds View Blvd  
Mounds View, MN 55112



May Day is a May 1<sup>st</sup> celebration with a long and varied history, dating back millennia. Throughout the years, there have been many different events and festivities worldwide, most with the express purpose of welcoming in a change of season (spring in the Northern Hemisphere). In the 19<sup>th</sup> century, May Day took on a new meaning, as an International Workers' Day grew out of the 19<sup>th</sup>-century labor movement for worker's rights and an eight-hour workday in the United States. May Day 2026 is on Friday, May 1.

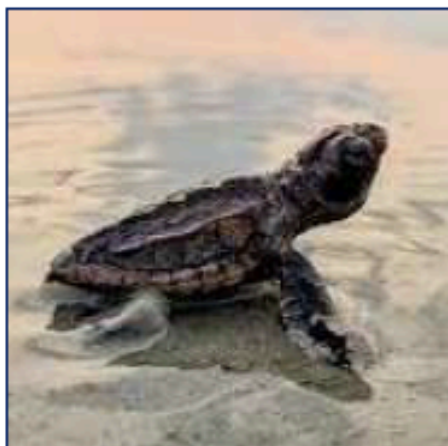
Another popular tradition of May Day involves the maypole. While the exact origins of the maypole remain unknown, the annual traditions surrounding it can be traced back to medieval times, and some are still celebrated today.

Villagers would enter the woods to find a maypole that was set up for the day in small towns (or sometimes permanently in larger cities). The day's festivities involved merriment, as people would dance around the pole clad with colorful streamers and ribbons.

Historians believe the first maypole dance originated as part of the fertility ritual, where the pole symbolized male fertility and baskets and wreaths symbolized female fertility.

The maypole never really took root in America, where May Day celebrations were discouraged by the Puritans. But other forms of celebrations did find their way to the New World.

During the 19<sup>th</sup> and 20<sup>th</sup> centuries, May Basket Day was celebrated across the country, where baskets were created with flowers, candies and other treats and hung on the doors of friends, neighbors and loved ones on May 1<sup>st</sup>.



## Life at Turtle Speed



Turtles have been moving through Earth's waters and landscapes for more than 200 million years, quietly outlasting dinosaurs, ice ages, and continents in motion. Each May, World Turtle Day (May 23) invites us to pause and consider what these remarkable animals can teach us about conservation, resilience, and how to live well in a fast-paced world.

Today, turtles need our attention more than ever. Of the world's roughly 360 turtle and tortoise species, more than half are threatened or endangered. Habitat loss, plastic pollution, climate change, and road traffic all take a toll. Sea turtles often mistake floating plastic for food, while freshwater turtles lose nesting areas to development. Even small actions matter: Slowing down in crossing areas, reducing plastic use, and supporting conservation organizations can help turtles remain part of our future.

Beyond their ecological importance, turtles have long held symbolic meaning across cultures. They are often associated with wisdom, patience, and protection.

In many traditions, the turtle carries the world on its back or represents the steady foundation of life itself. Their shells symbolize shelter and perseverance—moving forward while carrying one's home, history, and strength along the way.

Perhaps the most enduring lesson turtles offer is the familiar phrase "slow and steady." Turtles remind us that progress doesn't have to be rushed to be meaningful. In a world that often prizes speed, multitasking, and constant productivity, turtles model a different approach.

As World Turtle Day approaches, it's a good moment to reflect on both action and attitude. Sometimes, slowing down isn't falling behind—it's choosing a wiser way forward.



# The Buzz of Bel Rae



## From the Queen Bee

### Farwell to a Friendly Face

After seven years with Bel Rae Senior Living, we share the bittersweet news that Norma at the front desk will be beginning her next adventure.

Norma has been a valued part of our community, with her dedication, kindness, and a friendly smile greeting everyone as they walk through the door. While we are sad to see her go, we are equally happy for her as she begins this next chapter.

Please join us in wishing her all the best!!! Norma's last day here at Bel Rae will be Friday, May 8<sup>th</sup>.



Hello, my name is Kellie Pace.

I am a waiver/ medical assistance specialist for Bel Rae. I am here to help families navigate the county process of applying for medical assistance and elderly waiver (EW) also to help answer questions any time. I have a background as a Hennepin County CADI and EW case manager. I have 3 kids and 3 pets. They keep me busy and happy. I have a father in assisted

living with dementia. I understand the emotional component of having an aging loved one. The financial component is a whole other thing that often goes overlooked until funds are out. My best advice is to start the process at least 9 months before you feel private funds will run out. It's a multiple step process that can be very frustrating. Here at Bel Rae, it is expected that families have 2 years of private pay before accepting elderly waiver.

