



EXTRA EXTRA NEWS!

May at Cedar Hills Senior Living

May has arrived and with it comes a season of renewal, warmth, and fresh beginnings. As the days grow brighter and the flowers begin to bloom, we are reminded of the beauty found in simple moments—sunshine on the porch, laughter shared with friends, and the joy of being together.

At Cedar Hills, this season invites us to slow down, step outside, and embrace all the goodness spring/summer has to offer. From meaningful connections to joyful activities, we are looking forward to a month filled with light, growth, and community. We are so grateful to walk through this season with each of you.





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RESIDENT BIRTHDAY

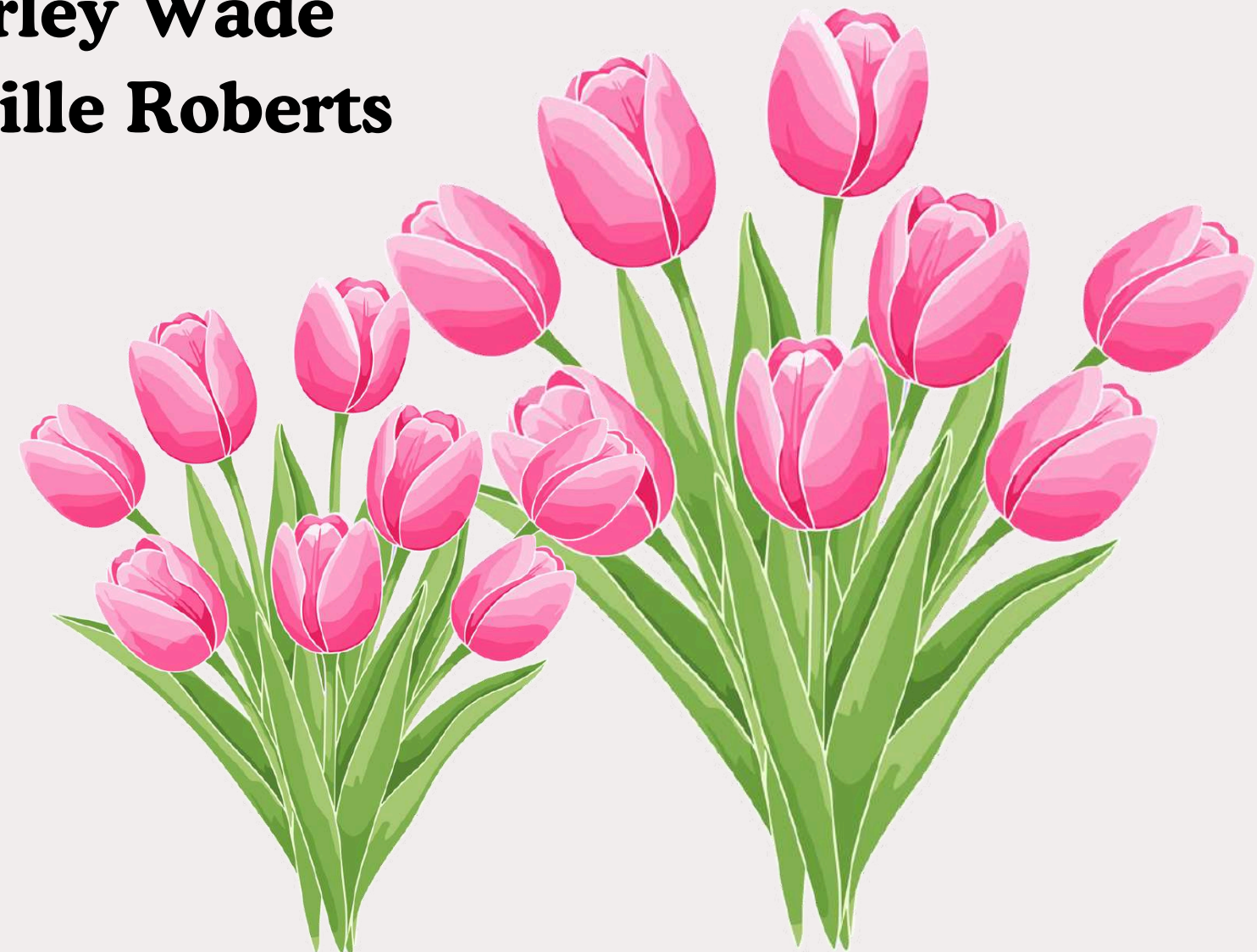
- **Gerald Cohoon (May 6th)**
- **Gloria Niemann (May 26th)**
- **Bill Nothnagle (May 31st)**

STAFF BIRTHDAY

- **Lillian Burge (May 23rd)**
- **Emma Wightman (May 25th)**

WELCOME NEW RESIDENTS!

- **Shirley Wade**
- **Lucille Roberts**





Megan Lee, LPN Executive Director

As we welcome the month of May, I can't help but feel a special sense of joy. It's a time of blooming flowers, warmer days, and meaningful moments—and for me, it holds an even deeper significance. As a mother, Mother's Day is especially close to my heart. It's a beautiful reminder of the love, patience, and strength that motherhood brings, and a time to reflect on the incredible women who shape our lives each day.

Here at Cedar Hills, we are surrounded by so many amazing mothers, grandmothers, and caregivers whose stories and love inspire us daily. May is a wonderful opportunity to celebrate each of you and the impact you've made on your families and our community. I feel truly grateful to be part of such a caring and supportive environment.



