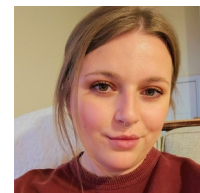


From The Activity Director:

As spring stretches its limbs and blossoms into full bloom, so too does our month here at Palisade Gardens! May arrives like a breath of fresh air—full of color, warmth, and opportunities to gather, learn, celebrate, and grow. We begin this month with stories rooted in home, as a guest speaker on May 2nd invites us into the rich and storied history of Cobourg—an afternoon perfect for those who appreciate the past and its echo in our lives today. A few days later, on May 6th, we open the floor to you during our monthly Activity Meeting, where your ideas can take root and bloom into future programs. As we near Mother's Day, a new activity debuts: our Teacup Flower Planting on May 11th. This gentle afternoon is designed to honor the maternal spirits among us with soil, blooms, and heartfelt conversation. Nursing Week begins May 12th, and we encourage everyone to share kind words with our devoted PSWs—whose steady hands and generous hearts are the very soul of our community. The sweetness continues on May 13th with a cozy pop-up Maple Syrup Shoppe from 12 to 2 PM, inviting you to indulge in Ontario's golden treat. Then, on May 16th, we gather in joy and farewell as we celebrate our beloved receptionist Inga's retirement—her laughter and kindness will be deeply missed. Art takes center stage on May 21st, as we showcase the life's work of our very own Deborah Uman-Sures. Her solo exhibition in Port Hope is not to be missed—an intimate celebration of creativity, memory, and mastery. Later in the month, adventure calls as we head out to Shorelines Casino in Belleville on May 23rd—come try your luck and enjoy a change of scenery. Keep your eye out for sign up sheets to ensure you get a seat on the bus! Health and wellness follow close behind, with our Hearing Aid Clinic on May 28th and a Free Community Paramedicine Clinic on May 31st—caring for your well-being with kindness and ease. And finally, a new rhythm begins: thanks to our newest volunteer, Nathalie, Bingo will now take place every Saturday at 2 PM. Whether you're in it for the thrill of the game or the joy of community, your seat is waiting. May is here, wrapped in sunshine and possibility. Come take part in the moments that matter—we can't wait to share them with you.

With warmth and excitement,
Rebecca Simms

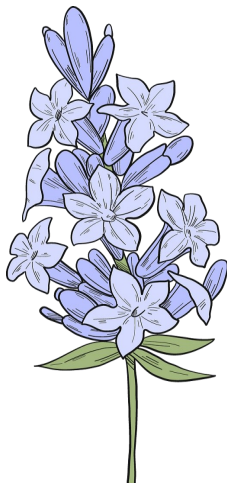


The Poetry Corner

"To May"

Though many suns have risen and set
Since thou, blithe May, wert born,
And Bards, who hailed thee, may forget
Thy gift, thy beauty scorn;
There are who to a birthday strain
Confine not harp and voice,
But evermore throughout thy reign
Are grateful and rejoice!

by William Wordsworth



Come down to the lobby on **May 13th** from 12-2pm in the lobby to check out some Canadian, Ontario maple syrup from our "Wild Things" Pop-Up Shoppe. Supporting local has never tasted so sweet!



Our beloved receptionist Inga is retiring this month! Her last day will be on **May 16th**. We will be hosting a retirement bash to send her off in style for everyone's enjoyment. Please join us on this day from **1-3pm** in the bar lounge and garden area (weather permitting) to join in the festivities and share some kind words with her as we send her on her way with love, support, and a *heck* of a good time.



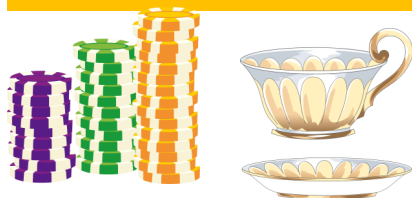
Free Paramedicine Wellness Program

Interested in a free wellness check? Come on down to the bar lounge on Saturday, **May 31st** from 2-4 to meet with our community paramedicine volunteers from the township of Cobourg. They will be offering complementary check-ups for your health care needs.



