

1 McKinleyville Timber Ridge Times

News In June 2023

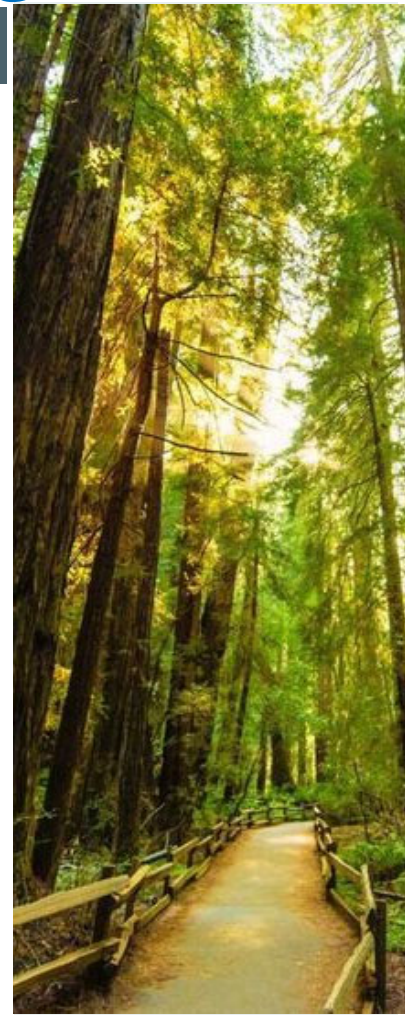


LARONA'S LETTERS

June signals the beginning of summer which brings us to the middle of 2023. Our activity department has planned a wonderful month full of fun. We are getting ready for the summer with picnics, pie in the park, and starting our walking groups again.

This Father's Day, we are planning a barbecue at lunch time to honor all those special dads in our lives. The Old Coots on Scoots Car Show in McKinleyville is scheduled for Sunday, June 25th from 9:00 a.m. to 2:00 p.m. Make sure to check the article inside this newsletter for more details. There will be unique and very old cars, vendors, and lots of food. We are looking forward to Old Coots on Scoots sponsoring this show with us again. I know all our residents and families are looking forward to summer and hopefully warmer weather too!

Wishing you a Happy June, Larona



INSIDE

Candid Camera.....	2
Anthony.....	4
Activity Highlight....	6
June Dates.....	7
Movies.....	10
Foxy Facts.....	11



2 *SMILE, YOU'RE ON CANDID CAMERA!*

Releasing the Butterflies



Lunch Bunch at Oriental Buffet



CHECK OUT MORE PHOTOS ON OUR TIMBER RIDGE FACEBOOK PAGE

Learning about Local Birds



Mimosas with our Moms



Old School Classics

CAR SHOW



Sunday June 25th, 2023

9:00 a.m.-2:00 p.m.

**Join Us For Hamburgers,
Hot Dogs, and Sodas
It's FREE!!!**

**Hosted By Old Coots on Scoots at Timber Ridge
McKinleyville**

1400 Nursery Way

McKinleyville, California 95519

Contact: Gordon Huff (707) 839-9525

Staff Highlight-Anthony

Anthony (Tony) works as a chef for the dietary department at both our facilities in McKinleyville and Eureka. He's one of our chefs who makes the most amazing, delicious foods we enjoy. Before working here he also worked as a chef at Humboldt State University. He really enjoyed his job there as it kept him very busy and honed his skills as a chef and helped him develop valuable time management skills.

Tony calls McKinleyville home. His family consists of his life partner, Carla, and their daughter Annabelle who is nine. They have no pets but hope to eventually get a dog. If he could do anything for the day, it would be to simply sit on the beach with his toes in the sand enjoying the warm sunshine.

Believe it or not, Tony likes kid's movies and I bet his daughter Annabelle has helped with movie choices. His favorite movie is "Monsters Inc." The monsters in the movie really make him laugh.



