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HAWTHORN
SENIOR LIVING





Father's Day

Ashton Gardens would like to wish all the fathers out there a very happy Father's Day! Put your feet up and enjoy your day.

A father is neither an anchor to hold us back nor a sail to take us there, but a guiding light whose love shows us the way.

A Boy and His Dad

By *Edgar Guest*

A boy and his dad on a fishing trip —
There is a glorious fellowship!
Father and son and the open sky
And the white clouds lazily drifting by,
And the laughing stream as it runs along
With the clicking reel like a martial song,
And the father teaching the youngster gay
How to land a fish in the sportsman's way.

I fancy I hear them talking there
In an open boat, and the speech is fair.
And the boy is learning the ways of men
From the finest man in his youthful ken.
Kings, to the youngster, cannot compare
With the gentle father who's with him there.
And the greatest mind of the human race
Not for one minute could take his place.



Father's Day

Which is happier, man or boy?
The soul of the father is steeped in joy,
For he's finding out, to his heart's delight,
That his son is fit for the future fight.
He is learning the glorious depths of him,
And the thoughts he thinks and his every whim;
And he shall discover, when night come on,
How close he has grown to his little son.

A boy and his dad on a fishing trip —
Builders of life's companionship!
Oh, I envy them, as I see them there
Under the sky in the open air,
For out of the old, old long-ago
Come the summer days that I used to know,
When I learned life's truths from my father's lips
As I shared the joy of his fishing-trips.

Bananas for Bananas

A staple for breakfast meals and the perfect on-the-go snack, bananas are one of the world's most consumed fruits.

Bananas were cultivated thousands of years ago in Southeast Asia and reached the New World in the 16th century. When first imported to the U.S. in the 1800s, the banana was considered an exotic food and eaten with a knife and fork.

Although bananas are considered fruits, botanically they are berries. They grow upside down on giant herb plants, not trees, in tropical climates. Their familiar curved shape is the result of growing against gravity toward the sunlight. An individual banana is called a finger, and a bunch is called a hand.

Worldwide, there are over 1,000 varieties of bananas, but the one most commonly found in stores and eaten fresh is the bright yellow Cavendish, due to its sweet taste and creamy texture. Bananas are rich in potassium, which can help lower blood pressure. The mineral also improves muscle function and boosts energy, and that's why many athletes eat a banana during competition and after workouts.

In the U.S., bananas are grown in Hawaii and Florida, but most of the nation's supply comes from Central and South America.



Resident Spotlight: Linda Routhier Clapper

Linda Clapper was born in Dover, New Hampshire, one of eight girls and two boys. The family was one year and one half apart. The oldest girl was like the mother and looked after the younger ones.

When Linda was 3 she was put into an orphanage run by the nuns. Her younger sister couldn't enter because she was only 2 and a half and that was too young, so her aunt took her in until she was ready. In the orphanage all the children had to learn to swim. They had a nice big pool and the priests would throw hard candy into it and all the kids would dive in and find it. In time, she would become a junior lifesaver and would be called upon to teach swimming at various places. Linda enjoyed participating in diving, especially off the high dive. One of the nuns was really fond of Linda and included her in many things. She saw her first play, "Oliver Twist." She became an avid reader with this nun's guidance. She is an avid reader to this day. They would go on many bus trips, one included a visit to a settlement that included Indian tribes and basically poor residents.

When the orphanage closed, Linda was 10 years old and her father took them to Connecticut with him. It didn't go well; her father was an alcoholic, so they were placed in a home for troubled kids. Since they were naïve, they were picked on, so Linda had to stand up to the worst bully and made it stop. She and her sister, Janice, were very close and they would run away and sleep on a bus. She was 11 now and wrote to her older sister to tell her how it was, and she came and took them back to Dover where they were signed into Dover Children's Home. This place was for younger children, so her sister took her in. She got a job and paid her sister \$8 a month. She went on to Dover High School and graduated. Then she moved on to Concord, New Hampshire, again with the nuns. One of them recognized her and called out, "Is that Linda Routhier?" They nicknamed her "the character." She worked at various jobs in Concord cleaning houses for the "rich people."