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A MESSAGE FROM THE DIRECTOR

Have you noticed how full May feels? The sunshine lingers a little longer each evening, gardens are in full bloom, and there's a warmth in the air that invites us to slow down and truly enjoy the moment. Here at Cedar Hills Senior Living, May is a beautiful time to embrace connection and the outdoors. Whether it's sharing stories on the patio, enjoying a peaceful walk, or simply sitting with friends and soaking in the sunshine, these everyday moments bring comfort, joy, and a renewed sense of energy to our days.

May also brings special opportunities to celebrate and reflect. From honoring the mothers and caregivers who have shaped our lives on Mother's Day, to remembering those who have served our country as Memorial Day approaches, this month reminds us of the importance of gratitude, love, and community.

As we move further into spring, we may also begin to feel the transition into warmer temperatures and occasional storms common in Tennessee this time of year. We encourage everyone to stay mindful of weather updates and review our community safety procedures, which are included later in this newsletter.

We're looking forward to a month filled with meaningful moments, laughter, and time well spent together. Thank you for being such a valued part of the Cedar Hills family—let's make May a truly special month.



Tornado Disaster Plan



Tornado Watch (Be Prepared):

Conditions are favorable for a tornado.

Monitor weather updates.

Secure outdoor items and close drapes if the weather worsens.

Have blankets, flashlights, and first aid supplies ready

Tornado Warning (Take Action Immediately):

A tornado has been sighted.

Move all residents to the downstairs hallway (Rooms 100–108), away from windows. Evacuate upper floors first.

Provide each resident with a blanket, covering head.

Do not move residents to the activity, library, or dining areas.

Stay calm, reassure residents, and continue monitoring weather updates.

If Facility is Impacted:

Evacuate affected areas if needed; move to courtyard if necessary.

Continue reassuring residents and await emergency responders.



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Maintenance Director Bayley Gaw

Let there be light! Bayley worked very hard to repair our damaged lighting in our common areas after a power surge. We are so thankful for him and his many talents!





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Activities Director Rebekah Randolph



Join us for a special afternoon at our Annual Mother's Day Tea on May 6th, 2026 at 2:00 PM! We look forward to celebrating with you—please be sure to RSVP if you plan to attend and let us know if you'll be bringing any guests. Also, don't forget—we'll be firing up the grill for a Memorial Day cookout lunch. We hope you'll join us for both of these fun and festive events!



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Administrative Services Director Tabathia Crabtree

Walmart orders must be placed in the box by Tuesday mornings at 8:00 AM.

If you have any questions or concerns about your monthly invoice, please feel free to bring it by so we can review and discuss the breakdown together.





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Activities Director Rebekah Randolph

Reminder regarding transportation: Transportation is available on Thursdays for medical appointments only. Please submit all transportation requests to Rebekah at least two weeks in advance, if possible.

There is a \$25 fee for drop-off and pick-up to appointments. If a staff member is required to accompany you and remain during the appointment, there is an additional \$25 per hour.

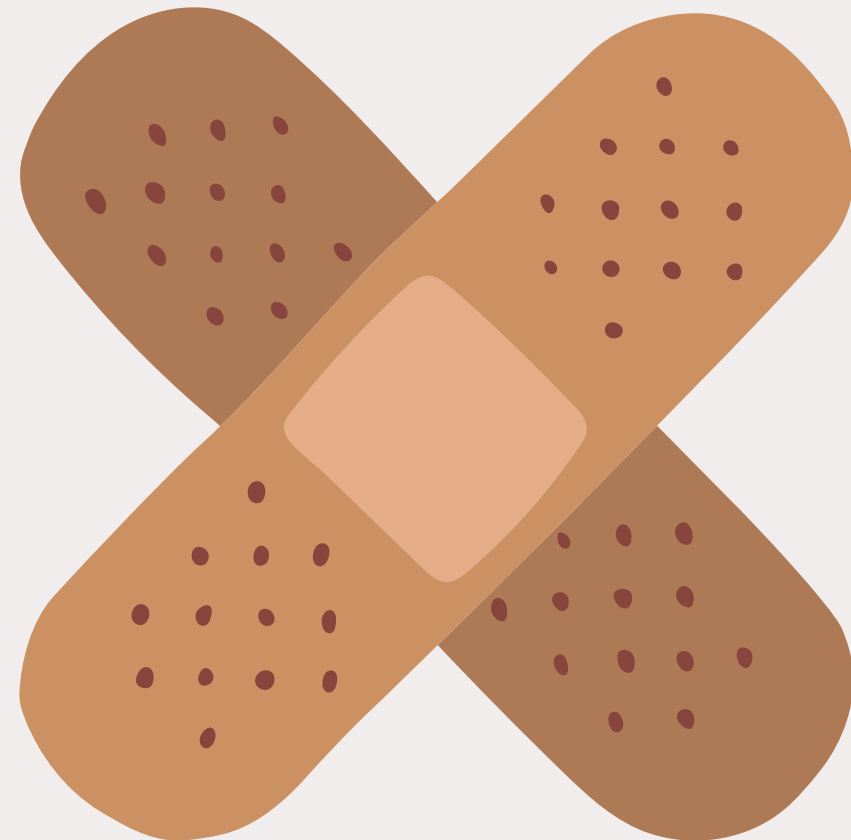




EXTRA EXTRA NEWS!

Nurses' Week is May 6th- May 12th

Join us in celebrating and honoring our incredible nursing team for their dedication, compassion, and the outstanding care they provide each day. We are truly grateful for all that they do!



Bailey Eaton, LPN
Mariah Bilbrey, LPN
Kayla Cope, LPN
Caitlin Ledbetter, LPN
Millie Long, LPN
Megan Lee, LPN
Cindy Novetri, LPN
Amy Reynolds, LPN
Stacy Vaughn, LPN
Linda Williams, LPN
Carol Wilson, LPN