Belleville Shorelines
Casino Visit

May 23rd at 11am.
Sign up at the front
desk!



Palisade Gardens Staff Spotlight: Inga Belge

When Inga Belge first walked through the doors of Palisade Gardens in January 2014, she thought she was just stopping by. After leaving her role at the Capitol Theatre, she took on a temporary receptionist position here. What was meant to be a short-term job turned into an 11-year journey — one that became central not just to her life, but to the lives of so many around her. On her very first day, Inga remembers feeling swallowed by the impossible task of learning the names of all the residents. But what once felt overwhelming eventually became second nature — because Inga didn't just memorize names, she built relationships.

"The role started off as receptionist," she said, "but over time, it became more about relating to people. Honestly, I'm not a good personal secretary". Something she is excellent at, though, is being a *lighthouse*, and that's exactly what she became: a steady presence, a warm light, and someone people were drawn to. "I love talking to people, so in that sense, it was the perfect fit." Over the years, she's earned many descriptions — one of them being "a harbour of comfort" for staff and residents alike. When asked what that means to her, Inga didn't hesitate. "It means everything. It is everything to be acknowledged by people. I've enjoyed every single minute of it." She reflected on the many connections she's formed — moments of laughter, tears, and everything in between. "Generations of families I've gotten to know — it's been an absolute pleasure." When it comes to what makes people feel truly welcomed, Inga's answer is simple: "Eye contact and a smile." She adds, "Nothing is off limits — people have come to me about absolutely anything and everything, which makes me feel so special and important." She explained how something as small as a physical touch communicates warmth and genuineness. Speaking clearly, taking time to hold space, and actually being invested in the daily 'how are you' questions — made all the difference for her.

When asked if there was one moment or resident that has stayed with her throughout the years, Inga replied, "There are too many to count." What's stood out the most, she said, was the opportunity to truly connect and be deeply trusted by others. "This job has been a privilege. Residents feel like close friends to me." She went on to tell me how incredible it was to provide that sense of kinship and comfort over the years. She smiled and added, "Laughter is amazing. We need more of it. For me, I think that life is just too short — relax, be yourself, and LAUGH."

Her time at Palisade Gardens has been a learning experience, too. "Aging is not for the faint of heart — I bow down to those that do it," she said. "There are moments that test you. To smile through it and be part of a community and thrive? Well, that's something I admire". It takes a lot of bravery to come down to participate in this community we have curated here, in the face of our changing circumstances as we get older. "I admire that kind of bravery more than anything else. I'm awed by it every day, and it inspires me."

And if there's one lesson she's taking with her? It's patience. "I am not traditionally patient," she laughed, "and this job gave me the time and space to practice that skill — and I am grateful for it."

When asked how she'd describe Palisade Gardens to someone who's never been here, Inga didn't miss a beat. "I would tell them we laugh a lot. We are professional, but casual and have an amazing energy here. We are a strong village of good atmosphere." That energy, that warmth — much of it has flowed through Inga herself. But what will she miss most?

At that question, her voice caught, and I found myself getting emotional as well. "Holding hands with the residents," she said thoughtfully. "The appreciation that often comes with that small physical touch. I'll miss knowing I've done something good when I go home every day — knowing that I had a direct impact on making someone's day better." She paused. "On life's stage, this has been one of my favorite roles."

What she'll carry with her most is the feeling of mutual care. "The residents care back about me as much as I care about and for them." It's a rare kind of reciprocity — one she's felt deeply. "I've chosen to lead with my emotion in this job because that's what has served me best, and I've felt privileged to have bosses who let me be myself and connect with people in the best way I knew how."

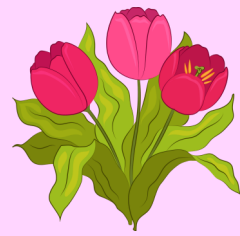
As for retirement? She's looking forward to a summer of gardening, relaxing, and in her own words "drinking too much wine." In the fall, she'll undergo her second eye surgery — "and I'm really excited for that," she added with a grin. "I don't know what the future holds, but I'm open and excited for it. I know I'm extremely fortunate."