Out of high school and 19 years old, she went back to Dover and lived with her brother. He was in the National Guard and it was here that she met her future husband, Stephen Clapper. She recognized him as being a good man and that is what appealed to her. He was a Command Sergeant for the state of New Hampshire and came from a large family, too. They married and moved to Rochester, New Hampshire. Along came a son, Craig, and then a daughter, Brandy. They moved to Lebanon and stayed there for 18 years.

When their son asked them to move to Maryland to help with the children, they packed their bags and moved. There it was discovered that her husband had advanced cancer and was very ill. Her daughter lived in Portland, Maine, so they flew him up for care at Maine Medical Center. He died a week and a half after arriving here. She stayed with her daughter for a year and then went back to Rochester. Her daughter wanted her to live closer and found Ashton Gardens to be the perfect place.

This amazing woman has so many stories to tell and is such an interesting and pleasant storyteller. We are fortunate to now have her in our Ashton Gardens family where she can now add more to her life story.



June Birthdays

Aline Alley, 1st
Karen Bagdan, 2nd

Katherine
Thomas, 4th

James Morgan, 7th
Tony Dyer, 8th

Sylvia Sherwood, 9th
Mildred Morris, 10th

Jean Landry, 19th
Violet Marr, 25th

Brain Bender: What a Catch!

Four buddies—Calvin, Gary, Nate and Stan—went fishing. They each caught a different kind of fish: bass, walleye, perch and trout. From the clues below, can you determine the first and last names of each fisherman, what kind of fish he caught, and how much the fish weighed (3, 6, 8 or 10 pounds)?

1. Stan’s last name isn’t Hall.
2. Calvin, whose last name isn’t Reynolds, didn’t catch the smallest fish.
3. The man who caught the 8-pound fish didn’t catch the walleye.
4. Mr. White didn’t catch the 6-pound trout.
5. Nate caught the perch.
6. The fish were caught in the following order, from smallest to largest: Mr. Hall, Gary Benson, bass, and Calvin.

Virtual Visits

You can get a free ticket to visit world-famous museums and attractions and use it without leaving the comfort of your chair. A wide range of virtual tours and online exhibits are available at your fingertips. Here are just a few you can explore.

- The Louvre, Paris
Louvre.fr/en/visites-en-ligne
- National Gallery of Art, Washington, D.C.
NGA.gov
- Smithsonian National Museum of Natural History, Washington, D.C.
NaturalHistory.SI.edu
- San Diego Zoo, San Diego.
Zoo.SanDiegoZoo.org
- Monterey Bay Aquarium, Monterey, Calif.
MontereyBayAquarium.org/animals/live-cams

