

June 2022

Oak Hill Newsletter

623 Hamacher St. Waterloo, Illinois, 62226 618-939-3488



Celebrating June

June 1st-Summer Kickoff Outside---National Wear a Dress Day!

June 3rd- Ice cream begins each Monday, Wednesday, and Friday

June 10th- National Iced Tea Day

June 15th-National Britain Beer Day

June 16th– CNA Appreciation Day

June 18th -Father's Day Celebration

June 21st- First Day of Summer! National World Music Day

June 22nd- Entertainment Outside

June 23rd-Wedding Veil Day

June 27th- National Bingo Day



What New is Happening? Summer Kick off Begins

Summer is Beginning! June 1st we will be celebrating with entertainment and snow cones outside in Magnolia Terrace Pavilion! Don't forget to wear a dress that day!

Starting June 3rd followed by every **Monday, Wednesday, and Friday** we will be hosting an ice cream social free to staff and residents. Ice cream will be provided in the gift shop from 2 p.m. to 3 p.m.

June 22nd, In honor of the beginning of Summer, entertainment will be hosted outside including music by Paul Nobbe and Steve Ziebold. This event will be an evening special event to include resident's families. All are welcome to join and listen to music while eating ice cream floats with your loved ones. Bring your Lawn Chair for extra seating!



We Can't Wait to See
You!

Here, There Be Dragons

On the fifth day of the fifth month of the Chinese calendar, which arrives this year on June 3, dragon-shaped boats take to the water during China's annual Dragon Boat Festival.

One legend explains that the festival originated around 300 BC when poet and politician Qu Yuan was exiled from his royal house for arguing against an alliance proposed by the emperor. Qu Yuan was forced to live in exile, composing poetry and never forgetting his love for his dynasty. Years later, when the emperor was betrayed by his new ally and the capital was overrun, Qu Yuan despaired and drowned himself in the Miluo River. Locals raced out in their boats to save him. When Qu Yuan's body could not be found, they dropped balls of sticky rice, or *zongzi*, into the river so that the fish would consume the rice and not Qu Yuan's body. It is said that the dragon boat races honor those who raced out in their boats to find Qu Yuan, and it is still traditional to prepare and eat *zongzi* during the three days of the festival.



Why do the boats resemble dragons? The water was believed to be the domain of water dragons, powerful and benevolent spirits. Water

dragons also controlled the rain. During the start of summer, and especially near the summer solstice, offerings of *zongzi* were made to water dragons in return for adequate rainfall for the summer crops. The dragon boats reflect a devout reverence of water dragons.

The Dragon Boat Festival is far more than the worship of water dragons and old dynastic legends. The fifth day of the fifth month is considered extremely unlucky, a time of natural disasters and illness. It is believed that five poisonous creatures begin to appear at this time: snakes, scorpions, centipedes, toads, and spiders. To ward off poison and disease, it is traditional to hang a sachet of five protective herbs—calamus, artemisia, pomegranate flowers, Chinese ixora, and garlic—over the doorway. Offerings to the water dragons also ensure protection from these malevolent creatures.

On Eagle's Wings

On June 20, 1782, a picture of a bald eagle with wings outstretched was proposed to the U.S. Congress as the Great Seal of the United States. Not everyone accepted the bald eagle as the national bird, and a debate raged for years after its selection. Benjamin Franklin famously objected:

"I wish the bald eagle had not been chosen as the representative of our country; he is a bird of bad moral character; like those among men who live by sharpening and robbing, he is generally poor, and often very lousy. The turkey is a much more respectable bird and withal a true, original native of America."

Franklin's objections would be overruled, and in 1787, the eagle was officially adopted as America's national emblem. America was not the first country to use an eagle as its symbol: the ancient Roman Empire and the First Persian Empire both used eagles to denote strength and glory.

Women of the Water



For 40 years, Coney Island has held its annual Mermaid Parade in June, a day to revel in all things mermaid-related. Tales of mermaids date back as far as the oldest human records.

