

**Celebrating
May**

**Arthritis
Awareness
Month**

**Be Kind to
Animals Week
May 5–11**



**Mother's Day
May 12**



**Notable
Quotable**

"The only achievement I am really proud of is the friends I have made in this community."

~ Gary Cooper
(born May 7, 1901)

Bel Rae's May Employee of the Month

Congratulations Leanne K.!



Leanne has worked at Bel Rae as a Home Health Aide since January 2023. During her time here she has created and maintained great relationships with both our residents and staff members. She is always a team player and willing to help wherever possible. We are so lucky to have her a part of our Bel Rae Family!

Mary's experience with Active Therapy

"I've appreciated the work that I've done with the PT and OT departments of Active Therapy right here at Bel Rae. They have helped me meet the challenges of living here in the building – including being more independent and using a less restrictive assistive device. Even my friends and family have noticed I'm more mobile now than six months ago. I've enjoyed working with them."

Mary Billington

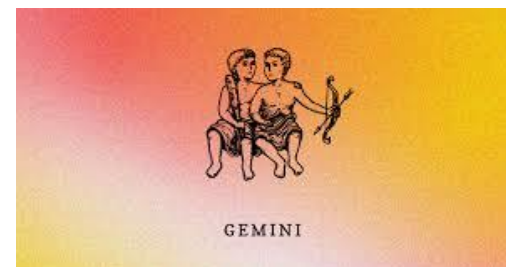
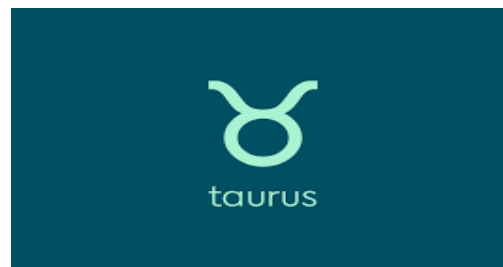


May Horoscopes and Birthdays

Those born between May 1–20 are Bulls of Taurus. Bulls show a steady persistence in both professional and personal endeavors. After working hard, they like to reward themselves for a job well done. If you were born between May 21–31, you are a Twin of Gemini. Geminis make communicative and lively companions. Intellectual and imaginative, they are the ones to sit near at a party.

May Birthdays

May 7th – Donna S.
May 10th – Connie M.
May 18th – Cookie G.
May 25th – Nancy B.
May 31st – Vera W.



Bel Rae Bulletin

May 2024

Bel Rae Management Team

JoAnn Richardson
Executive
Director
651-363-3003

Susan Leathes
Director of
Nursing
651-363-3007

Jaimee Amundson
Nurse Manager
612-494-0537

Britta Dahlseng
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



Outing to Silverwood Park

On Wednesday May 29, 2024, we will be going to Silverwood Park in St. Anthony Village to their open house. We will be participating in a craft creating a mini moss globe art activity and explore artifacts at the naturalist table. Coffee and cookies will be provided as well as a tour around the art gallery and Visitor Center Building.



**Norma is having a
baby GIRL!**

**We are anxiously
awaiting the arrival of
our next future
employee in August!**

Congratulations Norma!

SILVERWOOD PARKS GREAT HORNED OWLS

Thanks to pupils that open widely in the dark and retinas containing many rod cells, these owls have excellent night vision. They use the extra vertebrae in their necks to move their heads 270 degrees instead of their eyes.

Facial disks are feathers around the face that act like a satellite dish and amplify the sound. Sound is directed to the ear openings just behind the disk covered by feathers.

Soft feathers insulate them against the cold and stifle the sounds their wings make in flight, making them silent flyers. They molt once a year, usually after their young have fledged.

Sharp beaks allow for ripping up prey into smaller pieces. The act of cleaning this beak, or rubbing it on branches is called feaking.



Ear Tufts can break up the shape of an owl and help them camouflage.

The strength in their feet is almost 10x that of human hands.



The owl parents had 4 baby owlets this year!

Great-horned owls breeding season starts in winter. Males and females can be heard calling to one another and begin nesting in January or February.

They nest in tree cavities, abandoned nests of other animals, or even on cliffs. Females which are larger than the males lay 1 to 5 eggs. Young owlets are covered in downy feathers and leave the nest only 6 to 9 weeks! The parents watch over the younglings closely while in the nest and stay nearby while the young begin to fledge. During reproduction and raising of offspring, these animals can be sensitive to human activity. Please always be respectful by keeping your distance from breeding locations, and not using audio around these animals.



Petting other people's dogs, even briefly, can boost your health!



What's four-legged, furry, and often serves up a quick little mood boost? That's right, a dog. It turns out even short, friendly interactions with canines can be good for our health. I started pondering the power of dogs during one of my daily strolls around the neighborhood. Almost invariably, I'll run into at least one person walking their dog. If I get the OK to pet the pooch, it's a joyous moment of cooing and sloppy kisses. I always walk away from these canine exchanges feeling just a bit more relaxed, and happy. And that got me wondering, could these short interactions with people's dogs actually be good for me? "Absolutely. I think it is safe to say that animals are beneficial to our mental and physical health," says Nancy Gee, director of the Center for Human-Animal Interaction at Virginia Commonwealth University. Gee says evidence is accumulating that levels of the stress hormone cortisol drop in people after just 5 to 20 minutes spent interacting with dogs – even if it's not their pet. "Also, we see increases in oxytocin, that feel-good kind of bonding hormone." And it's not just humans that benefit from these brief exchanges. "What I love about this research is that it's a two-way street," Gee says. "We see the same thing in the dogs, so the dogs' oxytocin also increases when they interact with humans."

