

Fighting for a Cause

Susan B. Anthony, civil rights activist and leader in the women's suffrage movement, inspired a countless number of people to fight for equality. She held her own ground, taking firm positions on numerous occasions, especially when it came to women's rights. June 6, 1872, was one of those occasions. She and a group of women in Rochester, New York, decided to vote in a presidential election. This attempt at equal voting rights for men and women was not only frowned upon, but also worthy of an arrest in the eyes of the government. Anthony stood her ground and underwent a trial for this matter. As a result of her arrest, she was fined \$100, a penalty that went unpaid for the duration of Anthony's life. Anthony's ongoing efforts in the women's suffrage movement and unwavering dedication to civil rights were instrumental in the creation and passing of the 19th Amendment, giving every citizen, male or female, the right to vote.

Dad's Favorite Words of Wisdom

- Your gut is usually right. Listen quietly to your intuition and you'll see that you already know everything you need to know.
- A great handshake and an honest smile are free.
- Most of the time, people are doing the best that they can. Try to believe it.
- There are no people so far beneath you that you can't learn something from them, or so far above you that you need permission to communicate with them.
- Don't wait for someone else to hold you accountable. Do it yourself.
- Respect others' beliefs, but don't back off on your own.
- Treat yourself well. Other people will, too.
- If you follow your passion, you'll never "work" a day in your life.
- Make empathy the default response.
- Strive to keep your promises.

Happy Father's Day!



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June 2018



BIRTHSTONE – Pearl

(Longevity & Health)

FLOWER – Rose

ZODIAC – Gemini & Cancer

SPECIAL DATES

Hurricane Season Begins 6/01

Cancer Survivors Day..... 6/03

Anniversary of D-Day 6/06

Nurs. Assistants' Week..... 6/10-6/17

Flag Day 6/14

Father's Day..... 6/17

Juneteenth 6/19

Summer Begins 6/21



The Very First Father's Day

On June 19, 1910, the first Father's Day events occurred in Spokane, Washington. How was this day originally celebrated? Let's take a closer look.

According to the Spokane Regional Convention and Visitors Bureau, the first Father's Day was inspired by Sonora Smart Dodd. Her father's birthday fell in the month of June, and, after witnessing a special Mother's Day celebration, she was inspired to honor her father in a similar fashion during his birth month. She and her five siblings had been raised by their father, William Jackson Dodd. Their mother had passed away, leaving them to be raised alone by their father. So Sonora asked the mayor of Spokane to help orchestrate a celebration for Dodd, highlighting his unwavering dedication to his children. And this is how the first Father's Day came to pass.

The day's events included a large amount of roses. Red ones were pinned on living fathers or their children, while white roses were displayed and pinned on children to commemorate deceased fathers. Sonora made house calls to homebound fathers, offering gifts and roses. The day was dubbed a success, but it took decades before Father's Day became an official holiday, which actually occurred in 1972.

Hello, Summer!

The summer solstice officially occurs on June 21. There are a number of ways to welcome summer into your home, as well as acclimate to the warm weather. What do you have in store to welcome the new season? Below are a few suggestions.

- Choose some summer buds to bask in the brightness of your home. Summer is home to many beautiful, colorful blooms, including peonies, marigolds, chrysanthemums and sunflowers.
- Change the layout of your furniture to better utilize the sunlight.
- Make a list and plan some new and exciting summer salads you're up for trying this summer.
- Open the main windows/doors of your home and let the warm air circulate in the morning. This can be quite refreshing and therapeutic.
- Plant a small raised bed garden, if space permits. If not, there's always room for an herb garden in your kitchen. There's nothing like fresh veggies, fruits and herbs in the summer.

Now, say hello to summer!