Something you might not know about Tony is that he really loves to read out loud. One of the great qualities about him is that he is a team player and really believes it takes a team to accomplish what needs to be done in the kitchen. He once won a prize for his attendance record. His personal motto is "Work hard for five days, then relax and enjoy the other two". Good motto and reminder Tony! Self care is important to balance out life. Thanks Tony for being a part of the Timber Ridge team!



JUNE BIRTHDAYS

ASSISTED LIVING

JIM A. 6/3
BEV W. 6/7
MILTON B. 6/16

RENAISSANCE

BILL A. 6/2
LINDA M. 6/16
BETTIE A. 6/20
CANDACE M. 6/20
JIM H. 6/22
JUNE M. 6/25



June is the 6th month of the year and has 30 days.

Season (Northern Hemisphere): Summer

June is the month with the longest daylight hours of the year in the Northern Hemisphere and the shortest daylight hours in the Southern Hemisphere.

In 2009, June was the 662nd most popular name for girls in the U.S.

June Holidays:

Flag Day
Father's Day
Juneteenth
Paul Bunyan Day
National Rose Month
National Dairy Month
African-American Music Month
National Iced Tea Month
National Candy Month

Symbols of June:

Birthstone- Pearl
Flower: Rose and Honeysuckle
Zodiac signs: Gemini and Cancer

History: The month of June comes from the Roman, or Julian, calendar. June was initially named Iunius. The name either comes from the Roman goddess Juno, wife of Jupiter, or from the word "iuniores", the Latin word for "younger ones". In the early Roman calendar, June only had 29 days. It was Julius Caesar who added the additional day, making June 30 days.

Fun Facts about June:

- *It is the first month of the summer season.
- *June in the Northern Hemisphere is similar to the month of December in the Southern Hemisphere.
- *June is known as a great month to get married.
- *The famous English tennis tournament Wimbledon is played during the month of June.
- *The longest day of the year occurs on either June 21st or 22nd every year.

Activity Highlight- Back Massages with Amanda

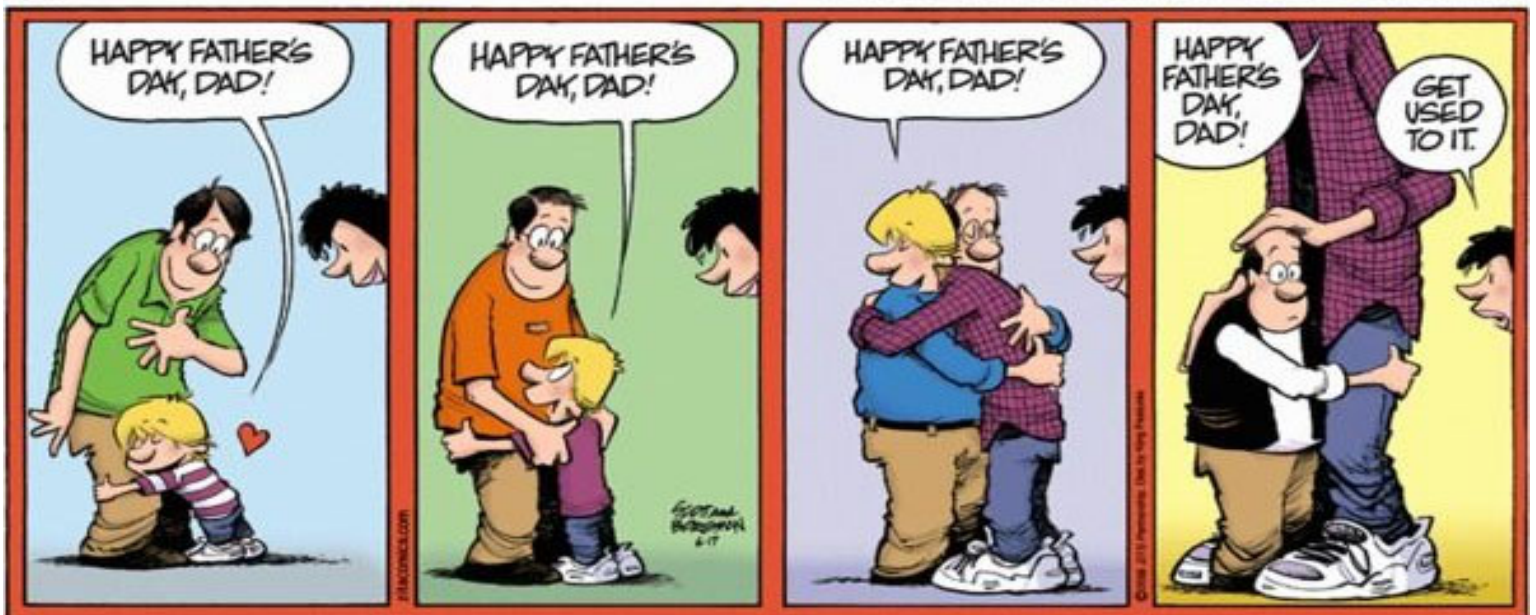
Amanda Melendrez is a licensed Massage Therapist who comes every third Tuesday of the month from 9:30 a.m. to 11:30 a.m. in the fireside room. She has her own special massage chair she brings or, if you are in a wheelchair, she will do it for you right in your chair. Her fingers are magic and she can concentrate on special areas or just give you a relaxing back massage. Each sessions lasts from 10-15 minutes. And the cost for this is FREE!!! Yes, you heard us right, its free. The only thing you have to do is sign up at the front desk for it. You will not want to wait as she can only do 10-12 residents during the time she is here and the spaces go quickly. Research shows that massage therapy has several potential health benefits for people, including:

