



**Celebrating  
June**

**Iced Tea Month**

**Dairy & Dairy Alternative  
Month**

**Hurricane Season Begins  
June 1**

**Donut Day  
June 4**

**World Environment Day  
June 5**

**Fishing & Boating Week  
June 5-13**

**Clay Week  
June 13-19**

**Power of a Smile Day  
June 15**

**World Juggling Day  
June 19**

**Father's Day  
June 20**

**First Day of Summer  
June 21**

**Before I Was Myself, You Made Me, Me**

**By Nicholas Gordon**

*Before I was myself you made me, me  
With love and patience, discipline and tears,  
Then bit by bit stepped back to set me free,*

*Allowing me to sail upon my sea,  
Though well within the headlands of your fears.  
Before I was myself you made me, me*

*With dreams enough of what I was to be  
And hopes that would be sculpted by the years,  
Then bit by bit stepped back to set me free,*

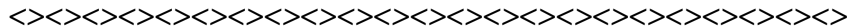
*Relinquishing your powers gradually  
To let me shape myself among my peers.  
Before I was myself you made me, me,*

*And being good and wise, you gracefully  
As dancers when the last sweet cadence nears  
Bit by bit stepped back to set me free.*

*For love inspires learning naturally:  
The mind assents to what the heart reveres.  
And so it was through love you made me, me  
By slowly stepping back to set me free.*



**HAPPY FATHER'S DAY!**



**\*\*\*SPECIAL FATHER'S DAY EVENT\*\*\***

**"TIE" ONE ON**

**COME JOIN US AT OAKWOOD TERRACE**

**SATURDAY, JUNE 19<sup>TH</sup> AT 2:00PM**

**PLEASE RSVP BY JUNE 14<sup>TH</sup> TO JANET OR CLAIRE.**

## 10 WAYS TO MAINTAIN YOUR BRAIN



- >**HEAD FIRST** – Good health starts with your brain, so don't take it for granted. It's one of the most important body organs and needs care and maintenance.
- >**TAKE BRAIN HEALTH TO HEART**— Heart disease, high blood pressure, diabetes and stroke can increase your risk of Alzheimer's.
- >**YOUR NUMBERS COUNT**—Keep your body weight, blood pressure, cholesterol and blood sugar levels within recommended ranges.
- >**FEED YOUR BRAIN**—Eat a low-fat, low cholesterol diet that features dark-skinned vegetables and fruits, foods rich in antioxidants, Vitamins E and C, B12, foliate and Omega-3 fatty acids.
- >**WORK YOUR BODY**—Physical exercise keeps the blood flowing and encourages new brain cells. It doesn't have to be a strenuous activity. Do what you can—walking 30 minutes a day—to keep both body and mind active.
- >**JOG YOUR MIND**—Keeping your brain active and engaged increases its vitality and builds reserves of brain cells and connections. Read, write, play games, do crossword puzzles.
- >**CONNECT WITH OTHERS**—Leisure activities that combine physical, mental and social elements are most likely to prevent dementia. Be social, converse, volunteer, join groups.
- >**HEADS UP! PROTECT YOUR BRAIN**— Take precautions against injuries. Use your car seat belts, unclutter your house to avoid falls, and wear a helmet when cycling.
- >**USE YOUR HEAD**—Avoid unhealthy habits. Don't smoke, drink excessive alcohol or use street drugs.
- >**THINK AHEAD—START TODAY!  
YOU CAN DO SOMETHING TO  
PROTECT YOUR TOMORROW!**

[www.alz.org](http://www.alz.org)

## The First Father's Day



It was a daughter who proposed the first Father's Day in June of 1909. Mother's Day was a popular holiday, but Mrs. John Dodd of Washington State wanted a day to honor her father, William Smart. When William

Smart's wife died in childbirth, he was left to raise his six children all alone. Only when she was older did Mrs. Dodd realize how much strength and dedication it took for her dad to raise six children.

At first, the idea of a Father's Day was laughed at. Although Father's Day was celebrated for the first time in Spokane, Washington, on June 19, 1910, it wasn't until 1924 that President Calvin Coolidge supported the idea, and it wasn't until 1966 that President Lyndon Johnson declared it a national holiday.

