



# The Tierra Times

May 2024

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The Flowers of late winter and early spring occupy places in our hearts well out of proportion to their size.



-Gertrude S. Wister

For the month of April 2024

Tierra Rose would like to recognize,

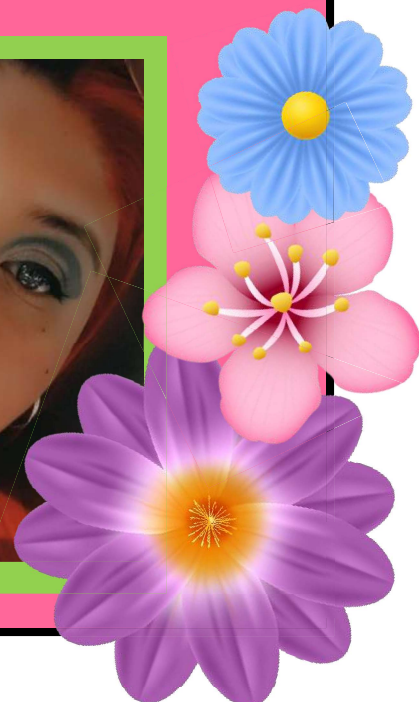
Suly Arreola!

Suly works in our activity department and is always coming up with new things for these residents to try!

Suly doesn't think twice when it comes to helping, she goes much further than above and beyond.

Thank You Suly, we appreciate you!

Employee of the Month for April 2024



# Tierra Rose Life Enrichment Department



Hello friends, family, residents,  
and staff who read the Newsletter!

We are still searching for Spanish Books.

We are always accepting all regular books, craft supplies and décor.

We have exciting news!!

We are going to kick off Summer this year the right way,

**WE'RE HAVING A CARNIVAL!**

This carnival will be for all our residents at Tierra Rose as well as Rosewood. We want families, friends and loved ones to come and enjoy this carnival as well with us.

On the following page is the flyer going up around our facilities on  
May 1<sup>st</sup>, 2024.

There will be more information to come in the month of May and early June 2024. Please let us know if you want to volunteer, or help that day, we would love to have you!





MAGIC SHOW!



GOODIE BAGS



TIERRA ROSE & ROSEWOOD

# CARNIVAL

BALLOON ANIMALS



GAMES

&

PRIZES

RAFFLE BASKETS

DUNK TANK

JUNE 20<sup>TH</sup>, 2024

10:30AM-4:00PM

LOCATED IN OUR TIERRA FRONT PARKING LOT



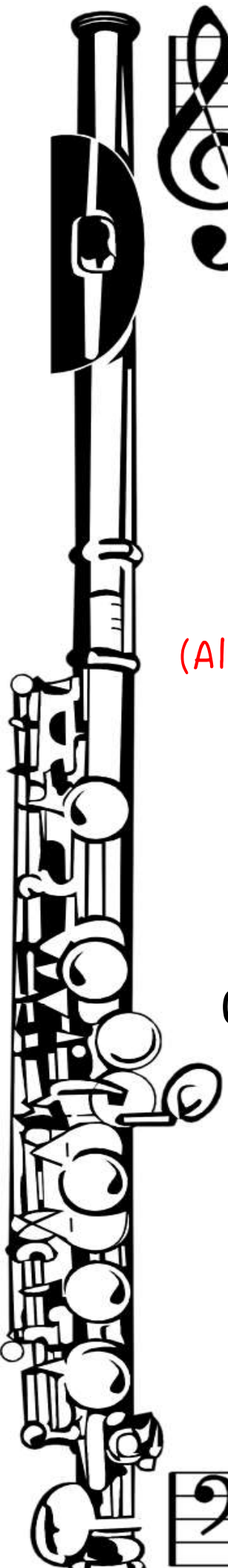
# Entertainment for May

(All Entertainment is held in the dining room)

05/01 Adam Performs @11:30am

05/14 Rachel Performs @4:00pm

05/27 Royce Performs @ 11:30am







Colleen Rees

## Administrator's Corner

May is Mental Health awareness month here are some thoughts...

“Spring is coming... Time for some cleaning. Remove all the self-doubt, worry, jealousy, regret, anger, guilt, or any other negative emotions that are holding you back from your happy, fulfilled life.”

— Nanette Mathews

“Your mental health is everything — prioritize it. Make the time like your life depends on it because it does.”

— Mel Robbins

“Don’t wait for someone to bring you flowers. Plant your own garden and decorate your own soul.”

— Luther Burbank

“Anything that’s human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary.”

