



Notable  
Quotable

“But he that  
dares not  
grasp the thorn  
Should never  
crave the rose.”

~ Anne Brontë,  
English novelist  
and poet



Linda Jones

March Horoscopes and Birthdays

In astrology, those born between June 1–20 are Gemini’s Twins. They have two distinct sides to their personality: sociable and ready for fun, or serious and thoughtful. Sometimes they feel as if one half is missing, so they forever seek new friends. Those born between June 21–30 are Crabs of Cancer. Guided by their hearts, Crabs are deeply emotional and nurturing. They create comfortable homes and always welcome people into their circle.

- Jerry Mathers – June 2, 1948
- Anderson Cooper – June 3, 1967
- Prince – June 7, 1958
- Cole Porter – June 9, 1891
- Gene Wilder – June 11, 1933
- Donald Trump – June 14, 1946
- George Mallory – June 18, 1886
- Brian Wilson – June 20, 1942
- John Dillinger – June 22, 1903
- George Orwell – June 25, 1903
- Abner Doubleday – June 26, 1819
- Richard Rodgers – June 28, 1902

Rose-Colored History *continued from pg. 1*

name of her son, Eros, the god of love. The rose’s unparalleled beauty was used by Iris, the rainbow goddess, and Aurora, the goddess of the dawn, to paint the morning sky. Eros would eventually use a rose to bribe Harpocrates, the goddess of silence, to keep the many secrets of his mother, Aphrodite. In these ways, the rose became a symbol of beauty, love, and silence for Greeks and Romans. Persian legends, too, hold the rose in high esteem.

The rose has grown naturally for millennia throughout the Middle East and is associated with the creation of the world and mankind. In early June, the city of Kashan in Iran holds its centuries-old Rose Festival, an annual harvest of desert roses. The roses are distilled into fragrant rose water and pure rose oils. Roses were first carried back to Europe from these harvests. Indeed, much of our modern reverence for the rose stems from these ritual harvests in Persia.

Employee in the spotlight

**Linda Denise Jones**

Born on February 26, 1958 in Saint Petersburg Florida. She has 3 brothers and 1 sister, 3 children, 2 boys and 1 girl, 5 grandchildren and 1 great grandchild. She is a dietary aide here at Arbor Oaks and has been serving for 18 years in September. Her daughter worked here in our memory care unit and when the position came open Linda applied and was hired. She attended Jordan Park school then St. Pete High and went on to P.Tech and got her cooking certificate.

Linda’s interests are cooking out and cooking crabs. Here favorite foods are Crabs, Chicken, Ribs, Steak and Fish. Her favorite color is blue and her favorite treat is M&M’s. Linda’s favorite childhood memories are her brothers and her sister and she wishes she was still a kid. Her greatest joy in life is her kids, and her family. We appreciate Linda and her service to our residents so if you see her, please take a moment to say hello and thank her for her service.

Arbor Oaks at Tyrone

June 2018

Celebrating  
June

Father’s Day  
(U.S.)  
June 17

**ATTENTION!**

HOT DOG  
Fridays

Starting in June

In support of

The Alzheimer’s  
Association,

We will be  
starting our  
delicious hot dog  
fund raiser each  
Friday from  
11:30 to 1:30

