



Where small things bloom

There is something quietly comforting about a season when flowers begin to open and color returns to the world. Even the simplest spaces – a sunny windowsill, a front porch, or a favorite chair by the window – can become places where something beautiful grows.

Gardening, in any form, has a way of meeting us exactly where we are. For some, it may be tending a backyard garden, feeling the soil between their fingers, and watching each new bud appear. For others, it might be caring for a single potted plant, arranging a small bouquet, or simply enjoying the fragrance of fresh flowers nearby. There is no right or wrong way to take part – only a gentle invitation to notice, to nurture, and to enjoy.

These small, meaningful moments can bring a deep sense of peace and purpose. Watching something grow, even slowly, reminds us that life continues to unfold in beautiful and steady ways. It gives us a reason to pause, take in a breath of fresh air, and appreciate the present.

Time spent with flowers and nature can also be a lovely way to connect. Sharing a bouquet, talking about favorite gardens from years past, or sitting outside together can turn an ordinary afternoon into something special. Stories are remembered, laughter is shared, and even quiet companionship becomes its own kind of comfort.

Sometimes, a little help makes these moments easier to

enjoy. A caregiver can lend a hand by helping plant a small container garden, watering plants, or simply accompanying someone outside to sit and enjoy the day. They can also help create these experiences in simple ways – opening the windows for fresh air, setting up a cozy outdoor space, or making time for a peaceful walk. These small acts of support can open the door to moments that feel uplifting and life-giving.

Wherever you find yourself, there is always an opportunity to experience a bit of this beauty – whether by tending, observing, or simply being present. And when care and companionship are part of the experience, those moments often feel even more meaningful.

Because sometimes, the smallest things we nurture end up nurturing us right back.

Taking care. staying strong.

May is a meaningful time to focus on your health and well-being. As we recognize Stroke Awareness Month, it's a gentle reminder of how important it is to listen to your body and take simple steps to stay strong and independent.

A stroke can happen suddenly, but knowing the warning signs can make all the difference. Remember the word FAST: Face drooping, Arm weakness, Speech difficulty–Time to call for help. Acting quickly can save your life or reduce long-term effects.

The good news is that many small, everyday choices can help lower your risk. Staying active in ways that feel comfortable, enjoying balanced meals, keeping up with medications, and attending regular check-ups all play a role. Even taking time to relax, connect with loved ones, or enjoy a peaceful moment outdoors can support your overall health.

If you have a caregiver or family member helping you, don't hesitate to lean on them. They can assist with appointments, encourage healthy routines, or simply spend time with you – because companionship is just as important as care.

Your health journey is uniquely yours, and every step you take– no matter how small – matters. This month is a reminder that staying informed, supported, and connected can help you continue living life with confidence and peace of mind.



June is Alzheimer's & Brain Awareness Month

- **Support Brain Health:**
Read, play games, or enjoy hobbies that keep your mind active.
- **Stay Social:**
Regular conversations with friends or family can boost memory and mood.
- **Make Your Home Safer.**
Check for loose rugs, improve lighting, and keep walkways clear.
- **Keep Moving:**
Gentle movement helps with balance, strength, and confidence.
- **Lean on Support:**
Caregivers can help with daily routines, safety checks, and companionship.

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Did You Know?

Simple Joys That Make a Big Difference

- Listening to music from your younger years can boost mood and memory
- Spending time outdoors – even 10 minutes – can improve overall well-being
- Looking through old photos is a great way to spark conversation and connection
- Light stretching or short walks can increase energy and reduce stiffness

Easy Activities to Enjoy

- Start a small herb or flower garden (indoors or out)
- Try a puzzle, word search, or card game
- Bake or cook a favorite family recipe with help if needed
- Watch a classic movie and share memories from that time

How Caregivers Can Help

- Assist with setting up simple activities or hobbies
- Provide companionship for walks, games, or conversation
- Help organize photos or memory books
- Support communication with family and friends

JUST FOR FUN:

Hello, June!

Alexandrite
 Barbecue
 D Day
 Diploma
 Father's Day
 Flag Day
 Garden
 Gemini
 Graduation
 Honeysuckle
 June
 Juneteenth
 Lemonade
 Longest Day
 Outdoors
 Pearl
 Picnic
 Rose
 Solstice
 Strawberry
 Summer
 Thirty Days
 Vacation
 Wedding





Ginger Honey Marinated Salmon

Prep: 10 min. + marinating; Grill: 15 min.; Yield: 6 servings

Ingredients

- 1/3 cup orange juice
- 1/3 cup reduced-sodium soy sauce
- 1/4 cup honey
- 1 green onion, chopped
- 1 teaspoon ground ginger
- 1 teaspoon garlic powder
- 1 salmon fillet (1-1/2 pounds and 3/4 inch thick)

Directions

- For marinade, mix first 6 ingredients. In a shallow bowl, combine salmon and 2/3 cup marinade; refrigerate 30 minutes, turning occasionally. Reserve remaining marinade for basting.
- Place salmon on an oiled grill rack over medium heat, skin side down; discard marinade remaining in bowl. Grill salmon, covered, until fish just begins to flake easily with a fork, 15-18 minutes, basting with reserved marinade during the last 5 minutes.

Watermelon and Spinach Salad

Prep/Total Time: 30 min.; Yield: 8 servings

Ingredients

- 1/4 cup rice vinegar or white wine vinegar
- 1 tablespoon grated lime zest
- 2 tablespoons lime juice
- 2 tablespoons canola oil
- 4 teaspoons minced fresh ginger root
- 2 garlic cloves, minced
- 1/2 teaspoon salt
- 1/4 teaspoon sugar
- 1/4 teaspoon pepper

SALAD:

- 4 cups fresh baby spinach or arugula
- 3 cups cubed seedless watermelon
- 2 cups cubed cantaloupe
- 2 cups cubed English cucumber
- 1/2 cup chopped fresh cilantro
- 2 green onions, chopped



Directions

- For dressing, in a small bowl, whisk the first 9 ingredients. In a large bowl, combine salad ingredients. Drizzle with dressing and toss to coat; serve immediately.

Rhubarb Custard Bars

Prep: 25 min.; Bake: 50 min. + chilling; Yield: 3 dozen

Ingredients

- 2 cups all-purpose flour
 - 1/4 cup sugar
 - 1 cup cold butter
- FILLING:
- 2 cups sugar
 - 7 tablespoons all-purpose flour
 - 1 cup heavy whipping cream
 - 3 large eggs, beaten
 - 5 cups finely chopped fresh or frozen rhubarb, thawed and drained

TOPPING:

- 6 ounces cream cheese, softened
- 1/2 cup sugar
- 1/2 teaspoon vanilla extract
- 1 cup heavy whipping cream, whipped

Directions

- In a bowl, combine the flour and sugar; cut in butter until mixture resembles coarse crumbs. Press into a greased 13x9-in. baking pan. Bake at 350° for 10 minutes.
- Meanwhile, for filling, combine sugar and flour in a bowl. Whisk in cream and eggs. Stir in rhubarb. Pour over crust. Bake at 350° until custard is set, 40-45 minutes. Cool.
- For topping, beat cream cheese, sugar and vanilla until smooth; fold in whipped cream. Spread over top. Cover and refrigerate until firm enough to cut, about 1 hour. Cut into bars. Store in the refrigerator.

– courtesy of tasteofhome.com