

MUSTANG ARBOR HOUSE TIMES



HELLO
June!

June Holidays 2018

1st National Donut Day

14th Flag Day

17th Fathers Day

21st Summer solstice



Interesting Facts about June

- The Romans called June “Iunius” or Junius, but it is unclear whether this was after Juno, goddess of marriage, or whether May and June were named for the old and young: ‘maiores’ and ‘juniores’.
 - The Anglo-Saxons called June “sera monath” (dry month).
 - June is celebrated as National Smile Month in the UK and National Oceans Month in the USA.
 - In any year, no month begins on the same day of the week as June.
 - George Bush Snr is the only US President to have been born in June. Donald Trump has a June birthday
 - Antony and Cleopatra and Henry IV Part 1 are the only Shakespeare plays that mention June.
 - “There are two seasons in Scotland: June and winter.” (Billy Connolly).
 - The Earl of Liverpool (1770-1828) and Anthony Eden (1897-1977) are the only UK prime ministers to have been born in June.
 - No UK prime minister has ever died in June.
 - June was the 39th most popular name for a baby girl in 1925 in English-speaking countries but it dropped out of the top thousand in 1986. As a boy's name, it peaked in 697th place in 1922.
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6/5 Erlene Davis

6/7 Hattie (Kay) Clark

6/7 June Miller

6/7 Jacqueline Peters

6/9 Leola Bass

6/12 Phyllis Holley

6/22 Donald Schmidt

6/25 Fayth Muller

6/26 Frankie Schaefer

In The Spotlight

Weldon Reichel



Weldon is from Thorndale, Texas central. Weldon worked as a computer programmer FAA for 52 years. Weldon has two sons and 4 grand-kids. In his spare time Weldon likes to take pictures and research families. His favorite color is red. Weldon says his best attribute is keeping up with what's happening at Arbor House. He says Arbor House is a Friendly place and that he enjoys living here.

Weldon's favorite holiday is Christmas because he likes getting together with his family.

Garden Word Search

W T R A L S T B J S I E M S H L V E O S
H E Y O D E R H U P F G A H N S E R R E
E K O E S A T G Y L P G N E J A E A C Z
E C B I B E A T O M P P U D Z G C N F O
L U R U Q R M W U P E L R L A D E E B T
B B H F A B E A E C O A E N Y F L K P A
A R T P Y R T O R Q E N O R O N I O N M
R K S E S M R O W Y D T H E G L O U M O
R A J A L A P E N O B A N W V N S U N T
O S T E M B M G D E R B G O O B L E H S
W T P U T H A Q U V A R B L S C I Q E O
G N I D E E W T E B E U O F H H U H R P
C A B B A G E S E E Y T N N S A O S B M
P E P P E R T L N G A D P U P B Q V S O
T O R R A C T H E T E E A S I S E N E C
S G U H O I O F O W A V N L N B T G D L
D A Q R U U F P U R O U M L A T E O A D
E T N R S N E D R A G R Y W C I A A O S
E E F E A P P L E T F E T X H W T I N R
S J Y R R E B W A R T S A E P Y K X Q S



Apple
Asparagus
Beans
Beds
Bucket
Cabbage
Carrot
Compost
Corn
Eggplant
Fence
Flower
Fruit

Garden
Gate
Greenhouse
Harvest
Herbs
Jalapeno
Ladybug
Leaf
Lettuce
Manure
Mulch
Onion
Oregano

Pear
Peas
Pecans
Pepper
Potato
Rhubarb
Roots
Rosemary
Sage
Seeds
Shed
Shovel
Soil

Spinach
Stem
Strawberry
Sunflower
Thyme
Tomato
Trowel
Vegetable
Weeding
Wheelbarrow
Worms

CELEBRATING THE (21 JUNE) SUMMER SOLSTICE

The Summer Solstice marks the longest day of summer, the point at which the life-giving Sun is at its strongest over the powers of darkness.

Summer Solstice – also known as Midsummer's Day – falls at the time of year when the Sun is at its highest point in the sky, resulting in the longest day and the shortest night. Celebrations are generally held on 21 June, although the solstice covers a period of about four days either side.

Celebrating life

By Summer Solstice, all the seeds have been planted; it is the pause between the early crops of leaves, such as lettuce and nettles, and the harvest of fruit, root vegetables and grain.

In agricultural communities, the Summer Solstice is a time for people to get together and celebrate life. Traditional festivities have included lighting bonfires on hilltops and rolling burning wheels down hillsides to represent the decline of the Sun.

Many people gather at sacred sites, where it is usual to leave an offering of summer flowers, a stone or crystal as a thank you to the Sun.

Summer Solstice celebrates the Sun as it brings life to plants and flowers such as its namesake, the sunflower.



SUMMER WARMTH, WINTER FREEZE

The solstices are celebrated mainly in Northern European temperate countries where the difference between light and dark gives marked seasonal alternation.

◆ England

In England, the Summer Solstice is marked by the Glastonbury Festival.

In Swedish Midsummer celebrations, a maypole is adorned in leaves and flowers often in the shape of a wheel.

◆ Scandinavia

In Sweden, the land of the Midnight Sun, a maypole is dressed with leaves and flowers. There is dancing and singing, and feasts of pickled herrings, new potatoes, meatballs and eggs.

◆ Finland

In Finland, the celebrations take place in Helsinki, on the island of Seurasaari, an open-air museum, and comprise a huge bonfire, dancing and rowing races.

Flower - Rose



Birthstone – Pearl



JUNE

EAT SEASONAL

WITH AHEALTHYLIFEFORME.COM



ARUGULA
BEETS
BLUEBERRIES
CABBAGE
CARROTS
CHERRIES
CUCUMBERS
GREEN BEANS
GARLIC
GREEN ONIONS
KALE
LEeks
ONIONS
PEAS
RADISHES
RHUBARB
STRAWBERRY
SPINACH



HEALTHY LIFE
FOR ME

The Arbor House Philosophy is based on the belief that each resident is entitled to the highest quality of life through wellness services that work to promote independence, healthy lifestyles, dignity, and a sense of security. The right of each resident to determine his/her need is respected at each level of care, and promoted by providing services in ways that recognize individuals needs and preferences. A partnership exists between residents and staff to promote individual's independence while providing the necessary support to function at his/her highest level.



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Our Staff

Executive Director.....	Cristy Davis
Director of Nursing.....	Lynne Zepeda
Wellness Coordinator.....	Tonda Morris
Dietary Manager.....	Sandy Wilson
Engagement Coordinator	Doug McCollough
CD Assistants.....	Trisha Martin
Maintenance.....	Bonnie Stubbs
Housekeeping:.....	Cassandra Gastingau