Please reach out with any questions.

My phone number is 612-997-3144; email: [kelliep@rm-mgmt.net](mailto:kelliep@rm-mgmt.net)

## A Moment with Marketing

May is a wonderful time of renewal, and our community is full of energy as we enjoy warmer days and engaging activities. It's a great season to connect, get outdoors, and welcome new residents. If you know someone looking for independent or assisted living, I would love to share what makes our community special.

Thank you for being part of our community! If you have had a positive experience, please consider leaving us a Google review or write it on our Shout Out Board in the lobby- we truly appreciate your support. Wishing you all a bright and beautiful May!

Danielle Vasquez  
Marketing Director  
612-430-4277

WE VALUE  
YOUR  
OPINION

Your feedback is invaluable in helping us enhance the quality of life for all our residents.

Please take a moment to share your thoughts and experiences with us.

SCAN ME

★★★★★

*Bel Rae*  
SENIOR LIVING  
OF MOUNDS VIEW

Mounds View | 2330 Mounds View Blvd

Visit us online at [belraeseniorliving.com/review](http://belraeseniorliving.com/review)

## Ketchup with the Kitchen

Summer is upon us and we have a lot of fun events and changes coming our way here in the Bel Rae Culinary Department! We will be having our Build Your Own Burger "Picnic" Lunch in the Dining Room on Thursday May 21<sup>st</sup> to celebrate the upcoming Memorial Day Weekend. This will be a complimentary meal for all residents.

We have a Mother's Day Brunch menu planned on Sunday the 10<sup>th</sup> which will also be free of charge for all residents. In addition to regular Mother's Day meal service, we will be celebrating the Mother's Day Luncheon in the Community Room on the 2<sup>nd</sup> floor for IL/AL Residents on Monday, May 11<sup>th</sup> and in Memory Care residents on Tuesday, May 12<sup>th</sup>.

Lastly, we will also be changing over to our Spring/Summer menu cycle for our daily lunch and dinner specials and will be making changes to our Alternative Restaurant Menu as well, which we will roll out and discuss Wednesday, May 6<sup>th</sup> during Chat with the Chef.

Chef Kevin

# A Dose of Nursing

## Curana Health

This is a friendly reminder to sign-up with our in-house provider, Uche Okeke, NP, with Curana Health. If you plan to sign-up with our new in-house provide, please see the front desk to receive the documents that need to be completed and returned to us as soon as possible. Richard Mastenbrook's last day is June 17, 2026.

If you plan to go with a provider in the community, it will be your responsibility to arrange for your loved-one to get a new provider. This new provider will likely require your loved-one to be seen. If we manage your medications, the new provider will then need to fax the facility all new prescriptions, that will need to go to Radius Pharmacy. We will need to receive the new medication prescriptions no later than May 22, 2026. If the pharmacy does not receive the new prescriptions by May 22, 2026, they may be a delay in your loved-one getting their medications.

Susan Leathes  
Director of Nursing



Please welcome our new nurse manager, Durga Sahu Teli, RN. Durga has 15 years of nursing experience. He is from Nepal, land of Mount Everest. He has a wife and 10-year-old daughter. In his free time, Durga enjoys biking, running, swimming, listening to music, cooking and cleaning the house. We are so excited to have Durga part of our Bel Rae Family!

## For the Love of Activities

### Documentaries in May

Wednesday, May 6, 2026, at **2:00pm**

#### The Louvre Heist Minute by Minute – 45mins

- On October 19, 2025, four masked thieves executed a high-stakes, 7-minute heist at the Louvre Museum in Paris, stealing eight pieces of Napoleon -era jewelry valued at over \$100 million. The thieves used a truck with a mechanical ladder to reach an upper balcony, entered the Apollo Gallery through a window, and smashed displays before fleeing on motorcycles.

Wednesday, May 20, 2026, at **1:00pm**

#### Planet Earth Series – Episode 4: Caves & Episode 5: Deserts – 50mins each Episode

- David Attenborough narrates as they explore the largely hidden, extreme world beneath the Earth's surface, showcasing unique habitats and highly adapted, often blind wildlife. Then we will look at how life survives in some of the most arid, varied, and harsh environments on Earth, covering roughly 30% of land's surface.