There are even centuries-old records of mermaids lurking in South Africa's desert basins. These fish-tailed humans dragged unsuspecting passersby into rock pools. But not all mermaids are so cruel. Mermaids have meant different things to different cultures. In West Africa, mermaids were the embodiment of water spirits; they were "Mothers of the Waters" who offered beauty, healing, and wisdom. The Thai mermaid Suvannamaccha is still revered as a princess and herald of good luck, while the Nibiinaabe of Canada's Ojibwe are skittish water sprites that keep to themselves. With over 3,000 in attendance at Coney Island's Mermaid Parade, you're likely to find mermaids of every sort.

Marrying Traditions

Wedding bells will be ringing all through the month of June. After all, it is the most popular month for couples to be married. Some say it is because June's pleasant weather is best for a wedding, but this tradition has roots far deeper than any meteorologist could predict.



The month of June was named for the Roman goddess Juno, whose domain was marriage, childbirth, and family. As the patron goddess of Rome and all the Roman Empire, she was called *Regina*, or "Queen," and was part of a powerful triumvirate of gods that included Jupiter, king of the gods, and Minerva, goddess of wisdom, justice, and military strategy. Of the three, Juno was worshipped as the protector of the empire, and particularly as a protector of women. Roman women went so far as to call their souls *junos*, believing that they each possessed a small bit of their beloved *Regina's* spirit. June, unsurprisingly, was considered the most auspicious month to be married.

Historical evidence suggests that June might have been a popular month for marriage even before the time of the Romans. The Celts celebrated their springtime fertility ritual of Beltane on the cross-quarter holiday of May 1. Cross-quarter days were astronomical holidays that fell between quarter days, the equinoxes and solstices. It was a Beltane tradition for young couples to pair and plan for a wedding on the next cross-quarter day, which would not arrive until August three months later. Impatient young couples, eager to wed, would often not wait until August and instead marry in mid-June on the following quarter day, the day of the summer solstice. In this way, June became a traditional month for marriage.

It might come as no surprise that the following springs often coincided with a baby boom for couples married the previous June. This only provided more evidence of spring's powerful fertility as Earth sprang back to life with its blooming flowers and leafing trees.

A Day for Dad

The very first celebration of Father's Day was on June 19, 1910, at a YMCA in Spokane, Washington. Sonora Smart Dodd had watched her father single-handedly raise six children. After hearing a sermon about the virtues of Mother's Day, Dodd approached her pastor and suggested a comparable holiday for fathers. Her pastor agreed and set the date for the third Sunday in June.

Father's Day became an annual observance in Spokane, but once Dodd left home to attend school at the Art Institute of Chicago, the holiday was quickly forgotten. Upon her return to Spokane, Dodd embarked upon a crusade to recognize Father's Day on a national level. She sought the help of trade groups that would benefit from such a holiday: tie and tobacco pipe manufacturers. The New York Associated Men's Wear Retailers group even founded a Father's Day Council to promote the holiday. Decades passed, and members of the U.S. Congress resisted founding a national holiday. It wasn't until 1972 that President Richard Nixon made Father's Day a permanent national holiday by signing it into law.

You May Now Lick the Bride



It is well known that June is a popular month for weddings, but did you know that the second week in June is Pet Wedding Week, a week dedicated to the lasting union between animals?

This unique holiday was designed for pet owners who believe that their pets should be suitably paired and partnered into loving relationships for the purposes of companionship and breeding. There is even a National Pet Association of Ceremonies, a nationally recognized body of pet ceremony officiants, that will conduct official pet weddings. Like human weddings, costs can grow exponentially, with some paying thousands for catering, flowers, live music, and, of course, bridal gowns.

The Strangest Plague



The German city of Aachen was reeling from the Black Death when another plague hit on June 24, 1374. Hundreds of people began to dance uncontrollably. Records from the period indicate that the dancing plague swept from Germany into

the Low Countries and then to France. Thousands danced for days or even weeks, screaming of terrible visions, begging monks to save their souls. Many perished from exhaustion. Amazingly, this was neither the first nor the last time dancing mania had struck Europe.

The Germans of 1374 called the dancing plague *St. John's Dance*, believing that the dancers had been cursed by the saint. Modern-day scientists struggle to come up with a better explanation. One theory is that the townsfolk suffered from ergot poisoning. Ergot, a type of fungus found growing on stalks of rye, can lead to hallucinations and involuntary spasms. While the dancing plague occurred in locales where people consumed rye and possibly ergot, it also occurred in places where people would not have suffered from ergot poisoning.