**Enjoy This Special Day!**

## Lend a Hand



It's amazing that a simple handshake conveys feelings of mutual respect, trust, and comfort, and symbolizes the building of new relationships. On June 21, put your handshaking skills on display for World Handshake Day. If you really want to "get a grip," also celebrate National Handshake Day on June 24.

The handshake can mark an informal greeting, or it can seal business agreements and establish friendships and treaties between nations. Most importantly, the handshake embodies a spirit of equality, offering the intimacy of a touch to a friend or even a stranger. On June 21, the creator of World Handshake Day asks everyone to place their hands in the sea and let the waves carry their handshake throughout the entire world.

## June's Drawing Board



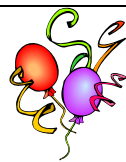
When you were a child did you doodle or scribble in the margins of your school notebooks? Today, do you ever scrawl shapes or drawings on napkins or sheets of paper?

Or have your talents grown, and do you now paint landscapes or sketch portraits? Whether your work is big or small, in pencil lead, ink, paint, or crayons, share your work with the world on June 5, International Drawing Day.

On June 5, Drawing Day organizers hope to amass one million drawings. You have heard of the expression, "a picture is worth a thousand words." Well, one million pictures are going to speak volumes. Each drawing will offer a joyful and individual expression of life. While many artists, with the help of technology, will create digital drawings on computers, many people will participate by scrawling simple doodles or sketching out a still life or their favorite scene.

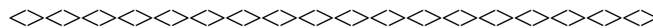
The act of drawing is a powerful one. Scientific studies have proven that drawing strengthens memory and improves concentration. Artists are forced to make important choices, weighing the positive and negative aspects of their subjects, deciding what to emphasize and what to ignore, before finally creating a work of art. Drawing Day is a celebration of this dynamic creative process.

Some believe that there is hidden meaning to artwork. Drawing flowers signifies that you have a gentle nature and childlike innocence. Arrows represent ambition, direction, and the desire to take action. Sketching houses indicates the state of your home life. Neat, orderly houses show a happy, stable home. Crooked lines, asymmetrical shapes, and the absence of windows hint at unhappiness. Hidden meanings aside, drawing is a creative act that can let your imagination soar. Grab a pencil and fly!



## JUNE BIRTHDAYS

**Ellen D. 6/17**  
**Doris C. 6/18**  
**HAPPY, HAPPY BIRTHDAY!!**



### EVENTS AND ENTERTAINMENT

- >Father Pauselli 6/10 at 11:00AM
- >Moosic Alliance Church 6/10 at 2:00PM
- >Compassionate Care Hospice Sing Along 6/12 at 10:00AM
- >Entertainment w/Bill & Kathy 6/14 at 2:00PM
- >MOCK WEDDING 6/16 at 2:00PM
- >Judy Jones Entertains 6/18 at 2:00PM
- >FATHER'S DAY "TIE" ONE ON! 6/19 at 2:00PM
- >Adapted Tennis 6/21 at 10:30AM



## June Birthdays



If you were born from May 21-June 21 you are a Gemini, the twins. If you were born from June 22-July 22, you are a Cancer, the crab. Geminis are complex and dual-natured. Like children, they are lively, happy, and love to explore new things. A Cancer can be highly emotional, caring, generous, and intuitive. Cancers are great supports for family and friends, being both soothing and nurturing.

Morgan Freeman (actor)	June 1, 1937
Michael J. Fox (actor)	June 9, 1961
Jim Nabors (actor)	June 12, 1930
Donald Trump (business mogul)	June 14, 1946
Prince William (British royalty)	June 21, 1982
Jack Dempsey (prizefighter)	June 24, 1895
Peter Lorre (actor)	June 26, 1904

**THANK YOU TO ALL WHO ATTENDED OUR  
 WONDERFUL MOTHERS' DAY EVENT.  
 SPECIAL THANKS TO ALL, ESPECIALLY  
 RESIDENTS' FAMILY MEMBERS, WHO**

**ASSISTED DURING THIS EVENT!**



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



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U.S. Flag Day

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Father's Day

Summer Solstice

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JUNE 2010