When asked to leave a final message for the residents and staff, her answer was short, heartfelt, and definitive: "Thank you."

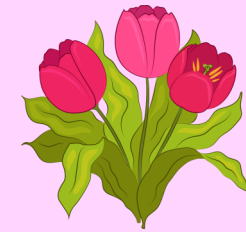
And perhaps that's what we all want to say in return. Thank you, Inga — for the humor, the hugs, the fierce loyalty, and the endless TV "repairs" (hundreds, by her count!). Thank you for seeing us, for grounding us, and for reminding us, every single day, to laugh more and love better.

You were never just the receptionist. You were the welcome. You were the glue. You were home.

And you always will be.



Harmony May 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 10:00 Chair Yoga 10:30 May Flowers Meditation Morning 2:00 Bean Bag Toss	2 10:00 Zumba! 10:30 Guess the Object 2:00 Music Therapist Visit	3 10:00 Coffee and Coloring 2:00 Entertainment with Don Owen
4 10:00 Coffee and Coloring/ Activity Booklets 2:00 Afternoon Movie	5 10:00 Fun & Fitness 10:30 Boomer Visits 2:00 Massage Therapist Visit	6 10:00 Bingo 2:00 Entertainment with Kathy Wiles	7 10:00 Fun & Fitness 10:30 Categories Game 2:00 Hallway Bowling	8 10:00 Chair Yoga 10:30 Rhyming Words Game 2:00 "It's Just Rocket Science" Slime Edition!	9 10:00 Zumba! 10:30 Word Webs Language Activity 2:00 Entertainment with Ian B	10 10:00 Coffee and Coloring/ Activity Booklets 2:00 Afternoon Movie
11 Mother's Day 10:00 Tea-Cup Flower Planting 2:00 Entertainment with Don Owen	12 10:00 Fun & Fitness 10:30 Boomer Visits 2:00 Entertainment with Everything Country (L)	13 10:00 Picture Bingo 2:00 Afternoon Painting Hour	14 10:00 Fun & Fitness 10:30 Noodle Balloon 2:00 May Milkshakes & Birthday Celebrations	15 10:00 Chair Yoga 10:30 Odd One Out Activity: Cognitive Engagement 2:00 Crafting Hour with Natalie	16 10:00 Zumba! 10:30 Reminiscing Hour: Travel and Transportation 2:00 Music Therapist Visit	17 10:00 Coffee and Coloring/ Activity Booklets 2:00 Afternoon Movie
18 10:00 Coffee and Coloring/ Activity Booklets 2:00 Entertainment with Don Owen	19 Victoria Day 9:30 Coffee and Coloring 10:30 Boomer Visits 2:00 Entertainment with Sean R Natalie and Rebecca off	20 10:00 Music Bingo 2:00 New Entertainment with Darlene Brooks	21 10:00 Fun & Fitness 10:30 Spring Trivia 2:00 Unwrapping Memories: Sensory Activity	22 10:00 Hymn Sing 10:30 Catholic Church 2:00 The "Have I Ever" Game	23 10:00 Zumba! 10:30 Finish That Phrase! 2:00 Music Therapist Visit	24 10:00 Coffee and Coloring/ Activity Booklets 2:00 Afternoon Movie
25 10:00 Coffee and Coloring/ Activity Booklets 2:00 Entertainment with Don Owen	26 10:00 Fun & Fitness 10:30 Boomer Visits 2:00 Massage Therapist Visit	27 10:00 Sorting Seasons Activity! 10:30 Noodle Balloon 2:00 Beauty Hour	28 10:00 Fun & Fitness 10:30 Reading Group 2:00 Arm Chair Travel to Belgium!	29 10:00 Chair Yoga 10:30 Guess that Scent! 2:00 Odd One Out Activity	30 10:00 Zumba! 10:30 The Sound Guessing Game 2:00 Music Therapist Visit	31 10:00 Coffee and Coloring/ Activity Booklets 2:00 Afternoon Movie



~May Flowers~