The prevailing theory is that all those suffering from dancing mania suffered a sort of mass delusion. Throughout Europe, people were under inordinate amounts of psychological stress. Years of disease and famine, punctuated in Aachen by a horrible natural disaster, had stretched people to their breaking points. Psychologists note that high levels of mental stress can lead people to enter involuntary trances. Records from the era describe people entering such states: blind stares, extraordinary levels of endurance that allowed them to dance for days on sore feet, descriptions of vivid visions. But still, why a trance state of *dancing*? Psychologists believe that dancing wasn't contagious as a true disease but as a psychology. Knowledge of previous dancing outbreaks and the prevalence of beliefs such as spiritual curses led to more of the same. It might not just be a coincidence that by the mid-1600s dancing mania had abated, coinciding with a new rationalism that rejected belief in the supernatural.

June Birthdays For Our Residents at Oak Hill

Barbara Chambers	June 1 st
Jean Buettner	June 2 nd
Lynette Noeltner	June 8 th
Jules Werling	June 8 th
William Boyd	June 12 th
Betty Berg	June 16 th
Marianne Boltz	June 17 th
Margaret Taylor	June 25 th

Juneteenth for All



June 19, better known as Juneteenth, was established as a federal holiday in 2021, but it has been observed as the date commemorating

the end of slavery in the United States since 1865. It was on June 19, 1865, that U.S. General Gordon Granger arrived in Galveston, Texas, with a force of federal troops to declare that "in accordance with a proclamation from the Executive of the United States, all slaves are free." That proclamation was President Abraham Lincoln's Emancipation Proclamation, which had been signed a full two-and-a-half years earlier. Texas had been considered a haven for slavery, as it had been spared from much of the Civil War's fighting and the presence of Union troops. That all changed with General Granger's arrival. Later that December, slavery was formally abolished in America with the adoption of the 13th Amendment.

SUMMER

KICKOFF

for
Residents & Staff



Music by Tommy Tunes



Magnolia Terrace Pavilion

YOU'RE
INVITED

YOU'RE
INVITED

YOU'RE
INVITED

Join us outside for
MUSIC & ICE-CREAM
with your loved ones!



**Bring Your
Lawn Chairs**



Oak Hill

Music by : Paul Nobbe & Steve Ziebold



June 22, 2022
6:00 - 7:30 pm



Weather Permitting

Father's Day celebration!

**Saturday June 18th will be the celebration
of Father's Day in the Arbor Court Activity
Room.**



**A sport's comedian show will be hosted
on the big screen along with Beer,
Nachos, and a Photo Booth for all the
Dad's**

Sit Back and Relax!!

Summer Days

of

Ice-cream

Monday,

Wednesday,

&

Friday's

FREE for

Residents & Staff

2:00- 3:00

Gift Shop

June 3rd – August 31st

Meet Murphy



Murphy is a therapy dog that will be visiting on Sunday, June 12th at 2:00 p.m. He is a Golden Doodle that is sweet, lovable, and friendly!

Murphy will walk the hallways in Arbor Court visiting the residents with his owner.

COMING IN JUNE

Each week will be celebrated by a national theme day. Check your calendars! On these special event days, staff are given the opportunity to participate in celebrating national themed holidays with the residents! National theme days for June include:



June 1st- National Wear a Dress Day

June 10th- National Iced Tea Day

June 15th-National Britain Beer Day

June 16th – CNA Appreciation Day

June 18th -Father's Day Celebration

June 21st- National World Music Day

June 27th- National Bingo Day

June 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 Movie Matinee in Green Leaf	6 Morning House Calls 10:00a.m. Sit N Be Fit 2:00p.m. Bingo	7 Morning House Calls 10:00 a.m. Nail Care 2:00 p.m. Arts and Crafts	1 Morning House Calls 10:30 a.m. Rosary 2:00 p.m.-4:00 p.m. Summer Kick off Outside! with Magnolia Terrace in the Pavilion National Wear a Dress Day	2 Morning House Calls 10:00 a.m. Gospel hits sing along 10:30 a.m. UCC Service 2:00p.m. Bingo	3 Morning House Calls 10:00 a.m. Music Movin and Groovin 10:30 a.m. News and Views 2:00 p.m. Forrest the Singing Sheriff	4 Weekend Activity Packet with Independent Bingo 2:00p.m. Oak Hill Card Sharks Game Showout Begins
12 Movie Matinee in Green Leaf 2:00 Dog Therapy with Murphy the Golden Doodle	13 Morning House Calls 10:00 a.m. Stretch and Flex 2:00p.m. Bingo	14 Morning House Calls 10:00 a.m. Drumming with the Big Screen 2:00 p.m. Resident Counsel	15 Morning House Calls 10:30 a.m. Catholic Mass 2:00 p.m. June Birthday Bash with Alan Brandt! National Britain Beer	16 Morning House Calls 10:30 a.m. UCC Service 2:00p.m. Bingo National CNA Day	17 Morning House Calls 10:00 Stretching 10:30 a.m. Balloon Volleyball 2:00 p.m. Ron Schewe Entertainment Accordion	18 Weekend Activity Packet with Independent Bingo 2:00p.m. Oak Hill Card Sharks 2:00 Father's Day Celebration!
19 Movie Matinee in Green Leaf	20 Morning House Calls 10:00 a.m. Yoga 2:00p.m. Bingo	21 Morning House Calls 10:00 a.m. Passport to Wellness (France) 2:00 p.m. Fathers Day Card Game National World Music Day	22 Morning House Calls 10:30 a.m. Rosary 2:00p.m. Horse Races 6:30-8:00 p.m. Music and Ice Cream Outside	23 Morning House Calls 9:30 a.m. Bird watching and education 10:30 a.m. Baptist Church 2:00p.m. Bingo	24 Morning House Calls 10:00 a.m. Weights and Plates 10:30a.m. Remember When 2:00p.m. Terry Robertson Country Singing and Guitar	25 Weekend Activity Packet with Independent Bingo 2:00p.m. Oak Hill Card Sharks Game
26 1:30 p.m. Presbyterian Church Father's Day Juneleenth	27 Morning House Calls 10:00 a.m. Tai Chi 2:00p.m. Bingo Day with Candy Bingo Chips National Bingo Day	28 Morning House Calls 10:00 a.m. Moving Music Mania 2:00 p.m. Arts and Crafts	29 Morning House Calls 10:00 a.m. Outside meditation and Reminiscence 2:00 p.m. Travelogue A visit to Wisconsin	30 Morning House Calls 10:00 a.m. Nail Care 2:00p.m. Shopping Day	All activities held outside will be held weather pending Arbor Court Activity Calendar	