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					9:30 Chair Yoga 10:30 A Chick's Eye View 1:30 Corn hole Challenges 2:30 Baking Favorites: Cream Cheese Mints 3:30 Father's Day Gift: Pocket Watches 4:30 Aroma Back Massages 6:00 Jacksonville News Update 7:00 Guided Imagery	9:30 Fit Xpress 10:30 No More Weeds Crew 1:30 Musical Memories: Favorite Wedding Songs 2:30 Buttons & Bows Crafts 3:30 Tasty Treats: Ice Cream Sundaes 4:30 Wordy Jokesters 6:30 Movie Madness: Father of the Bride
9:30 Coffee Grinders Club 10:30 Cluckingham Palace 1:30 The Benefits of Honey 2:30 Faith Baptist Church Service 3:30 Stretch It & Pump It 4:30 What Do You Smell!?? 6:30 Double Jeopardy 7:30 Personal Poetry Writers	9:30 Tennis Warm-up 10:30 The Organic Manic 1:30 Family Photo Booth Props 2:30 Local Tennis Player Speaks 3:30 Ballroom Dancer Videos 4:30 Fancy Nails for Marilyn 6:00 Marilyn's Chinese Selections 7:00 Film Fanatics: Confessions of a Shopaholic	9:30 Morning Tai Chi 10:30 Chick DeVille 1:30 News Currents & Social 2:30 Starfish Cookies 3:30 Jacksonville Zoo Presentation 4:30 Sponsor An Animal from Harbor Chase 6:30 Jacksonville Animals & Sightings 8:00 Guided Imagery	9:30 Stretch it Out 10:30 Trip to MOCA musuem 1:30 Crafty Critters: Dad's Watch Holder 2:30 Cocktails & Mocktails Hour 3:30 D-Day Facts & History 4:30 Salute to the Fallen of D-Day! 6:30 Channel 4 Action News 7:30 Progressive Relaxation	9:30 Conductorize! 10:30 Farm Fresh Eggs 1:30 Remember When? 2:30 Patriotic Melodies with Tino 3:30 Crunchy Carrots and Dressings 4:30 Bubble Poppers 6:00 Mindfulness Meditation 7:00 Casino Night: The Poker Room	9:30 Laughter Yoga 10:30 Perky Planters 1:30 Dear Abbey and Comics 2:30 Monthly Bash with Just Add Rhythm 3:30 Marble Cake Indulgences 4:30 Lavender Hand Massages 6:00 Best of Wheel of Fortune 7:00 Chicks Who Dig Literature	9:30 60s Chair Dancing 10:00 Caring For Your Flock 1:30 Famous Weddings Around the World 2:30 Smoothie Taste & Guess 3:30 Sew Design Studio 4:30 A Message of Salvation 6:30 Action News Jax 7:30 Just Breathe Movements
9:30 Sit and Be Fit 10:30 Courtyard Enthusiasts 1:30 Crafty Critters - Clay Creations 2:30 Faith Baptist Church Worship 3:30 Jell-O Treats 4:30 Aromatherapy Relaxation 6:30 Movie Madness: The Family Man 8:30 Peaceful Prayers	9:30 Move & Groove 10:30 The Coop de Ville 1:30 Recap of the Royal Wedding 2:30 The Nail Artist 3:30 Blueberry Whipped Mixes 4:30 Fantastic Letters & Notes 6:30 Film Fanatics: La La Land	9:30 Chair Tai Chi 10:30 Nature Lovers - Outdoor Findings 1:30 News Currents & Chat 2:30 Tropical Produce: Fruit Salad 3:30 All That Jazz Selections 4:30 Soapy Sensory 6:00 Casino Night: Blackjack 8:00 Google Earth: 7 Wonders of the World	9:30 Patio Pilates 10:30 Coop A Loop 11:00 Lunch Outing: Mama Fu's 1:30 Corn Hole Challenges 2:30 Lush Bites of Pretzels 3:30 Father's Day Gift: Pocket Watches 4:30 Virtual Tour: England 6:30 'The Crown' Series - TV Preference 8:00 Delighting in God	9:30 Rise & Stretch it Out! 10:30 Green Thumb Club 1:30 Flag Day Lyrics & Tunes 2:30 Fruity Flag Kabobs 3:30 Boy Scout Troop Demonstration 4:30 Flag Day Facts & Thoughts 6:30 TV Classics: The West Wing	9:30 Chair Dancing 10:30 Bob's Trains and Motorcycle Presentation 1:30 VFW Speaker 2:30 Homemade Barrel Ice Cream 3:30 Local Dancing Group Show 4:30 Harley Davidson Rider Visits 6:30 Hot Rods of America 8:00 Bob's Chocolate Favorites	9:30 Rise & Stretch 10:30 No More Weeds Crew 1:30 History of US Open Tournament 2:30 Honey Deuces Mock tails 3:30 Putt Putt Green on Patio 4:30 Sing It Loud! 6:00 Our Daily Bread Ponderings 7:00 Movie Madness: Parenthood
Father's Day 9:30 Conductorize 10:30 Farm Fresh Eggs 1:30 Toast to our Father's 2:00 Father's Day BBQ on the Patio 3:00 BBQ Selections 4:00 Chill Skills - Breathing 6:30 Jacksonville Headlines 8:00 Movie Madness: Daddy's Home	9:30 Move & Groove 10:30 Flower Arrangements by Kuhn 1:30 Sara's Minister Preaches 2:30 Glitz & Glamour Party 3:30 Sound of Music Melodies 4:30 Skype Video w/ Sara's Family 6:00 Sara's Fried Chicken Recipe 7:00 Theatre Classics: Sound of Music	9:30 Daybreak Walkers 10:30 In The Hen House 1:30 Remember When? 2:30 Tasty Treats: Frosty's 3:30 Wedding Memories & Poems 4:00 Care Giver's Support Group 6:30 The Best of I Love Lucy 8:00 Break Bread Together	9:30 Rise & Stretch 10:30 Backyard Wildlife 11:00 Walter Jones Botanical Garden 1:30 News Currents & Social 2:30 Tidbits of Avocados 3:30 Recycled Bottle Centerpieces 4:30 Summer Skin Awareness 6:00 Casino Night: Poker Room 8:00 Relaxation & Reflections	9:30 Chair Tai Chi 10:30 Weedless Wonders 1:30 Summer Solistice Ideas 2:30 Snack Attack: Frozen Pops 3:30 Lets Go Fly a Kite! 4:30 Summer Sayings & Warnings 6:30 Channel 4 News Update 8:00 Daily Devotionals	9:30 Stretch It Out! 10:30 A Chick's Eye View 1:30 Throw the Beach Ball 2:30 Surfs' Up Party w/ Beach Boys 3:30 Perfect Summer Snacks 4:30 Famous Surfers and Videos 6:00 TV Classics: Golden Girls 7:00 Guided Nature Imagery	9:30 Move & Groove 10:00 Muddy Fingers 1:30 Gamers & Timers 2:30 Munchers Stop: Funfetti Popcorn 3:30 Sewing It Up! 4:30 Famous Quotes & Sayings 6:00 Words of Hope 7:00 Movie Night: Grumpy Old Men
9:30 Pump It Up! 10:30 Chick DeVille 1:30 Crazy Eights 2:30 Faith Baptist Church 3:30 Chocolate Lovers Fondue 4:30 What Did It Cost? 6:30 Jacksonville News Headlines 8:00 Personal Prayer Corner	9:30 Chair Tai Chi 10:30 Outdoor Paradise: Bird Life 1:30 Reading Rainbow: What I Know For Sure 2:30 Fancy Slushies' 3:30 Mani's & Memories 4:30 Pictionary Partners 6:00 Movie Madness: Chicago 7:00 Progressive Muscle Relaxation	9:30 Specialty Coffee Grinders 10:30 Backyard Wildlife Findings 1:30 Ted Talk on Forgiveness 2:30 Manicures with Daughters 3:30 Susie's Coconut Cream Pie 4:30 Susie's Family Traditions & History 6:30 Bob Hope Classics 8:00 Progressive Relaxation	9:30 Laughter Yoga 10:30 Dirt Movers 1:30 Use Your Ears! 2:00 Whit's Frozen Custard Outing 2:30 Beach Boy Tunes 3:30 Recycled Bottle Centerpieces 4:30 Testify & Rejoice 6:00 Action News Jax Live 8:00 Just Breathe	9:30 Sit and Be Fit 10:30 Caring For Your Flock 1:30 News Currents/Daily Photos 2:30 June Wedding Month Themes 3:30 Tasty Treats: Pistachio Pudding 4:30 Musical Melodies of Patsy Cline 6:30 For a Good Cause 8:00 Family Feud	9:30 Patio Pilates 10:30 No More Weeds Crew 1:30 Remember Back When.....? 2:30 Rocky Road Ice Cream 3:30 Wii Games: Tennis & Bowling 4:30 Personal Prayers 6:00 The Price Is Right 7:00 Guided Nature Imagery	9:30 Move & Groove 10:00 Farm Fresh Eggs 1:30 Beat Your Drum 2:30 Guess the Flavor 3:30 Piggy Bankers Challenge 4:30 Cucumber Hand Massages 6:00 Disciples Union Chat 7:00 Movie Night: Mrs. Doubtfire