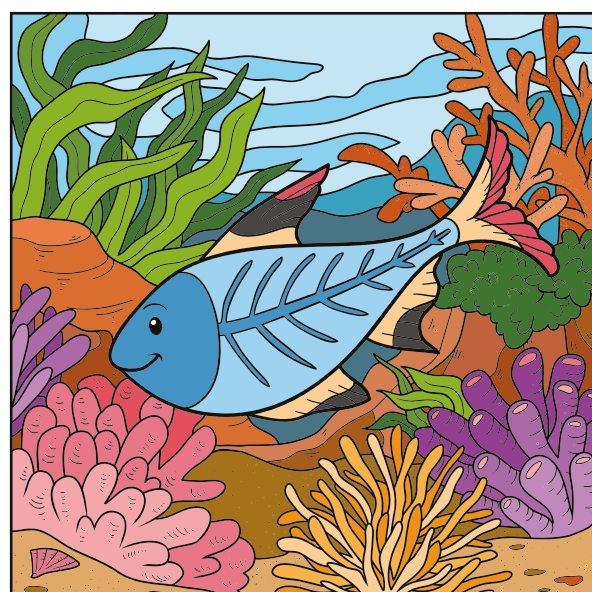
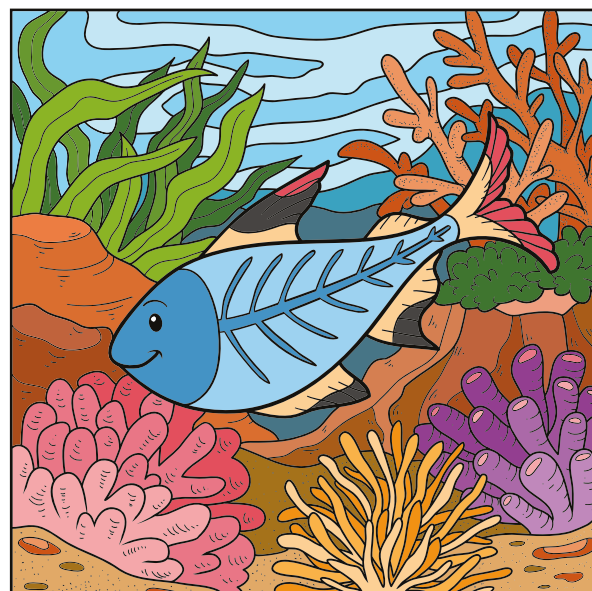
Summertime Snicker

Q: What holds the sun up in the sky?

A: Sunbeams!

Double Take

Fish around and find 10 differences in these two pictures.



Sudoku

The object of the game is to fill all the black squares with the correct numbers. Each row, column and 3x3 subsection must include all digits 1 through 9 in any order.

	2		1					5
	6	7	2				1	
				5	9			7
		2			1			
3	1			2			7	4
			9			3		
6			4	9				
	4				2	1	8	
2					7		3	

TV Dads

Match the father figure character to the TV show he appeared in.

Fictional Father

1. Tim Taylor
2. James Evans Sr.
3. Tom Corbett
4. Steve Douglas
5. Carl Winslow
6. Howard Cunningham
7. Jim Anderson

TV Show

- A. “Father Knows Best”
- B. “Home Improvement”
- C. “Good Times”
- D. “Family Matters”
- E. “My Three Sons”
- F. “Happy Days”
- G. “The Courtship of Eddie’s Father”

Word Ladders

In each set below, use the clues to change the first word, one letter at a time, to get the last word.

DAD

- ___ Took action
- ___ A cube with dots

TIE

GOLF

- ___ Wide chasm
- ___ Sea-loving bird
- ___ Bovine patriarch

BALL

FISH

- ___ A tightly closed hand
- ___ Tiny water droplets
- ___ Chewing gum flavor
- ___ Two cups
- ___ Sewing accessories

FINS

Puzzle Solutions

Brain Bender: What a Catch!

Nate Hall caught the 3-pound perch. Gary Benson caught the 6-pound trout. Stan Reynolds caught the 8-pound bass. Calvin White caught the 10-pound walleye.

TV Dads

1. B; 2. C; 3. G; 4. E; 5. D; 6. F; 7. A

Word Ladders

1. dad, did, die, tie; 2. golf, gulf, gull, bull, ball; 3. fish, fist, mist, mint, pint, pins, fins

9	3	4	7	1	5	8	6	2
6	8	1	2	9	3	5	7	4
2	5	7	8	6	4	1	3	9
1	2	3	5	4	6	9	7	8
4	7	5	9	2	8	6	1	3
8	6	9	1	3	7	2	5	4
7	4	2	6	5	9	3	8	1
3	1	6	4	8	2	7	9	5
5	9	8	3	7	1	4	2	6





Ashton Gardens Strong!