- *Increased endorphin levels-the “feel good” chemical in the brain.

- *Increased blood flow and circulation, which brings needed nutrition to muscles and tissue.

- *Decreased tension in the muscles.

Make sure to try out back massages with Amanda in June.



June Dates

The People's Car

June 22nd is Worldwide VW Beetle Day. What has made the Volkswagen Beetle one of the world's most recognizable and beloved automobiles? First and foremost is its innovative and fun design—a small and compact car with an innovative curved roof, a feature that makes it both aerodynamic and adorable. The Beetle was designed for much more than just fun, however; it was also affordable, practical, and reliable. *Volkswagen* means the “people’s car,” and these cars were intended to be affordable for all, costing just 31 weeks’ worth of pay. Vintage Beetles sported an air-cooled rear engine, which meant that it did not need expensive cooling units and could reliably operate in both heat and cold. It also got excellent gas mileage, more than 30 miles to the gallon. The car’s simple engine and parts were easy to replace and inexpensive to repair and maintain. All of these reasons made the VW Beetle the world’s best-selling car for decades. The original Beetle was so popular that it was built for 65 straight years from 1938 to 2003, making it the longest-produced vehicle in history. No other car even comes close.



Going Postal

7

On June 13th, 1920, the United States Postal Service declared that it would no longer send children by parcel post. As strange as it may seem, we now remember June 13th as No Mailing Children Day. On January 1, 1913, the U.S. Post began mailing parcels and packages. Americans could now buy and sell large dry goods by mail. Some, however, took advantage of this service and sent their children through the mail. After all, the delivery cost of mail was cheaper than a train ticket. Newspaper headlines captured the phenomenon: “Mail Carrier Safely Delivers Boy of 10 3/4 lbs to Grandmother, Cost 15 Cents.” Assistant Postmaster General John Koons eventually declared that children didn’t fit within the classification of harmless live animals.



Father's Day up in Flames

Father's Day is on June 18th, and that likely means that dads will be getting plenty of ties as gifts. The first Father's Day in America was proposed by Sonora Louise Smart Dodd in 1909, who wanted to honor her father, a Civil War veteran and widowed single dad. On the first Father's Day, Dodd suggested that all fathers be honored with a rose—red for those still living, and white worn for those who had passed. In France, dads receive quite a different gift: a Flaminaire lighter. Flaminaire commercialized the first lighters in 1908, but it wasn't until the 1950s, when consumerism began to peak, that the Flaminaire company embarked on an ad campaign linking their lighters to a French Father's Day. It has been traditional to offer dad a lighter ever since.