Happy Father's Day

ACROSS

- Often referred to as this comic book hero
- Hangout in the basement also called a
- Sport that has a race in Daytona
- A sport that is a Sunday favorite
- This is usually in his back pocket
- Item that is often found in a couch
- A cookout
- Means Father in Latin

DOWN

- Dad's favorite chair that leans back
- Five O'clock
- Has a big collection of these in his workshop
- Father knows
- Something furry on dad's lip
- Traditional Father's Day gift
- Looks good in a 3-piece
- Short word for Father

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THIS MONTH IN HISTORY, AN AMERICAN LEGEND IS BORN: THE DOUGHNUT



Doughnut shops are a dime a dozen these days and they're sold in mass-produced quantities in just about every convenience store or establishment with anything barely reminiscent of a bakery. Let's take a sweet trip down memory lane back to the dawn of what has become an American icon: the doughnut.

Back in the mid-1800's, doughnuts were known by the Dutch word *olykoeks*, or "oily cakes." They were literally balls of dough fried in pork fat. The legendary doughnut truly gets its start because of a woman named Elizabeth Gregory. Elizabeth had a mean recipe for a sweet fried dough that her son loved. He was a ship captain, and he would bring her spices such as nutmeg and cinnamon, which she used to flavor her famous little fritters. Elizabeth made batches of the pastries so her son and his crew had something sweet to savor while spending a long time at sea. She placed a nut in the center of the dough ball, like a hazelnut, hence the name "doughnuts."