* All Activities are subject to change

June 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CINNAMON ROLL LUNCH: OVEN FRIED CHICKEN SUPPER: BEEF PARMESAN GRAVY	5 PANCAKES LUNCH: ROAST TURKEY & GRAVY SUPPER: HOMEMADE VEGETABLE SOUP TUNA SALAD SAND.	6 MUFFINS LUNCH: SPAGHETTI & MEATBALLS SUPPER: ITALIAN SUB	7 BANANA BREAD LUNCH: BUTTERMILK RANCH CHICKEN SUPPER: EGG & CHEESE BISCUIT	8 ECLAIRS LUNCH: HERB ROASTED CHICKEN SUPPER: SLOPPY JOES ON BUN	9 FRENCH TOAST LUNCH: SMOTHERED PORK CHOP SUPPER: BAKED TURKEY CRUNCH	10 BISCUIT & GRAVY LUNCH: SALMON PATTY SUPPER: BREADED CHICKEN TENDERS
			1 DONUT LUNCH: MEATLOAF SUPPER: FRENCH ONION SOUP EGG SALAD SANDWICH	2 BISCUIT & GRAVY LUNCH: ALOHA CHICKEN SUPPER: PARMESAN CRUSTED FISH	3 MUFFINS LUNCH: BACON CHEESEBURGER ON BUN SUPPER: GRILLED HAM & CHEESE SANDWICH	4
COFFEECAKE LUNCH: PARMESAN CRUSTED CHICKEN SUPPER: TURKEY & RICE CASSEROLE	12 CINNAMON ROLL LUNCH: ITALIAN HERB PORK LOIN SUPPER: BROCCOLI & CHEESE QUICHE	13 FRENCH TOAST LUNCH: LASAGNA SUPPER: TUNA MELT	14 DANISH LUNCH: BROWN SUGAR MUSTARD GLAZED HAM SUPPER: CHILI CHEESE DOG	15 DONUT LUNCH: RESIDENTS CHOICE SUPPER: BRATWURST ON BUN	16 PANCAKES LUNCH: FRIED CATFISH SUPPER: SHRIMP SCAMPI	17 CINNAMON RAISIN TOAST LUNCH: CHICKEN BREAST FLORENTINE SUPPER: BBQ PULLED PORK ON RIND
COFFEECAKE LUNCH: BAKED HAM SUPPER: ITALIAN BEEF ON HOAGIE	19 PANCAKES LUNCH: CHICKEN & DUMPLINGS SUPPER: CHEESE TORTELLINI W/ ALFREDO SAUCE	20 MUFFINS LUNCH: BEEF CUBE STEAK W/ MUSHROOM GRAVY SUPPER: CHEESY POTATO SOUP, TURKEY & CHEESE SANDWICH	21 BISCUIT & GRAVY LUNCH: SLICED ROAST TURKEY SUPPER: POPCORN SHRIMP	22 FRENCH TOAST LUNCH: BAKED GARLIC GINGER CHICKEN SUPPER: HONEY MUSTARD PORK CHOP	23 CINNAMON RAISIN BREAD LUNCH: HERB BAKED COD SUPPER: BREADED CHICKEN TENDERS	24 DONUT LUNCH: BAKED ZITI SUPPER: MINESTRONE SOUP, HAM SALAD SLIDERS
DANISH LUNCH: ORANGE-ROSEMARY PORK SUPPER: BEEF TIPS IN GRAVY	26 PANCAKES LUNCH: BROCCOLI CHICKEN DIVAN SUPPER: BROWN SUGAR GLAZED SAUSAGE	27 CINNAMON ROLL LUNCH: HAM & BEANS SUPPER: PASTA FAGIOLI SOUP CHICKEN SALAD ON CRISPANT	28 BANANA BREAD LUNCH: BUTTERMILK RANCH CHICKEN SUPPER: EGG & CHEESE BISCUIT	29 DONUT LUNCH: MEATLOAF SUPPER: FRENCH ONION SOUP EGG SALAD SANDWICH	30	