8 June Activity Calendar Highlights

Friday, June 2nd at 3:00 p.m. Dessert First Folk group will be performing in the Activity Room.

Wednesday, June 7th at 2:00 p.m.—is our monthly Resident Council Meeting.

Tuesday, June 20th at 9:30 a.m.— Amanda is back in our building for back massages. Make sure to sign up at the front desk as these slots go quickly.

The Timber Ridge Boys will be here on Tuesday, June 20th at 3:00 p.m.

The Accordionaires will be playing on Thursday, June 8th and 22nd at 2:00 p.m.

Music with Mary is on the schedule. She will be here Tuesday, June 13th and 27th at 3:00 p.m.

Humboldt Ukulele Group is scheduled for Saturday, June 24th at 10:00 a.m.

CHECK YOUR CALENDARS FOR
OTHER ACTIVITIES HAPPENING
THIS MONTH!

Family and Friends are invited
to join us on Saturday,
June 17th anytime between
9:00 a.m. and 11:00 a.m.
for Coffee/Donuts
in the Activity Room
with our Dads!



Newsletter

If you know any family or friends who would like to receive our newsletter monthly, call Timber Ridge Eureka at 707-443-3000 and talk to Kim in Activities. We will make sure you get on our mailing list.



Fatherly Figures: A Snapshot of Dads Today

Roughly 6 in 10 men are fathers

Of the 121 million men age 15 and over in the United States, about 75 million are fathers to biological, step or adopted children.



54%

of fathers have only adult children who are at least 18 years old



46%

of fathers have at least one minor child who is less than 18 years old



Roughly 1 in 4 men are grandfathers



Of the 35 million fathers of minor children, 1.7 million (roughly 2 percent) are "single" fathers who are living with at least one child under 18 with no spouse or partner present.



JUNE BIG SCREEN MOV-



Monday, June 5th
at 1:00 p.m.



Monday, June 12th
at 1:00 p.m.



Monday, June 19th
at 1:00 p.m.



Monday, June 26th
at 1:00 p.m.

Wisdom teeth, the molars located the farthest back in the jaw, are formally known as third molars but their nickname is much more commonly used. How did this nickname come about? Do these teeth have anything to do with wisdom? No! There is no association between the teeth themselves



and wisdom. In modern times, we no longer have a need for wisdom teeth and, because of difficult symptoms associated with their growth, they are often removed.

The name for these teeth comes from the general age of people when wisdom teeth tend to emerge. These are the last teeth to come in. Since a person is older and presumably more mature when these teeth grow in, they are associated with wisdom. The theory is that the term may have originated from “dens sapientiae,” the Latin term meaning “wisdom teeth.” In the 17th century, these teeth were called “teeth of wisdom,” an early form of the current name. Then, in the 19th century, the name “wisdom teeth” came about. However, Aristotle wrote about these teeth in *History of Animals*, which was from the 4th century B.C. He said “The last teeth to come in man are called wisdom teeth, which come at an age of twenty years, in the case of both sexes.”

The association between the term and modern centuries may have come from the Industrial Revolution of the 1700's to 1800's, when people began to eat differently with processed foods, and molar impaction became a frequent occurrence. So, wisdom teeth don't actually relate to wisdom, nonetheless, the name for these back molars seems to have lasted longer than the necessity of the teeth themselves. Today it becomes a rite of passage to have them removed, which is often the wise thing to do!

Father's Day Word Search

12



DADDY
GRANDPA
PROVIDER
LOVE



PARENT
JUNE
WISDOM
SPORTS




FATHER
PROTECT
FAMILY
FUN



Join us on Facebook at: www.facebook.com/timberidgecare




TIMBER RIDGE
 — SENIOR LIVING COMMUNITY —
WWW.TIMBERRIDGECARE.COM