## Maintenance Check-In

### Submitting Work Orders

To ensure your maintenance request is completed quickly and efficiently, please submit all work orders at the front desk. This helps our team track, schedule, and complete each request in a timely manner.

Mentioning requests in passing – such as telling Donn – can lead to missed or unrecorded work orders. Submitting them right away to the front desk keeps everything organized and ensures your needs are taken care of.

Thank you for your cooperation!

Donn

Maintenance Director

## Matinee Movie Scene for May

**Tuesday, May 5, 2026, at 1:30pm**

**Tombstone – 2hr 7mins (R 1993)**

- Tombstone follows legendary lawman Wyatt Earp (Kurt Russell) as he retires to Tombstone, Arizona, with his brothers to find fortune. They are forced back into action, confronting the ruthless “Cowboy” gang in a battle culminating in the 1881 gunfight at the O.K. Corral and subsequent, vengeful Earp vendetta ride.

**Tuesday, May 12, 2026, at 1:30pm**

**Secretariat – 2hr 3mins (PG 2010)**

- Secretariat is a Disney biographical sports drama about the true story of the 1973 Triple Crown winner. It follows housewife Penny Chenery, who takes over her family’s struggling Virginia stable, facing immense pressure to sell. Alongside trainer Lucien Laurin, she manages a massive, record-setting horse, defying a male-dominated industry to win the first Triple Crown in 25 years.

**Tuesday, May 19, 2026, at 1:30pm**

**Central Intelligence – 1hr. 47mins (PG-13 2016)**

- Central Intelligence is an action-comedy about a lethal CIA agent (Dwayne Johnson) who reunites with his formerly popular high school classmate, now an accountant (Kevin Hart), before their reunion. The agent drags him into a high-stakes espionage mission to find stolen satellite codes and stop a villain.

**Tuesday, May 26, 2026, at 1:30pm**

**Seven Brides for Seven Brothers – 1hr. 42mins (G 1954)**

- Seven Brides for Seven Brothers is a boisterous, Oscar-nominated MGM musical set in 1850’s Oregon, featuring athletic choreography by Michael Kidd. The plot follows Milly (Jane Powell), who marries frontiersman Adam (Howard Keel) only to find she must manage his six uncouth, mountain-dwelling brothers. After she teaches them to court, the brothers kidnap six town women to be their brides.

**Celebrating  
May**

**Family Month**

**Global Love  
Day**  
May 1

**Star Wars Day**  
May 4

**Mother's Day**  
May 10

**Rescue Dog  
Day**  
May 20

**Memorial Day**  
May 25

## Bel Rae's April Employee of the Month



Congratulations Janice! Janice has been a home health aide at Bel Rae Senior Living since July 2024. Not one to shy away from hard work, Janice provides the upmost care to our residents daily. Showing patience, understanding and a soft voice, she reassures each resident they really do mean something. Thank you Janice for your bright smile that you bring to Bel Rae every day!

### Fun Fact:

What does May Day have to do with the international distress call, "Mayday, Mayday, Mayday"? Nothing, as it turns out. The code was invented in 1923 by an airport radio officer in London. Challenged to come up with a word that would be easily understood by pilots and ground staff in case of an emergency, Frederick Mockford coined the word "mayday" because it sounded like "m'aider," a shortened version of the French term for "come and help me."

## May Horoscopes and Birthdays

In astrology, those born between May 1–20 are Bulls of Taurus. Bulls show a steady persistence in endeavors both professional and personal, and after working hard, they are not shy about rewarding themselves for a job well done. Those born between May 21–31 are Gemini's Twins. The Twins represent energetic communication and interaction. Curious Geminis love to collect and share information. Witty and intellectual, they attract many friends, mentors, and colleagues.



### Notable Quotable

"Like family, we are tied to each other. This is what all good musicians understand."

~ Billy Joel,  
born May 9, 1949



**Darlene M. – May 1<sup>st</sup>**

**Beryl S. – May 5<sup>th</sup>**

**Donna S. – May 7<sup>th</sup>**

**Jan T. – May 9<sup>th</sup>**

**Connie M. – May 10<sup>th</sup>**

**Elaine R. – May 21<sup>st</sup>**

**Nancy B. – May 25<sup>th</sup>**

**Dorothy M. – May 26<sup>th</sup>**

**Vera W. – May 31<sup>st</sup>**

