

**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



**Notable  
Quotable**

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

~ Billy Joel,  
born May 9, 1949

**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’aidier,” 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.



- 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>**



# Bel Rae Beehive

May 2026

**Bel Rae  
Management  
Team**

**JoAnn Richardson**  
Executive  
Director  
651-363-3003

**Susan Leathes**  
Director of  
Nursing  
651-363-3007

**Mekdes Haile**  
Nurse Manager  
612-494-0537

**Danielle Vasquez**  
Marketing  
Director  
612-430-4277

**Molly Gosh**  
Life Enrichment  
Director  
651-363-3009

**Kevin Shelito**  
Culinary Director  
651-363-3008

**Donn Wallin**  
Maintenance  
Director  
651-363-3010

**Front Desk –**  
763-784-7633

**Kitchen –**  
651-363-3011

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.

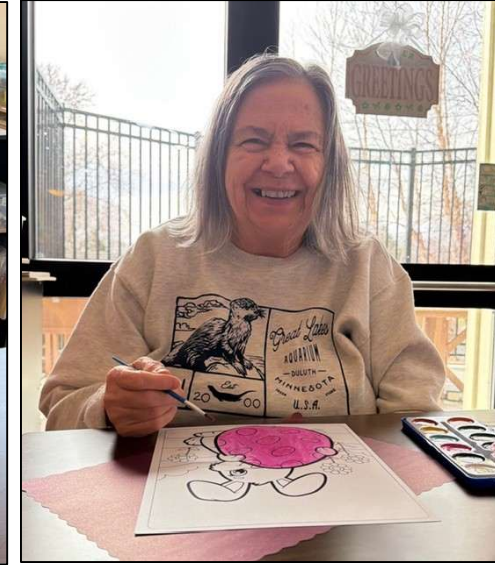
Today, turtles need our attention more than ever. Of the world's roughly 360 turtle and tortoise species, more than half are threatened or endangered. Habitat loss, plastic pollution, climate change, and road traffic all take a toll. Sea turtles often mistake floating plastic for food, while freshwater 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.



## Watercolor Magic

