



SERENITY HOME CARE

"Committing to excellence by creating and maintaining lifetime client relationships by providing the highest quality service through tailored personal care."



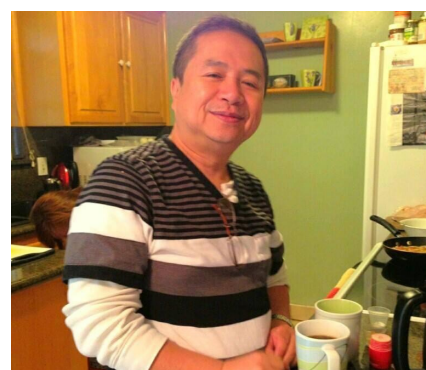
What's Inside The Issue:

- Recipes
- Unwind and Relax
- And More!

May Holidays

- May 2 International Harry Potter Day
- May 4 Star Wars Day
- May 5 Cinco de Mayo
- May 6 National Nurses Day
- May 9 Mother's Day!
- May 15 International Day of Families
- May 21 National Endangered Species Day
- May 31 Memorial Day

Caregiver of the Month



We are proud to announce that for the month of May our caregiver of the month is Edwin Cheng! Thank you Edwin for all your hard work in all that you do. We couldn't do it without you!

Unwind & Relax

With the ongoing pandemic and some of the surrounding counties in the greater Portland area shutting down temporarily, we decided to provide some fun, COVID-19 friendly in-home activities! Unwind and relax with a self-care day with some of these activities.



1. Weather permitting a backyard picnic is a great way to soak up the sun while enjoying some finger sandwiches.
2. Have a themed dinner night! Choose a theme and center everything you do around it. For an example if you choose Greece as a theme, you could make a traditional dish and watch the movie *Mama Mia!*
3. Get lost in a good book! When you need an escape but have nowhere to go, there's nothing like getting lost in a great book.
4. Get crafty! Do something crafty for the sole purpose of getting your creative juices flowing, like an adult coloring book, taking an online calligraphy or lettering class, or personalize something that's already on your to-do list, like making a handmade birthday card for a family member.

Recipe Highlight



Mexican Street Tacos

Mexican Street Tacos - Easy, quick, authentic carne asada street tacos you can now make right at home! Top with onion, cilantro + fresh lime juice! SO GOOD!

Damn Delicious / Chungah @ / Jan 10, 2020

With Cinco de Mayo around the corner, what better way to celebrate than by making Mexican street tacos! This simple recipe for skirt steak tacos are sure to hit the spot, give it a try and let us know how your creation tastes!

Pet of the Month



Meet Isabella! She is a sweet, loving beagle terrier mix. Her favorite friend is Oreo the pit bull mix and they are inseparable from each other. Do you have a pet? If so, we are taking submissions on our Facebook page send us your nominations today!