



LETTER FROM THE ADMINISTRATOR

HONORING OUR HEROS!

June is here and has caught us by surprise. It arrived quicker than it was supposed to. That means the heat is on!! Welcome to Summer – it will officially arrive on June 21. I personally think it arrived about a month ago. Boy is it hot outside!!

When I think of the month of June, I relate it to Memorial Day, even though it is celebrated at the end of May. We all understand that we live in this great country with all the freedom and liberty only because of the great men and women who served and fought to protect us. And for that freedom and liberty, I say a heartfelt Thank You to each and everyone of you. I am honored to be in your presence.

I share this thought with you to lead into this story. When I was growing up, I never knew my Father was in the Air Force until I was 18 and a senior in high school. I was looking

through some old photo albums with Mom and saw this young man in uniform in the album. Mom told me that was Dad, and I was surprised. He never encouraged any of us 3 boys to go into the military after high school, never spoke about his service in the Air Force, never even hinted around that he served in the military. Mom shared with me that my Dad served his country during the Korean conflict for 4 or 5 years. He was stationed in Kansas City at the Air Force base there, and his job there was in an underground bunker decoding the Korean spy messages. Mom said that Dad spoke very little information to her, but he did say the walls of this bunker were 3 foot thick with a steel dorr so that it was protected at all times. He was in a top secret position and could not even tell Mom what he was doing at the time. They were only dating at that time, and it is actually how

they met, since Mom was from the Kansas City, Missouri and Dad was from Gulfport, Mississippi.

I learned a lot that day about my father, things that I never knew before. I tried to ask him a couple of times about the Air Force and his position, but he refused to speak of it. I suppose he had to take an oath for life of the top secret work he performed. The one thing that it did clear up for me was why my Dad was the fastest manual typewriter user I have ever seen!!

To my father, I say Thank You for his service, as well as to every other Veteran and all of you who have served our country. We Thank You and Honor You for your service.

Kevin W. Garriga

ADMINISTRATOR

SOUTHERN KNIGHTS
SENIOR LIVING COMMUNITY

Activities and Shenanigans: Flowers, Rocks and Cards!



TEAM MEMBERS OF THE MONTH



Resident Choice- Kelly



Administrator Choice- Robert



BIG HATS CLUB: Kicked off with a Bang



June is Men's Health Month: *The Importance of Walking*

The simple exercise of walking can be important for all individuals, in particular today's generation of men as they seem to be in pursuit of a leisurely life as compared to their elder generation.

Walking is an excellent form of transport, making the individual independent of all sorts of hassles and worries. Not only is the practice of walking totally free and handy, it is also a convenient means to getting to and returning from a particular destination. Yet another benefit of walking is the relief one gets, such as being stress free, as walking relieves an individual of worries. In addition, the movement of limbs and arms certainly takes most of the pressure off the mind and body altogether. Other benefits include burning extra calories, feeling happier, feeling energetic, and above all the tendency to move about at a faster pace than those who lead a sedentary life style.

Flag Day is June 14th

On June 14, 1777, the Continental Congress passed the first Flag Act, which stated that the new flag of the United States be made of thirteen red and white stripes, and that the union be thirteen white stars in a blue field.

Today the flag consists of thirteen horizontal stripes, seven red alternating with six white. The stripes represent the original 13 colonies, and the stars represent the 50 states of the Union.



Celebrate Fathers on Sunday, June 17

On Father's Day, we celebrate the guys in our lives. Not just our dads and the fathers to our children, but all the men who have made a positive impact on a child's life.

A number of recently published studies call attention to the effects of good fathering. Men who play an active role in their children's lives stimulate all aspects of development: emotional, academic, behavioral, and social, even when those men don't live in the same home as their children.

This Father's Day, let us remember the father's role. Let us celebrate our fathers and honor them for making a difference in our world.

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CRAZY 8'S!!