June 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1:30 Satin Hands Paraffin Wax Dipping 6:00 Grab a neighbor and come play a game (Rummy, Uno, Dominoes) Wii Bowling	9:30 Sit & Be Fit 1:30 Bingo 6:00 Wii Bowling	9:30 Farkle (Dice Game) 10:00 Bible Study (Upstairs) 2:00 Craft Red, White, & Blue Wreath's 6:00 Wii Bowling	9:30 Sit & Be Fit 10:30 Rosary ** 2:00 Summer Kick Off Music with Tommy Tunes & Snow cones under the Pavilion 6:00 Wii Bowling Happy Birthday Pat Groves!	9:30 Morning Manicures 10:30 UCC Service ** 2:00 Music with Joe Powell (Outside under the Pavilion) 6:00 Wii Bowling	9:30 Sit & Be Fit 1:30 Bingo (2 Card) 6:00 Wii Bowling Summer Ice-cream begins 2:00 - 3:00 in the Gift Shop	10:00 Exercise Video 1:30 Movie 6:00 Wii Bowling Happy Birthday Mary Fessler!
1:30 Quarter Bingo 6:00 Grab a neighbor and come play a game (Rummy, Uno, Dominoes) Wii Bowling	9:30 Sit & Be Fit 1:30 Bean Bag Toss 6:00 Wii Bowling Happy Birthday Arthur Ahne & Don Martoni!	9:30 Card Lotto 10:00 Bible Study (Upstairs) 2:00 Everett Dean Singing (Pavilion) & Strawberry Shortcake 6:00 Wii Bowling Flag Day (US)	9:30 Sit & Be Fit 10:30 Catholic Mass** 1:30 Bingo 6:00 Wii Bowling	9:30 Morning Manicures 10:30 UCC Service ** 1:30 Horse Races 2:45 Join us upstairs to make Fudge 6:00 Wii Bowling National Fudge Day	9:30 Sit & Be Fit 12:00 Men's Celebration upstairs 2:00 Happy Hour Social with Brian on Banjo 6:00 Wii Bowling	10:00 Exercise Video 1:30 Movie 6:00 Wii Bowling
1:30 Satin Hands Paraffin Wax Dipping 6:00 Grab a neighbor and come play a game (Rummy, Uno, Dominoes) Wii Bowling Happy Birthday Deb Reeves!	9:30 Sit & Be Fit 1:30 Bingo 6:00 Wii Bowling	9:15 Resident Council 10:00 Weight checks with Faith 10:00 Bible Study (Upstairs) 2:00 Music Alan Brandt 6:00 Wii Bowling Summer Begins	9:30 Sit & Be Fit 10:30 Rosary ** 1:30 Bingo 6:30 - 8:00 Outdoor Concert	9:30 Morning Manicures 10:30 Baptist Church 2:00 Birthday Party with Rodney on the Saxophone (Outside under the Pavilion) 6:00 Wii Bowling National Pink Day (Wear Pink)	9:30 Sit & Be Fit 1:30 Bingo (2 Card) 6:00 Wii Bowling Happy Birthday Jo Lynn!	10:00 Exercise Video 1:30 Movie 6:00 Wii Bowling
1:30 Quarter Bingo 6:00 Grab a neighbor and come play a game (Rummy, Uno, Dominoes) Wii Bowling	9:30 Sit & Be Fit 1:30 Bingo 6:00 Wii Bowling	9:30 Card Lotto 10:00 Bible Study (Upstairs) 2:00 Ron Schewe on Accordion 6:00 Wii Bowling	9:30 Chair Yoga Video 10:30 Rosary ** 2:00 Rob Callmeyer on Piano 6:00 Wii Bowling Happy Birthday June Lawrence!	9:30 Morning Manicures 1:30 Horse Races 6:00 Wii Bowling	Magnolia Terrace	

All Activities Subject to Change

** Activity Center

June 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast- Cinnamon Roll Lunch- Oven Fried Chicken Supper- Beef Parmesan	Breakfast- Pancake Lunch- Roast Turkey & Gravy Supper- Homemade Vegetable Soup Tuna Salad Sandwich	Breakfast- Muffin Lunch- Spaghetti & Meatballs Supper- Italian Sub	Breakfast- Éclair Lunch- Herb Roasted Chicken Supper- Sloppy Joes on Bun	Breakfast- Donut Lunch- Meatloaf Supper- French Onion Soup	Breakfast- Biscuit & Gravy Lunch- Aloha Chicken Supper- Parmesan Crusted Fish	Breakfast- Muffin Lunch- Bacon Cheeseburger on a Bun Supper- Grilled Ham & Cheese
Breakfast- Coffee Cake Lunch- Parmesan Crusted Chicken Supper- Turkey & Rice Casserole	Breakfast- Cinnamon Roll Lunch- Italian Herb Pork Loin Supper- Broccoli & Cheese Quiche	Breakfast- French Toast Lunch- Lasagna Supper- Tuna Melt	Breakfast- Danish Lunch- Brown Sugar Mustard Glazed Ham Supper- Chili Cheese Dog	Breakfast- Donut Lunch- Residents Choice Supper- Chicago Style Bratwurst on Bun	Breakfast- Pancake Lunch- Fried Catfish Supper- Shrimp Scampi	Breakfast- Cinnamon Raisin Toast Lunch- Chicken Breast Florentine Supper- BBQ Pulled Pork on Bun
Breakfast- Banana or Pumpkin Bread Lunch- Buttermilk Ranch Chicken Supper- Egg & Cheese Biscuit	Breakfast- Donut Lunch- Meatloaf Supper- French Onion Soup	Breakfast- Biscuit & Gravy Lunch- Aloha Chicken Supper- Parmesan Crusted Fish	Breakfast- Muffin Lunch- Bacon Cheeseburger on a Bun Supper- Grilled Ham & Cheese	Breakfast- Cinnamon Roll Lunch- Oven Fried Chicken Supper- Beef Parmesan	Breakfast- Pancake Lunch- Roast Turkey & Gravy Supper- Homemade Vegetable Soup Tuna Salad Sandwich	Breakfast- Muffin Lunch- Spaghetti & Meatballs Supper- Italian Sub
Breakfast- Éclair Lunch- Herb Roasted Chicken Supper- Sloppy Joes on Bun	Breakfast- French Toast Lunch- Smothered Pork Chop Supper- Baked Turkey Crunch	Breakfast- Biscuit & Gravy Lunch- Salmon Patty Supper- Breaded Chicken Tenders	Breakfast- Muffin Lunch- Sliced Baked Ham Supper- Pork Fritter	Breakfast- Coffee Cake Lunch- Parmesan Crusted Chicken Supper- Turkey & Rice Casserole	Meal Calendar	

