



The NORMANDY NEWS



NORMANDY TOWERS

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LEASING CENTER HOURS

MONDAY-FRIDAY 8:00am - 6:00pm

SATURDAY 11:00am - 5:00pm

CLOSED MAY 31

AFTER-HOURS SECURITY 440-305-3807

AFTER-HOURS MAINTENANCE 216-765-2344

MONDAY-FRIDAY 5:00pm - 8:00am

WEEKENDS AND HOLIDAYS

Normandy Towers Honors Memorial Day

A DAY TO REMEMBER

Memorial Day is our annual opportunity to honor the members of America's armed forces who made the ultimate sacrifice. When circumstances permit, we look forward to paying tribute to our fallen heroes at Euclid's Memorial Day Parade. For the time being, we can commemorate the day by watching the 32nd National Memorial Day Concert on Sunday, May 30, at 8pm. The event will be broadcasted live on PBS and streamed at www.pbs.org.

MEMORIAL DAY "MEMOS"

As part of this month's special focus on Memorial Day, we've collected these interesting facts to share with you:

MEMORIAL DAY MEMO #1

On the very first Memorial Day ceremony at Arlington National Cemetery, Ohio native son General James Garfield (who would later become the 20th president of the United States) was a featured speaker.

MEMORIAL DAY MEMO #2

On April 16, 2021 the flag was raised for the first time over the new National World War I Memorial in Washington DC.

MEMORIAL DAY MEMO #3

In 1920, the National American Legion met in Cleveland and chose the red poppy as the official US national emblem of remembrance because of its appearance in the famous poem "In Flanders Fields."

Resident Spotlight

Traci Ervin

Traci worked in the health care and insurance industries for 25 years and appreciated that her profession enabled her to utilize her analytical and problem solving skills. She enjoys spending time with her son and daughter, likes watching basketball games and discussing them with her mother, and considers herself a true Browns fan. Her favorite film is "Lady Sing the Blues" and she looks forward to visiting Las Vegas. Traci is glad that over the past year she has embraced a healthier lifestyle that has led to marked improvement in her wellbeing. She says that friends would describe her as someone who is nice, funny, gets things done, and is always willing to help. Traci moved to Normandy Towers after both her mother and daughter shared rave reviews from friends who live here. Once she visited and saw for herself how well our grounds are maintained and how clean our buildings are kept, she knew this was going to be her new home. Thank you, Traci, for being a part of our Normandy family!



Strawberry-Rhubarb Salad With a Mint Twist (adapted from www.bonappetit.com)

- 1/2 CUP BLANCHED HAZELNUTS
- 2 RHUBARB STALKS, THINLY SLICED
- 2 TABLESPOONS SUGAR
- 1 TABLESPOON FRESH ORANGE JUICE
- 1 TABLESPOON FRESH LEMON JUICE
- 2 POUNDS STRAWBERRIES, QUARTERED
- 1/4 CUP TORN FRESH MINT LEAVES

Rhubarb and strawberries are both red, but that's where the similarities end. While strawberries are small, juicy, sweet and quite popular, rhubarb grows in long, crisp stalks similar to celery, has a strong tart taste, and, well ... when's the last time you had rhubarb?! Assuming it's been a while (if ever) this colorful and flavorful salad is a great recipe for getting reacquainted with (or introduced to) this spring/summer "fruit" that's actually a vegetable. To get started, preheat oven to 350°. Toast hazelnuts on a rimmed baking sheet, tossing occasionally, until golden brown, 8–10 minutes. Let cool, then chop. Meanwhile, toss rhubarb, sugar, orange juice, and lemon juice in a medium bowl. Let sit until rhubarb is slightly softened and releases its juices, about 30 minutes. Toss with strawberries, mint, and hazelnuts, and enjoy this crunchy and delicious salad on its own or as an appetizer to any main course.

Online Options

MOTHER'S DAY IS ON THE WAY!

It's always a good time to express gratitude for the loved ones in our lives, because gratitude is one of those wonderful qualities that makes others feel good and also makes us feel good. With Mother's Day right around the corner, now is a particularly good time to show appreciation toward mothers, grandmothers, and other important matriarchs. Sure, there are a variety of ways to show love, from a bouquet of flowers to a generous gift, but the traditional tried-and-true way to show someone you care is with a thoughtful card from the heart. To help create the perfect homemade Mother's Day card, on Tuesday, May 4 from 4-5pm the Euclid Public Library presents a special event for local teenagers that will encourage them to explore creative ways to honor those who are important to them on this special day. Visit www.euclidlibrary.org to register.



PIGEON GETS A STORYTIME

Author Mo Willems' beloved Pigeon character has seen its fair share of little adventures. There was that one time it drove a bus, or found a hot dog, and who could forget the time it wanted a puppy? A winner of the Caldecott Medal for the most distinguished American picture book for children, this series has delighted kids for years, and now it's coming to Euclid! On Monday, May 10 from 4-4:30pm, the Euclid Public Library invites kids of all ages to hear some of Pigeon's silly adventures. For more information and to register, visit www.euclidlibrary.org.

Tips for Better Living

Healthy Eating Habits Worth Trying (adapted from www.health.clevelandclinic.org)

A helpful approach to making positive life changes is not to view them as all-or-nothing scenarios, and healthy eating is no different. Instead of aiming for perfection, consider adopting these three habits to make your food intake healthier than it is now. First, try to eat something nutritious at every meal. Whether that means a lean protein, fish, fruit, vegetables, nuts, or whole grains, having even a small amount at every meal can go a long way. Second, try to eat the healthy food first. That way, if it turns out you're not hungry by the end of meal, you can forgo some of the less healthy items. Lastly, try to replace some foods, even snacks, with healthier alternatives. For example, if you like ice cream, try frozen yogurt instead. When it comes to healthy eating, every little bit helps.

Kids' Corner - Word Search

N	H	S	R	L	H	Q	T	E	E	W	S	J	E	O
L	P	U	W	O	N	D	E	R	F	U	L	R	K	D
V	M	O	S	E	R	G	L	W	N	I	U	F	V	R
I	G	R	E	T	Y	V	Y	J	Q	R	F	R	R	O
S	N	E	Y	U	G	F	M	G	N	M	T	Y	A	N
K	I	N	D	B	X	U	B	I	L	V	H	A	L	O
X	E	E	I	I	F	D	W	F	V	Q	G	M	U	H
D	B	G	A	R	Y	P	S	X	Q	D	U	M	P	M
P	L	V	L	T	Z	X	T	P	M	K	O	K	O	U
P	L	A	S	R	E	H	T	O	M	O	H	E	P	P
V	E	Y	S	D	F	E	D	U	T	I	T	A	R	G
X	W	I	L	G	S	E	O	R	E	H	Y	Z	C	E

- May
- Honor
- Gratitude
- Wonderful
- Tribute
- Heroes
- Thoughtful
- Generous
- Mothers
- Wellbeing
- Sweet
- Popular