

Animal of the Month



**Turtles** are reptiles that have a bony shell protecting their bodies. They live on every continent except Antarctica and are divided into land, aquatic, and marine turtles. Turtles are an ancient type of reptile, older than snakes or crocodiles. They live on land, but different types can swim in salt or fresh water. While turtles are cold-blooded, they are usually able to keep their bodies well above the temperature of their environment due to their high metabolic rate. Sea turtles can weigh up to 2,000 pounds, while the smallest turtle weighs in between 100 and 165 grams and is just a few inches long. Turtles aren't loud, but they can make noises, including clucks or barks. Baby turtles are called hatchlings. Red-eared sliders are one of the most popular turtles to have as a pet, as they are quite sociable and active. In many cultures, turtles symbolize longevity, endurance, wisdom, patience, and innocence.



MOTHER'S DAY CELEBRATION ↑

NATIONAL PRETZEL DAY ↓

↓ SERIOUS PUZZLE CONCENTRATION



A Century Cost Comparison

	1921	vs. 2021
Car	\$500	\$40,472
House	\$5,200	\$408,800
Milk (gallon)	\$ .32	\$ 2.89
Bread (loaf)	\$ .06	\$ 1.68
Butter (1#)	\$ .36	\$ 3.53
Bacon (1#)	\$ .52	\$ 5.99
Gas (gallon)	\$ .12	\$ 2.79
Eggs (dozen)	\$ .34	\$ 1.27
Mens Cotton Shirt	\$1.31	\$21.21
Mens Pants	\$3.06	\$49.55
Women's Dress (avg)	\$12.98	\$74.98
Hair Cut	\$ .65	\$28.00
Movie Ticket	\$ .15	\$ 9.50
First Class Stamp	\$ .02	\$ .55



**JUNE** is the month with the longest daylight hours of the year in the northern hemisphere and the shortest daylight hours of the year in the southern hemisphere.

It is the first month of winter in the southern hemisphere and the first month of summer in the northern hemisphere. It's said that June is named for Juno, the Roman goddess of marriage and a protector of all things female, so some consider it good luck to be married during this month.

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Days in June to Note:

**Donut Day**  
June 4

**Chocolate Ice Cream Day**  
June 7

**Flag Day**  
June 14

**Fudge Day**  
June 16

**Father's Day**  
June 20

**First Day of Summer**  
June 20

**Bomb Pop Day**  
June 24



- June 4 - Dave LaMeer
- June 16 - Shirley Schar
- June 23 - John Remer
- June 24 - Donald Finster
- June 26 - Mary Street



Flag Day - June 14

Flag Day is a celebration of the American flag that occurs each year on the anniversary of the flag's official adoption, June 14.

What we know fondly as the "Stars and Stripes" was adopted by the Continental Congress as the official American flag on June 14, 1777, in the midst of the Revolutionary War.

The first American flag was designed to represent the 13 original colonies with 13 white stars on a blue field and 13 alternating red and white stripes. One of the first flag designs had the stars arranged in a circle, based on the idea that all colonies were equal.

Father's Day - June 20

Father's Day celebrates and honors the men who have embraced the essential role of fatherhood. On this day, we also thank fathers and father figures for the sacrifices they make, for embracing the responsibility of nurturing and raising children, and for devotion to their family. Many people don't need a specific day to honor their fathers however one designated day helps us to remember this moral duty if we have a heart filled with love and compassion for our close relationships.



National Donut Day - June 4

National Donut Day falls each year on the first Friday of June and we are getting geared up to savor our best-loved fried



dough confections. Have you ever resisted eating one? It's certainly an uphill battle, huh? Maybe one of these chewy deep-fried goodness treats will make it in your hands and tummy this year!?!?!?



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Cookie Recipe ...

**Easy Chocolate Chip  
Peanut Butter Cookies**  
(A diabetic-friendly recipe)!!

**Ingredients:**

Cooking Spray  
2 cups smooth natural peanut butter  
2 cups granulated Splenda  
2 large eggs  
1/2 cup oats  
1 cup miniature dark chocolate chips



**Directions:**

Preheat oven to 350°F.  
Spray a baking sheet with cooking spray.  
Combine peanut butter, Splenda, and eggs in a medium bowl. Fold in oats and chocolate chips.  
Drop dough by tablespoon onto the prepared baking sheet.  
Bake 8 minutes. Allow to cool before serving.  
Makes 24 servings.



A word from Gloria ...

**June is CATARACT AWARENESS MONTH**

Cataracts are one of the most common eye disorders - and too few people understand the causes, symptoms and treatment plans. This is a time to raise cataract awareness and help to educate people about one of the leading causes of treatable vision loss in the United States.

A cataract is a clouding of the eye's lens, which blocks or changes the passage of light into the eye. The lens of the eye is located behind the pupil and the colored iris, and is normally transparent. Vision may become blurry or dim because the cataract stops light from properly passing through to the retina. Generally, a cataract does not cause pain, redness or tearing, but does cause increasing difficulty in seeing clearly. Some of the Cataract symptoms are: blurry vision, trouble seeing at night, seeing colors as faded, increased sensitivity to glare, halos surrounding lights, double vision in the affected eye or a need for frequent changes in prescriptions.

Cataracts can be easily diagnosed and visiting your eye doctor regularly is important in helping protect your eyes from further damage. An annual eye exam is recommended for everyone over the age of 60, and bi-annual exams for adults between 41-60 years to check for developing eye or vision problems.

~ Gloria Marshall, RN



Michelle's Corner ...



Wow! It's already June - where has this year gone?

As many of the safety COVID restrictions are being lifted in our area, at Arbor View we are continuing to protect ourselves with proper PPE. Our main priority is to keep our residents and staff safe in addition to our visiting guests and caregivers. As the restrictions change day-to-day, please contact us with any questions that you might have.

We continue to welcome new residents to our Community with our Red Carpet Treatment. It's more than a simple idea, it's the creative attention to the details of living that set us apart - it's our way of life.

Happy Father's Day to all of the Dad's in our Arbor View Family.

~ Michelle Viol, Community Director



**Flower – Rose**



The rose, the flower for the month of June, represents beauty and perfection. Its name comes from the Latin word *rose*, which means "red." It's one of the earliest flowers known to man. Nebuchadnezzar, the king of Babylonia around 560 BC, used roses to decorate his home. In Persia, these fragrant flowers were grown for perfume oil, while the Greeks associated the red rose with the blood of Aphrodite's beloved Adonis, the deity of plants and rebirth. Red roses symbolize love.

**Birthstone – Pearl**



The pearl is the birthstone for the month of June, although it isn't really a stone. Pearls are made from an organic substance called *nacre* (pronounced *NAY-ker*) that is created by mollusks such as clams and oysters. A pearl's color is determined by the type of mollusk and the water where the mollusk lives. Pearls are often lustrous white but can be tinged with pink, peach, green, lavender, and gold. Some are even silvery black. Pearls are the traditional gift for a 30th wedding anniversary and for new brides.