Meal tickets can be purchased at the front desk for \$3.00.

*Menu is subject to changes



News from Whispering Pines

Alzheimer's Association "In the Moment" Support Group

Due to COVID-19, there will not be a June Alzheimer's Association, "In the Moment," support group meeting at Oak Hill. For support and information, please call the Alzheimer's Association's toll-free number: 800-272-3900.

Depending on the Covid situation, we plan to start Alzheimer's Support Group meetings in person in late summer 2022.

Live Concerts on the Pines



Brad Cook on the keyboard

We are so excited to have outside musicians play and sing music. This is the schedule of musicians for June:

3—Ron Schewe on the Accordion

9—Forrest Bevineau, "The Singing Sheriff"

14—Terry Roberson, "The Singing Cowboy"

20—Pearl Hirsch on the keyboard.

28---Brad Cook on the keyboard

All music programs will start at 2 pm, unless otherwise noted.

In addition, Whispering Pines residents will also be enjoying the music of other musicians on Arbor Court.



Our deepest condolences to Judy Kohler, WP Activity Professional, on the passing of her sister, Shirley, on May 19. We are so sorry for your loss.



Congratulations!

On May 13, 2022, Greyson Steven Horvath (son of Elise A. Horvath, WP activity assistant) graduated Summa Cum laude with a Bachelor of Arts in psychology from San Diego State University, San Diego, CA. He plans to further his studies in the mental health field by either becoming a licensed therapist or psychiatrist. Elise and her father were able to attend Greyson's graduation and had a wonderful time catching up with family.

Vance Horvath, Elise's younger son, is graduating from Newbury Park High School in California, June 10th and will be attending an art school (to be decided).



Family Additions!

Patrick and Angela Sheahan, son and daughter-in-law of Julia Olszewski, WP director, recently adopted 3 siblings in April 2022. The children are Dominic, 8, Cora, 6, and Maya, 3. The family lives in

Minnesota and keeps busy with going to the park, getting donuts on Saturday mornings (so mom can sleep) and taking their dog, Mabel for walks. Julia hopes to go north and spend some time with them this summer.



Cultivating Communication Skills: Responding to Repetitive Questions

Alzheimer's disease and other dementias cause problems with short-term memory, which can lead to repetitive questions. Even when we know a loved one with dementia is not engaging in this behavior with any malice, it can still be stressful for caregivers to know how to best handle a situation where the same question has been asked over and over again in a short span of time.

To avoid expressing frustration, you can learn a few tricks to stay calm and help soothe your loved one, which will ultimately help everyone have a more peaceful and calmer environment.

1. Focus on emotions, not words.

Often, our loved ones might start repeating themselves because they are feeling anxious, stressed, or even in pain, but they aren't sure how to express this. Repetitive questions can arise when basic needs are not being

met. A hug or hand squeeze combined with an answer can help soothe nerves. Then ask if they are in pain or cold or too hot. They might then focus on that and be able to express their needs better.

2. Keep it Short and Sweet.

Rather than give an in-depth answer each time you are questioned, keep your answers short and simple. Short, direct sentences not only save your energy but are also easier for someone suffering from dementia to understand. A short answer with a warm and positive tone is less frustrating than a long-winded answer with a sharp tone.