\$2.00

Hot Dog, Chips

Drink

\*All donations  
are appreciated

Thank you for your  
support!

~~~~~

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Rose-Colored History

This June, Rose Month, consider how a rose is more than just a mere flower. Roses are filled with symbolism and meanings that change depending on the color of the flower: red means love and passion, pink means gratitude and admiration, white means innocence, and yellow means friendship. These color-coded meanings, however, are relatively recent inventions. The symbolic importance of roses dates back to the ancient Greeks, Romans, and Persians.

Greeks told the myth of Chloris, goddess of the flowers, who transformed a woodland nymph into the “Queen of Flowers,” the most beautiful flower in all the

world. Chloris’ husband, the West Wind, blew away the clouds so that Apollo, the god of the sun, could shine his divine light down on her. Aphrodite, the goddess of beauty, gave the flower its form. Dionysus, the god of wine, bestowed an intoxicating aroma. The three Graces gave the flower charm, joy, and splendor. It was Aphrodite who named the flower Rose, rearranging the letters of the

*continued on pg. 4*



Resident in the spotlight



**Mr. John David DeMay, MD**  
Born on August 26, 1919 in Jackson Michigan, John graduated with a Doctor of Medicine Medical degree, he served our country in the Army as a Medical

**Doctor. Married to Dorothy for many years. He met her at Jackson Junior College, he says he saw this good looking girl coming up the sidewalk, got her name and asked her out on a date. They married and had 7 children, 5 girls and 2 boys.**

**His profession is a Medical Doctor and owned his own practice. That was his main interest. His favorite food is a steak, and for desert, he loves chocolate ice cream and peppermint stick.**

**Getting married and having children were his most fulfilling times in his life.**

## Heroes of June



*William Moulton Marston, Wonder Woman's creator, also invented the lie detector.*

We're calling the month of June wonderful, super, and heroic. Forgive the use of superlatives, but June celebrates both Wonder Woman Day on June 3 and Superman Day on June 12.

Wonder Woman has enjoyed a massive surge in popularity after the release of her own Hollywood movie in 2017. Wonder Woman wasn't the first female superhero, but she was the first female superhero created specifically to be a feminist icon. Her creator, William Moulton Marston, was a Harvard-educated psychologist who believed that women would rule the future because men were too immersed in violence and war. In many respects, Wonder Woman embodied his hope for a new world order of feminist peace. Over her 75 years, Wonder Woman has been caught in a tug-of-war between being called a feminist icon and feminist failure. Regardless of her

politics, Wonder Woman has become a cultural phenomenon worthy of her own holiday.

Superman as the hero we know today made his comic book debut on June 12, 1938. While Wonder Woman was designed as a savior, Superman was originally conceived as a villain by creators Jerry Siegel and Joe Shuster. He made his first appearance in 1933 in a story in which a mad scientist finds a nobody and turns him into "the superman," a bald madman bent on destroying the world. Of course, this idea was scrapped in favor of a cape-clad alien who becomes a savior to Earth.

Wonder Woman and Superman may be some of the most beloved superheroes of all time, but a debate rages: who is more powerful? The two have battled 15 times, with Wonder Woman defeating Superman eight times and drawing him four, but who's counting?

## Jouett's Ride



*Jouett's warning allowed Thomas Jefferson to narrowly escape capture into the woods.*

Most Americans are familiar with Paul Revere's famous ride, warning American colonists that "the British are coming!" Yet almost nobody knows of John "Jack" Jouett. Well, Jouett's story needs to be known in time for Jack Jouett Day on June 4.

In 1781, almost six years after Revere's ride, with America still in the grips of the Revolutionary War, Jouett was at a Virginia tavern when he spotted British Lt. Colonel Banastre Tarleton with 250 British troops. The British regimen aimed to march on Charlottesville, the

relocated home of Virginia's General Assembly, where they would capture Patrick Henry and Richard Henry Lee, and Virginia governor Thomas Jefferson at his nearby Monticello estate. Jouett wasted no time racing the 40 miles to Monticello. He arrived in the early hours of June 4, giving Jefferson enough time to escape, and he then raced on to Charlottesville to alert the lawmakers of the approaching soldiers. For his efforts, Jouett was dubbed "the Paul Revere of the South."

## The King Is Born



*Elvis may have been famous for his black hair, but he dyed it from his natural brown.*

On June 5, 1956, a young and charismatic musician named Elvis Presley appeared on *The Milton Berle Show*. While this was not Elvis' first television appearance, and not even his first appearance with "Uncle Miltie," his rendition of *Hound Dog* became at once both famous and infamous. Before this performance, Elvis was often captured on camera playing his guitar from the waist up. However,

for *Hound Dog*, the 21-year-old Elvis threw aside his guitar so that America could watch him gyrate his body from head to toe. For these scandalous gyrations, he was dubbed "Elvis the pelvis" and panned by critics as gross and inappropriate. The publicity for this performance put Elvis into the spotlight and launched his career into orbit to become the "King of Rock 'n' Roll."

## Putting the "Why" in Yoga



*Shiva is also known as the Hindu god of destruction and re-creation.*

The practice of yoga is now so commonplace worldwide that the United Nations declared June 21 International Yoga Day. The date is significant, for the summer solstice is used to determine the date when Shiva, the *Adiyogi*, or the first yogi, began sharing his deep knowledge of yoga to seven disciples. And no, Shiva did not hold the first yoga class involving bending and breathing in a Himalayan mountaintop. Shiva, seeing that these seven were now worthy of his teaching after years of mental and spiritual preparation, began to impart his yogic science, which is a balance between the body and mind, a harmony between man and nature, an ultimate realization of the purpose of human existence on the earthly plane—in other words, truly deep stuff. These seven disciples took their seven aspects of yoga to the world, and it is for this reason that there are today seven forms of yoga.

For many students, regardless of which of the seven forms they practice, yoga is merely a type of

exercise. While exercise fads come and go, yoga maintains its staying power. After all, it has been practiced for 5,000 years. Spiritual fulfillment aside, yoga is an excellent fitness regimen, for it improves strength and balance, tones muscles, burns calories, and reduces stress. For those who wish to look a little deeper, yoga also offers spiritual fulfillment.

Yoga is not a religion. It has no gods. It requires no faith. Yoga is more like a philosophy coupled with physical practice and meditation. The first yogis used yoga as a means to achieve immortality. They believed they could use yoga practice to control the physical molecules of their own bodies and prevent aging and death. Yoga practice could also grant access to the immortal soul, that transcendental state of bliss and harmony. In these ways, yoga is considered a means to make us humans live to our utmost potential, to become the greatest versions of ourselves, physically, mentally, spiritually, and emotionally... not a bad goal.