— Fred Rogers



# May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
<p><b>May 2024</b></p>			<p><b>Dayroom closed for Beginning of the month preparations!</b></p> <p>11:30am Adam Performs 3:30pm Bible Study</p> <p>(Held in the Dining Room)</p>	<p>9:00am The Daily Chronicle 9:30am Game show social 12:30-1:30pm Room Visits 1:30-2:00pm <b>Manicures</b> 2:00pm Telemundo 3:00pm-4:00pm <b>BINGO</b></p>	<p>9:00am The Daily Chronicle 9:30 Game show social 12:30pm Task Assistance 2:45pm-3:30pm <b>Chair Yoga</b> (Held in the Activity room, Provided by our RA program) 3:30pm Outside walks</p>	<p>9:00am The Daily Chronicle 9:30-11:30am Movie Morning 12:30-1:30pm Loteria (Spanish Bingo) 3:00pm-4:00pm <b>BINGO</b></p>			
			<p>9:00am The Daily Chronicle 9:30am Online Church Service Message: Greater Bigger, Better, Stronger / Part 1 Following Church, Communion (Held in the Dayroom) 10:30am Discussion 12:30pm Table Games</p> <p><b>HAPPY CINCO DE MAYO</b></p>	<p>9:00am The Daily Chronicle 9:30am Telemundo 12:30pm Audio Books 1:30pm Baking Social 3:00pm Movie Afternoon</p> <p><b>Nurses Week</b></p>	<p>9:00am The Daily Chronicle 9:30am Game show social 10:30-11:30am Room Visits 1:30-2:00 <b>Manicures</b> 2:00pm Crafts 3:00pm-4:00pm <b>BINGO</b></p>	<p>9:00am The Daily Chronicle 9:30am Game show social 10:30am Outside walks 12:30pm Table Games 2:45pm-3:30pm <b>Chair Yoga</b> (Held in the Activity room, Provided by our RA program) 3:30pm Bible Study (Held in the Dining Room)</p>	<p>9:00am The Daily Chronicle 9:30am Game show social 12:30-1:30pm Room Visits 1:00-2:00pm <b>Resident Council</b> 2:00pm Telemundo 3:00pm-4:00pm <b>BINGO</b></p>	<p>9:00am The Daily Chronicle 9:30 Game show social 12:30pm Task Assistance 2:00-3:00pm <b>Closed for All Staff!</b> 2:45pm-3:30pm <b>Chair Yoga</b> (Held in the Activity room, Provided by our RA program) 3:30pm Outside walks</p>	<p>9:00am The Daily Chronicle 9:30-11:30am Movie Morning 12:30-1:30pm Loteria (Spanish Bingo) 3:00pm-4:00pm <b>BINGO</b></p>
			<p>9:00am The Daily Chronicle 9:30am Online Church Service Message: Greater Catch your drift / Part 2 (Held in the Dayroom) 12:30pm Mothers Day Tea Party</p> <p><b>HAPPY Mother's Day</b></p>	<p>9:00am The Daily Chronicle 9:30am Telemundo 12:30pm Audio Books 1:30pm Baking Social 3:00pm Movie Afternoon</p>	<p>9:00am The Daily Chronicle 9:30am Game show social 10:30-11:30am Room Visits 1:00-2:00pm Dog Visits 1:30-2:00 <b>Manicures</b> 2:00pm Crafts 3:00pm-4:00pm <b>BINGO</b> 4:30pm <b>Rachel Performs</b></p>	<p>9:00am The Daily Chronicle 9:30am Game show social 10:30am Outside walks 12:30pm Table Games 2:45pm-3:30pm <b>Chair Yoga</b> (Held in the Activity room, Provided by our RA program) 3:30pm Bible Study (Held in the Dining Room)</p>	<p><b>Closed!</b> <b>Prepping for special event.</b></p> <p>1:30pm Celebration of Life! Today we celebrate Jeffrey S. Please come to the activity room, to remember him and celebrate his life.</p>	<p>9:00am The Daily Chronicle 9:30 Game show social 12:30pm Task Assistance 2:45pm-3:30pm <b>Chair Yoga</b> (Held in the Activity room, Provided by our RA program) 3:30pm Outside walks</p>	<p>9:00am The Daily Chronicle 9:30-11:30am Movie Morning 12:30-1:30pm Loteria (Spanish Bingo) 3:00pm-4:00pm <b>BINGO</b></p>
			<p>9:00am The Daily Chronicle 9:30am Online Church Service Message: Greater The Myth of Greener pastures / Part 3 (Held in the Dayroom) 10:30am Discussion 12:30pm Table Games</p>	<p>9:00am The Daily Chronicle 9:30am Telemundo 12:30pm Audio Books 1:30pm Baking Social 3:00pm Movie Afternoon</p>	<p>9:00am The Daily Chronicle 9:30am Game show social 10:30-11:30am Room Visits 1:30-2:00 <b>Manicures</b> 2:00pm Crafts 3:00pm-4:00pm <b>BINGO</b></p>	<p>9:00am The Daily Chronicle 9:30am Game show social 10:30am Outside walks 12:30pm Table Games 2:45pm-3:30pm <b>Chair Yoga</b> (Held in the Activity room, Provided by our RA program) 3:30pm Bible Study (Held in the Dining Room)</p>	<p>9:00am The Daily Chronicle 9:30am Game show social 12:30-1:30pm Room Visits 1:30-2:00pm <b>Manicures</b> 2:00pm Telemundo 3:00pm-4:00pm <b>BINGO</b></p>	<p>9:00am The Daily Chronicle 9:30 Game show social 12:30pm Task Assistance 2:45pm-3:30pm <b>Chair Yoga</b> (Held in the Activity room, Provided by our RA program) 3:30pm Outside walks</p>	<p>9:00am The Daily Chronicle 9:30-11:30am Movie Morning 12:30-1:30pm Loteria (Spanish Bingo) 3:00pm-4:00pm <b>BINGO</b></p>
			<p>9:00am The Daily Chronicle 9:30am Online Church Service Message: Greater One and Done / Part 4 (Held in the Dayroom) 10:30am Discussion 12:30pm Table Games</p>	<p>9:00am The Daily Chronicle 9:30am Telemundo 11:30am <b>Royce Performs</b> 12:30pm Audio Books 1:30pm Baking Social 3:00pm Movie Afternoon</p> <p><b>MEMORIAL DAY</b> Remember and Honor</p>	<p>9:00am The Daily Chronicle 9:30am Game show social 10:30-11:30am Room Visits 1:00-2:00pm Dog Visits 1:30-2:00 <b>Manicures</b> 2:00pm Crafts 3:00pm-4:00pm <b>BINGO</b></p>	<p>9:00am The Daily Chronicle 9:30am Game show social 10:30am Outside walks 12:30pm Table Games 2:45pm-3:30pm <b>Chair Yoga</b> (Held in the Activity room, Provided by our RA program) 3:30pm Bible Study (Held in the Dining Room)</p>	<p>9:00am The Daily Chronicle 9:30am Game show social 12:30-1:30pm Room Visits 1:30-2:00pm <b>Manicures</b> 2:00pm Telemundo 3:00pm-4:00pm <b>BINGO</b></p>	<p>9:00am The Daily Chronicle 9:30 Game show social 12:30pm Task Assistance 2:45pm-3:30pm <b>Chair Yoga</b> (Held in the Activity room, Provided by our RA program) 3:30pm Outside walks</p>	<p><b>Mental Health awareness Month!</b> 😊</p>