But where did doughnuts get their holes? Much lore surrounds the first doughnut with a hole. Some think the Captain Gregory skewered the pastry on a spoke of the ship's wheel in order to steer better whilst enjoying a snack. However, according to Gregory himself, the first doughnut actually got its hole when he cut the center out of one of the pastries with a small round metal can to remove the nut. And then the doughnut hole was born.

Fast forward a few years and doughnuts were even served to soldiers during World War I to give the men overseas a taste of home. This is when these little sticky, sweet legends really started to come into their own.

Once the 1920's rolled around, oily cakes were being mass-produced and the first mass-production doughnut making machine was created. The sugary confections were just now becoming associated with breakfast foods, but were still regarded as a popular snack food in

movie theaters.

By the 1940's and 50's, familiar brands such as Dunkin Donuts and Krispy Crème were started to pop up. Coincidentally, the bagel was also coming into existence at this time. The doughnut's popularity wavered, but only for a brief moment in time. People called doughnuts unhealthy alternative to bagels and cream cheese, but really – who's to argue that either are necessarily a low-calorie health food?

Next time you bite into a fresh-off-the-press donut and it melts in your mouth, think of that sea captain, sailing along, enjoying one of his mother's sugary treat of sweet fried dough, and thank him for helping invent one of America's most celebrated food past times.



The Statue of Liberty Arrives in NEW YORK CITY

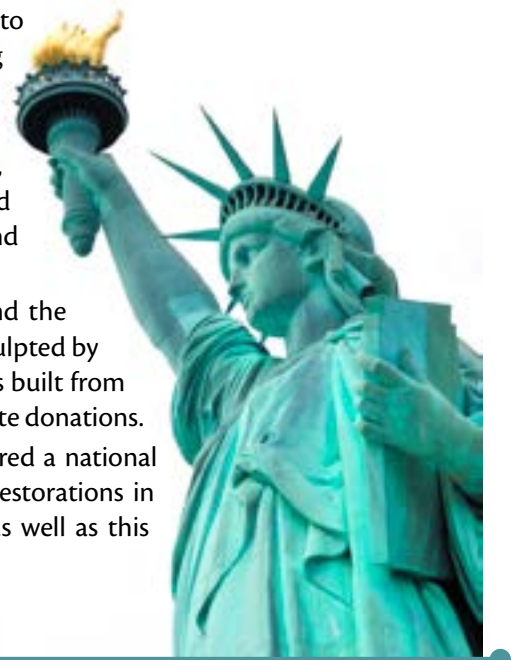
June 17, 1885

Over a hundred years ago, the people of France gave the Statue of Liberty to the people of the United States in recognition of the friendship established during the American Revolution.

200,000 people lined the bay on June 17th, 1885, to welcome the Statue of Liberty when it arrived to the U.S. aboard the Frigate *Iser*. She stood 151 feet tall, and was broken down into 350 pieces, and placed into 214 crates when transported to America in 1885. She stands off of New York's bay facing the east, away from land greeting incoming ships, standing toward her birthplace back in France.

The framework was designed by Alexandre-Gustave Eiffel, the man behind the famed Eiffel Tower, and the outside panels constructed of copper sheets hand sculpted by French sculptor Frederic-Auguste Bartholdi. The pedestal that she stands on was built from funds raised by the local community through benefits, charity auctions and private donations.

The Statue of Liberty was not recognized for her fame until she was declared a national monument in 1924 by President Calvin Coolidge and had to undergo major restorations in the 1980's. Since then, she has grown to represent freedom and democracy as well as this international friendship.



Facts about June

According to the Gregorian calendar, which is used over most of the world today, June is the sixth month. On the Roman calendar, it was considered the fourth month and had only 29 days. Julius Caesar gave the month 30 days in 46 B.C., when he reformed the Roman calendar.

Spring ends and summer begins around June 20, 21 or 22 in the Northern Hemisphere. It's the time that the flowers are beautiful. It is especially the month for roses. In the Southern hemisphere, winter begins during June, and it brings cold, rainy weather to this part of the world.

"Flag Day" is observed in the United States on June 14. It commemorates the day in 1777 when the Continental Congress adopted the Stars and Stripes as our flag. It then had only 13 stars to match its 13 stripes.

It's not an official national holiday, but in Pennsylvania it is a legal holiday. The President has proclaimed a public flag day observance every year. It was first observed to celebrate the 100th anniversary of the selection of the flag. President Harry S. Truman officially recognized June 14 as Flag Day by signing the National Flag Day Bill.

