



The NORMANDY NEWS



NORMANDY TOWERS

24801 LAKESHORE BOULEVARD

EUCLID, OHIO 44123

216-289-8484

normandy@normandytowers.com

LEASING CENTER HOURS

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

CLOSED MAY 30

AFTER-HOURS SECURITY 330-754-1385

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 yearly opportunity to pay tribute to the members of America's armed forces who made the ultimate sacrifice. To honor these fallen heroes, everyone is welcome to attend the City of Euclid Memorial Day Parade. The parade will begin at 10am on May 30 at the corner of Lakeshore and E. 228th, proceed down Lakeshore and turn onto E. 222nd, concluding with a ceremony at the Veterans Memorial next to City Hall at approximately 11am.

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

Memorial Day was observed on May 30 until 1968, when Congress changed it to the last Monday in May. This year, the last Monday in May is actually the 30th.

MEMORIAL DAY MEMO #2

Unofficially, Memorial Day is considered the beginning of the summer season.

MEMORIAL DAY MEMO #3

Memorial Day used to be called "Decoration Day" in honor of the custom of placing flags, flowers, and wreaths.

MEMORIAL DAY MEMO #4

The American flag flies at half mast until noon, then at full mast until sunset.

Resident Spotlight

Claretha Walcott

Claretha says that her greatest achievement to this point is being a mom, and that her favorite way to spend a day is with her family and going for a walk in the park. She devotes time to reading the Bible and studies it with her daughter. In addition, Claretha enjoys playing board games and watching movies, including the "Avengers" series. She would love to travel to Myrtle Beach and hopes to one day visit Universal Studios. She says that her friends would describe her as thoughtful, a good listener, and easy to be around. Claretha moved to Normandy Towers last year after hearing how well kept and clean our property is. She appreciates the many positive changes she has observed since moving here, including the newly-concreted entrances to the main buildings and an extensive upgrade of our parking lot area. She wants her fellow residents to know that she values being a good neighbor and treats everyone with courtesy and respect. Thank you, Claretha, for being a part of our Normandy family!



Easy Caprese Pasta

(adapted from www.foodnetwork.com)

3 CUPS CHOPPED TOMATOES

1 POUND SPAGHETTI

4 CUPS WATER

2 CLOVES GARLIC, CHOPPED

1/4 TEASPOON RED PEPPER FLAKES

1/2 TEASPOON DRIED OREGANO

1 TEASPOON OLIVE OIL

1/2 CUP FRESH BASIL LEAVES

1 CUP SHREDDED MOZZARELLA CHEESE

SALT

FRESHLY GROUND BLACK PEPPER

PARMESAN CHEESE

Named after the Italian island of Capri where this recipe is believed to have originated, a caprese dish traditionally includes three key ingredients: tomatoes, mozzarella cheese, and basil. To begin making the pasta version of this dish, place tomatoes (fresh are best but canned are also fine), spaghetti, water, garlic, red pepper flakes, oregano and oil in a large pot and bring to a boil. Reduce heat and simmer for 10 to 12 minutes, until pasta is al dente, stirring occasionally. Once pasta is cooked, remove pot from heat and stir in basil, mozzarella, salt, and pepper to taste. Top with a generous amount of shaved Parmesan cheese and some freshly-torn basil leaves to put the finishing touch on this classic, colorful, easy to make, and delicious to eat dish.

Euclid Events

FAMILY STORYTIME AND BOOK SWAP

This month, the Euclid Public Library will be hosting two events for book lovers of all ages. First, on Wednesday, May 11 from 12:00-12:45pm, children and their families are invited to join a special storytime program on the theme of acceptance. The event will explore what it means to be accepting through the use of stories, activities, and a take-home kit. Then, on Saturday, May 14 from 2-3:30pm, everyone is welcome to take part in this year's book swap. If you have a few books that you don't plan to read again and would like to pick up some free books, then this event is tailor made for you. Bring up to five gently-used books and trade them in for an equal number. Books for adults, teens, and children are welcome, so the whole family can take part in this book swap. Visit www.euclidlibrary.org for more information.



STAR WARS! MAY THE FORCE BE WITH YOU

To celebrate the 45th anniversary of the release of the very first Star Wars film, children and their families are invited to "A Craft from Far, Far Away," a Star Wars-themed event hosted by the Euclid Public Library on Wednesday, May 25 from 6-6:30pm. Attendees are encouraged to dress up as their favorite character from the Star Wars series. Please note that this will be an outdoor event, so be sure to wear costumes that are weather appropriate. All participants will receive a do-it-yourself craft to take home from this "forceful" event. For more information and to register online, visit www.euclidlibrary.org.

Tips for Better Living

What Does an Apple a Day Really Do? (adapted from www.hsph.harvard.edu)

Biting into a fresh, ripe apple provides you with a boost of vitamins and nutrients that may result in a variety of positive health outcomes, including improved digestive health, better control of blood sugar levels, and overall weight management. But to get the full benefit of eating an apple, make sure not to peel off its peel, despite what the name suggests. That's because, the peel (or rind/skin, or whatever you call it!), contains significant amounts of both fiber and flavonoids that provide many of the health benefits that apples offer. In addition, although oranges are better known for this, apples are a great source of vitamin C. Whether you actually decide to eat an apple a day or simply make an effort to eat apples more often, rest assured that they're good, and good for you!

Kids' Corner - Word Search

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

May
Tribute
Honor
Summer
Flowers
Thoughtful
Respect
Caprese
Classic
Acceptance
Star Wars
Benefits