# INGREDIENTS

2 pounds uncooked shrimp (26-30 per pound), peeled and deveined  
4 garlic cloves, minced  
1 teaspoon paprika  
1 teaspoon ground ancho Chile pepper  
1 teaspoon ground cumin  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1 medium lime  
1 cup crushed tortilla chips  
1/4 cup chopped fresh cilantro  
1/4 cup olive oil  
1 cup cherry tomatoes, halved  
1 medium ripe avocado, peeled and cubed  
Optional: Additional lime wedges and cilantro



# Crunchy Chili Lime Shrimp



# INSTRUCTIONS

1. Preheat oven to 425°. Place the first 7 ingredients in a greased 15x10x1-in. pan. Finely grate zest from lime. Cut lime crosswise in half, squeeze juice. Add zest and juice to shrimp mixture; toss to coat.
2. In a small bowl, combine crushed chips, cilantro and oil, sprinkle over shrimp mixture. Bake until shrimp turn pink, 12-15 minutes. Top with tomatoes and avocado. If desired, serve with additional lime wedges and cilantro.

# Management Team

Colleen Rees

LeighAnn Allen

Zac Metzker

Jeff Beattie

Stephanie Tenny

Rhonda Burbank

Tammy Rossi, RN

Emily Moon, LPN

Diana Schweitzer, RN

James Johnston, LPN

Maira Fernandez, LPN

Mirna Bermudez

Celly Perez

Robert Dawson

Administrator

Assistant Administrator

Rosewood Administrator

Plant Manager

Life Enrichment Director / Safety Chair Committee

Social Services Director

Director of Nursing

Assistant Director of Nursing

Resident Care Manager

Resident Care Manager

Resident Care Manager

Housekeeping / Laundry Supervisor

Unit Coordinator

Dietary Manager