No humans like to be confined. We are who we are whether we are hunting and gathering or going to the mall for the latest Apple gear; we are programmed for wanting. And if you are an American (other than Native American or African-American) your need to wander is more acute because your ancestors left the comforts of their homes somewhere else to come here. But this is different — we are confined for our own survival. This is unprecedented in America and we are not suffering it well. We are social animals and enjoy the company of others. It is easy to brush this off and say the cure is worse than the disease. Yes, there will be massive changes to our lives that we cannot even imagine. If I have learned nothing else over the course of my life it is that this country, state and city are resilient and the people who live here always step up to a challenge. Yes, it will take time and who knows what it will look like, but it will be a recovery in some form.



*Taking one day at a time
... scheduled walks*



Sending bunches of love to the Ashton Gardens residents

Community Wellness

Kindred at Home

Tina Pedersen, Home
Health Specialist,

Office: 207-772-0954,

Mobile: 207-894-4642.

Individual Care of Maine

Jennifer Rudin,

Office: 207-613-9004,

Call to make arrangements.

Located on the Fourth Floor,
Room 451.

Hair by Melissa

Phone: 207-844-9073,

Tuesday, Wednesday and Thursday,
9 a.m.-3 p.m.

Friday 9 a.m.-12:30 p.m.



Banana Bread Recipe

Schedule some time in the Resident Kitchen and try this recipe.

Ingredients:

- 2 to 3 very ripe bananas, peeled (about 1 $\frac{1}{4}$ to 1 $\frac{1}{2}$ cups mashed)
- $\frac{1}{3}$ cup melted butter, unsalted or salted
- 1 teaspoon baking soda
- pinch of salt
- $\frac{3}{4}$ cup sugar ($\frac{1}{2}$ cup if you would like it less sweet, 1 cup if more sweet)
- 1 large egg
- 1 teaspoon vanilla extract
- 1 $\frac{1}{2}$ cups of all-purpose flour

1. Preheat the oven to 350°F and butter a 4x8-inch loaf pan.
2. In a mixing bowl, mash the ripe bananas with a fork until completely smooth. Stir the melted butter into the mashed bananas.
3. Mix in baking soda and salt. Stir in the sugar, beaten egg and vanilla extract. Mix in the flour.
4. Pour the batter into your prepared loaf pan. Bake for 50 minutes to 1 hour at 350°F or until a tester inserted into the center comes out clean.
5. Remove from oven and let cool in the pan for a few minutes. Then remove the banana bread from the pan and let cool completely before serving. Slice and serve.

Flag Day

On June 14, 1777, the 1st Continental Congress passed the first Flag Resolution: “Resolved. That the flag of the United States be made of 13 stripes, alternate red and white; that the union be 13 states, white on a field of blue, representing a new constellation.”

The resolution came from the Marine committee, and the flag was designed by Francis Hopkinson of New Jersey, a Naval flag designer, and signer of the Declaration of Independence. The Continental Navy needed an ensign that would stand out to distinguish their ships from those of the British. The flag was first flown in battle on September 3, 1777, at Fort Schuyler, in New York state. Reinforcing troops from Massachusetts brought word of the new flag, and it was sewn together “from scraps of cloth, ladies’ red petticoats, and blue from officers’ uniforms.”

The flag has been changed 26 times. In 1818, Congress passed the law stating that a new star should be added when each state was admitted, to become official on July 4 following the admission to the union. The number of stripes was set at 13, to honor the original colonies.

Most of us grew up pledging allegiance to the 48-star flag, in use from 1912 to 1959. Our present flag, with 50 stars, was ordered by President Eisenhower and first flown on July 4, 1960, making it the longest used version.

Flag Facts:

- Stripes, beginning and ending with red, are so the flag would be easier to see at a distance.
- Stars: 5-point — 6 and 8 pt. stars were used early in the flag’s history.
- **Nicknames:** “Stars and Stripes,” “Old Glory,” “Star-Spangled Banner”

Myth: Betsy Ross did not sew the first flag. Although she was a friend of George Washington, there are no documents to support this myth, whereas records of Hopkinson’s invoices exist.



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When the world
is staying apart,
we are coming
together.

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