3. Get active.

Sometimes the best way to address repetitive questions is to change the subject or introduce a soothing activity. Answer the question and then shift focus. You can ask them about something else, like the weather; offer a snack or beverage; or suggest an activity that they enjoy doing, such as coloring, folding laundry, or knitting.

4. Take a break.

Both you and your loved one might need a break. You might want to take a walk outside together or set up an activity that they enjoy while you take a few minutes to yourself to listen to a favorite song or do a breathing exercise. Sometimes, just a break from your normal routine will get everyone back on track to have a nice day.



Father's Day Funnies

I asked my dad to help me with a math problem. He said: "Don't worry; this is a piece of cake." I said: "No, it's a math problem."

Teacher (on phone): You say Michael has a cold and can't come to school today? To whom am I speaking?

Voice: This is my father.

There's a big difference between bad jokes and dad jokes. And that difference is the first letter.

Dad Wisdom: I know what I'm getting for Father's Day. Last night my daughter asked me what size aftershave I wear.

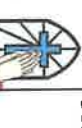


Why do fathers
who golf take an
extra pair of socks?

In case they get
a hole in one!



June 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Patio Time Church on the Pines 1pm Cardinals Pizza Party	5 Morning Stretches Table games & puzzles Satbox TV Humor IN2L Coffee & Snack Chat D-Day 78th Anniversary	6 Beach Ball Hockey Karaoke IN2L Armchair Travel-U.S. Bake Cookies	1 Patio Time 10am Catholic Mass IN2L 12pm Cardinals Baseball 2pm Summer Kick Off!	2 Morning Stretches 10am UCC Church* Bingo IN2L Patio Chat & Snack	3 Brain Games/Trivia Patio Time 1pm Cardinals Baseball 2pm Accordion - Ron Schewe on Pines National Donut Day!	4 Chair Yoga Beauty Spa 12pm Cardinals Baseball Book Club/Newspaper
 Beauty Spa Church on the Pines 1pm Cardinals Popcorn Party Happy Birthday William!	 12 Patio Time Table games & puzzles Funny videos IN2L Coffee & Snack Chat	 13 Ball Kick/Toss Flag Day Trivia IN2L 2pm Singing Cowboy - Terry Roberson on Pines Patriotic Sundaes	 14 Morning Stretches 10am Catholic Mass* Bingo IN2L Patio Chat & Snack Happy Birthday Jules!	 15 Morning Stretches 10am UCC Church* 12pm Cardinals Baseball Patio Chat & Snack Happy Birthday Betty B!	 16 Brain Games/Trivia Blue Sensory Game 2pm Tommy Tunes* Patio Time Wear Blue Day	17 Hand Stretches Beauty Spa Book Club/Newspaper Patio Time - Bubbles!
 Patio Time Church on the Pines Father's Day Bingo IN2L Pizza Party	19 Morning Stretches Table games & puzzles 2pm Music with Pearl on Pines Coffee & Snack Chat	 20 Beach Ball Hockey Mary Sue on Guitar IN2L Armchair Travel-Parks Summertime Smores	 21 Morning Stretches 10am Catholic Mass IN2L 6:30-8pm Music and Ice Cream Outside*	 22 Patio Time 10am Baptist* 1pm Cardinals Baseball Bingo IN2L	 23 Brain Games/Trivia Netflix: Movie Time IN2L 2pm T. Roberson - Sing* Take Dog To Work Day!	 24 Stare/Stripes Stretch Reminiscence IN2L 1pm Cardinals Baseball Patio Time - Water Fight Happy Birthday Margaret!
Father's Day June/teenth  Beauty Spa Church on the Pines 1pm Cardinals Baseball Popcorn Party	26 Patio Time Table games & puzzles National Bingo Day IN2L Coffee & Snack Chat	Summer Begins 27 Ball Kick/Toss Armchair Travel-Europe 2pm Keyboard - Brad Cook on the Pines Cookies & Coffee	28 Patio Time 10am Catholic Mass IN2L Patio Time Monthly Birthday Party!	29 Morning Stretches 10am UCC Church-Pines Bingo IN2L Patio Chat & Snack	June 2022 Whispering Pines	

Activity schedule subject to change. IN2L touch screen computer.

* Off unit activity