



AMERICANS CELEBRATE Father's Day on the third Sunday of every June. This holiday celebrates fathers and fatherhood in general, including father figures such as guardians and grandfathers. The occasion is marked by giving a gift to one's father or spending time with him. It is a time set aside to value a father's role in our life and to reflect upon paternal bonding.

Fathers are usually given gifts in the realm of home improvement, electronics and outdoor tools. There are no official ways to celebrate Father's Day, but many children also celebrate with a phone call, meal out, or a family gathering honoring all fathers within an extended family. This day is a busy one for restaurants.

Some churches hold Father's Day services or integrate the theme of fatherhood into the Sunday Service. One of the first religious Father's Day services was held in 1908 in Fairmont, West Virginia. Grace Goldon Clayton, a member of the Williams Memorial Methodist Episcopal Church South, had recently lost her father in a mining accident. Which killed 250 fathers total, resulting in about 100 children without fathers. Clayton made a suggestion to hold a service in remembrance of these fathers.

Throughout the years several attempts have been made to make the holiday official. President Johnson finally issued a proclamation in 1966 and President Richard Nixon made the holiday official in 1972.

Facts about fatherhood:

- While Mother's Day holds the record for most phone calls, Father's Day has the most collect calls.
- Children whose fathers are involved in their lives in a beneficial way tend to do better in school and stay out of trouble.

So let us take time on June 17th this year to do something special for our Fathers and let them know just how much we love and appreciate them.



Tamara Grant, Dietary Aide

Tamara was recognized at our monthly Staff Meeting in May for outstanding job performance. She joined our Food Services Staff on _____. Tamara is an exceptionally good worker, always on time and in good spirits, willing to step in where needed and stay late until the job is done. She is respectful with the residents and with her co-workers and her smile lights up the room.

Keep up the good work, Tamara. We appreciate you!!!!

World War II D-Day Invasion



On June 4th in 1944, Allied troops invaded the beaches of Normandy, France. It was the largest amphibious assault in world history. This massive, bloody battle was the turning point of the war in the European theater. Codenamed Operation Overlord, the battle began on June 6, 1944, also known as D-Day when some 156,000 American British and Canadian forces landed along a 50-mile stretch of the heavily fortified coast of France's Normandy region. The invasion was one of the largest amphibious military assaults in history and required extensive planning. Prior to D-Day, the Allies conducted a large scale deception campaign designed to mislead the Germans about the intended invasion target. By late August 1944, all of northern France had been liberated, and by the following spring the Allies had defeated the Germans. The Normandy landings have been called the beginning of the end of war in Europe.

FLAG DAY – June 14th



People across the United States celebrate Flag Day on June 14 each year to honor the United States flag and to commemorate the flag's adoption. On the same day, the United States Army celebrates its birthday.

Flag Day falls within National Flag Week, a time when Americans reflect on the foundations of the nation's freedom. The flag of the United States represents freedom and has been an enduring symbol of the country's ideals since its early days. During both events, Americans also remember their loyalty to the nation, reaffirm their belief in liberty and justice and observe the nation's unity.

Many people in the United States honor this day by displaying the American flag at homes and public buildings. Other popular ways of observing this holiday include: flag-raising ceremonies, Flag Day services, school quizzes and essay competitions about the American flag, musical salutes, street parades and awards for special recognition.

On June 14, 1777, the Continental Congress replaced the British symbols of the Grand Union flag with a new design featuring 13 white stars in a circle on a field of blue and 13 red and white stripes – one for each state. Although it is not certain, this flag may have been made by the Philadelphia seamstress Betsy Ross, who was an official flag maker for the Pennsylvania Navy. The number of stars increased as the new states entered the Union, but the number of stripes stopped at 15 and was later returned to 13.

President Woodrow Wilson issued a proclamation calling for a nationwide observance of Flag Day on June 14, 1916. However, Flag Day did not become official until August 1949, when President Harry Truman signed the legislation and proclaimed June 14 as Flag Day. The President is requested to issue each year a proclamation to call on government officials in the USA to display the flag of the United States on all government buildings on Flag Day and to urge US residents to observe Flag Day as the anniversary of the adoption on June 14, 1777, by the Continental congress of the Stars and Stripes as the official flag of the United States.

The American flag, also nicknamed as "Old Glory" or "star-spangled banner", has changed designs over the centuries. It consists of 13 equal horizontal stripes of red (top and bottom, alternating with white, with a blue rectangle in the canton bearing 50 small, white five-pointed stars. Each of the 50 stars represents one of the 50 states in the United States and the 13 stripes represent the original 13 colonies that became the first states in the Union.



Come on out to **RESIDENT COUNCIL** meeting on Wednesday, June 13, at 10:30 AM in the Community Center. Bring your best ideas for upcoming events!

Friday, June 8, at 11:00 AM – **VETERAN'S MEETING** with Steve Morris from VITAS. Come out for some lively discussion and DONUTS – he always brings DONUTS!!!

Sign up at the Lobby Desk for the *Mystery Ride* on Tuesday, June 12th at 1:30 PM

June 17th is **FATHER'S DAY!** John, Becki and Sandy will be singing for you in the Ice Cream Parlor at 1:30 PM.

Every Tuesday at 11:00 AM you can have your wheelchairs/walkers, etc. checked out by our friends from *Legacy* in the Therapy Room.

On Thursdays you can *Limber Up with Edson* as he takes you through the paces to limber up those stiff joints!

Check your calendar insert for other activities in May and sign up at the Lobby Desk for personal services.

- Pretty Nails** – 10:00 AM every Saturday
- Beauty/Barber** – 9:00 am every Wednesday
- Podiatrist** – Last Thursday of the Month
- Dermatology** – Check at the Lobby Desk for dates

Summer Solstice



Summer Solstice is sometimes referred to as "Midsummer Litha". It is the longest day of the year. The amount of daylight only goes down from here...for the next six months. Summer Solstice is the meteorological start of summer. It is time to enjoy vacations, great weather, pools, baseball and everything else that goes along with the favorite season of kids and most adults. Grab your favorite beverage and enjoy the season, because for many of us it is all too short.

Did you know? The sun does not set at the North Pole today? There are 24 hours of sunlight. Does it make up for that cold day in December when the sun does not rise above the horizon? No, but on this day it sure does feel good wherever you are!