Oak Hill Grapevine

623 Hamacher St. Waterloo, II, 62298 | Phone number: 618-939-3488

Celebrating June

June 4th- Ice Cream 2:00 pm every Tuesday and Thursday through Summer

June 5th- Summer Kick off Outside with Elvis 2:00 pm

June 7th- National Donut Day

June 14th - Flag Day

June 16th- Happy Father's Day!

June 20th- Summer Begins! Wear Summer Attire

June 24th - National Wear Pink Day

June 27th- National Sunglasses Day

-Summer Family Concert Night with Music 2:00 pm

Hello Summer!



HAPPY
FATHER'S
OAY

In the Company of Fairies



In his 1904 play *Peter Pan*, playwright Sir James Matthew Barrie wrote that when the first baby laughed, the laugh broke into a thousand pieces, and each piece became a fairy. Whether you find fairies nothing but foolish folklore or believe that fairies actually flutter

about the woods and glens, International Fairy Day is June 24.

Indeed, many cultures believe that fairies do exist. In January 2014, residents of Iceland protested the building of a new road for fear that it might disturb the fairies and elves living among the rocks. A survey showed that 54 percent of Icelanders believe in fairies. The Icelandic Road Administration is so familiar with protestations regarding construction and fairies that they provide locals with a five-page document detailing precautions they take so as not to disturb these miniature mythical folk.

Perhaps Iceland's only rival in its belief of fairies is Ireland. Most people are familiar with Ireland's leprechauns guarding pots of gold at the end of rainbows, but fairies are just as common. Fairies, say the Irish, are fallen angels who were not as evil as Satan and so were not banished to hell but to Earth. Fairy culture is so pervasive in Ireland that a certain mushroom is called a fairy mushroom, a type of grass is called fairy flax, and the bells of the foxglove plant are called fairy bells. Fairy mounds, called raths, are believed to be magical fairy dwellings. Visitors to Ireland today can even take guided tours of these mysterious places.

Fairies have also become part of legend in Italy, Japan, and America, where children summon the tooth fairy by placing a lost tooth under their pillows. On average, a tooth in America is worth \$5.84, which is actually down from last year's average of \$6.23—still far less than a pot of gold.

What do you think about fairies? Are they just the stuff of legends, or is there something more to the stories than we know?

Dare to Be Great

We double-dog dare you to celebrate Dare Day on June 1. While it would never be advisable to accept a dare to jump off the Brooklyn Bridge, it is always appropriate to dare to be great. President Theodore Roosevelt said, "Far better is it to dare mighty things, to win glorious triumphs, even though checkered by failure... than to rank with those poor spirits who neither enjoy nor suffer much, because they live in the gray twilight that knows not victory nor defeat."

The first step in daring to be great is to have a positive attitude and let go of any fear of failure. It may be true that society largely judges us on our outcomes, whether we succeed or fail at work or at home, when instead we should all be measured by the fortitude of our character. No matter the outcome of taking a risk, a dare, or an endeavor, as long as you stay self-confident and maintain self-love, then great things are possible.

Eyesight Essentials



On a bright June day, a pair of sunglasses might seem the perfect fashion accessory, but sunglasses are more than a fashion statement; they are important for good eye health. On June 27, Sunglasses Day, don a pair and spread the word.

Look for sunglasses that block 100 percent of both UVA and UVB radiation. This type of solar radiation is responsible for cataracts, skin cancer around the eyes, and even sunburns on the eye's surface. Not only will your eyes be healthier, but these sunglasses will also reduce wrinkles. Sunglasses also reduce bright glares, block wind and dust, and reduce headaches and eyestrain in bright light. Whether you choose aviators or wayfarers, keep your future bright (but not too bright).

A Slippery Showdown



It is a fascinating sporting event that dates back to 2650 BC, according to evidence unearthed from an ancient Egyptian tomb. Today, oil wrestling is not just a sport but a sacred

tradition for those who participate. Each June, Turkey's famous oil wrestling tournament, Kirkpinar, draws thousands of spectators. It has even earned a privileged UNESCO status as a preserved Cultural Heritage of Humanity, "contributing to social cohesion and harmony," making it more than your usual wrestling match.

Oil wrestling is the national sport of Turkey. The rules are rather vague and depend largely on sportsmanship rather than refereeing. Two opponents, called *pehlivan*, meaning "heroes" or "wrestlers," cover themselves in a mixture of olive oil and water. They wear only a *kispet*, a pair of traditional leather breeches, from their waist to just below their knees. Metal studs across the pant bottoms reveal the wrestlers' names. There is no other protective padding or headgear. To win, you must pin your opponent belly-up by holding them to the ground or even carrying them five paces.

In olden times, the matches had no time limit, with wrestlers competing for hours under a scorching sun. There is no wrestling mat or arena, just a large open field, where a referee often chases after the two slippery opponents. Modern matches might last 30 minutes but are no less exhausting.

This type of wrestling is one of the world's most demanding sports. It was once the method for training the sultan's elite guards during the Ottoman Empire. In modern-day Turkey, oil wrestling is a lifelong endeavor, with wrestlers entering into master-apprentice relationships. Any true *pehlivan* is not just a champion wrestler but an exemplary member of society, a model of generosity, honesty, respect, and tradition. They are heroes in every sense of the word.

Off the Beaten Path

The residents of Ainsworth, Nebraska, enjoy poking fun at themselves when they celebrate their annual Middle of Nowhere Festival each June. In fact, the sign at the edge of town welcoming visitors to Ainsworth proudly declares that you've entered the Middle of Nowhere. Incidentally, Ainsworth also calls itself Nebraska's Country Music Capital, and it will come as no surprise that the town theme song is an apt country tune called "In the Middle of Nowhere."

Residents of Ainsworth might be sorry to hear that analysts have mapped the actual middle of nowhere (in America, anyway) and found it to be either in Idaho, far northern Maine (although you would be close to Canada), the Grand Canyon, or the intersection of Oregon, Idaho, and Nevada. Each of these places is incredibly remote and far from any roads or highways leading back to civilization. So if you truly want to find a place where you can get away from the everyday hustle and bustle of society, then take your pick. Of course, once you have arrived in the middle of nowhere, then you must be somewhere, right?

A Firm Tradition



Don't underestimate the power of a handshake. Scientists have discovered that "a handshake preceding social interaction enhanced

the positive impact of approach." Furthermore, not just any old handshake will do. A firm, confident, and friendly handshake lays the foundation for a positive social experience.

The handshake likely originated as a gesture of peace. Two people would demonstrate that they held no weapons in their hands. Now if only the promoters of World and National Handshake Days could get together, shake hands, and agree on just one day to honor the handshake!

Inbox Insights



This might be good news or bad news depending on your relationship with your email inbox, but the second week of June is Email Week. No doubt about it, email has

forever transformed the way we communicate. The question is, has it transformed our communication for better or for worse?

Email truly is a communication miracle. It has shrunken space and time, making communication global and instantaneous. In both our personal and business lives, we can now keep in touch more easily, saving time and money in the process. (Just ask your postal carrier.)

Through email, we can correspond using more than just words. We share documents, pictures, videos, and music. Email allows us to work from home rather than commute to the office each day. It also enables us to reach hundreds of people at the click of a button. And thanks to smartphones and other mobile devices, we can access our email on the go—anytime, anywhere.

Yet studies show that most people can handle a maximum of only 50 work emails per day. Any more than that and they feel overwhelmed. In fact, many people feel "inbox anxiety," a deep pressure to respond to every email they receive. When you consider that over 361 billion emails are sent around the world each day, that's a lot of inboxes to clear!

This brings us to spam. No, we're not referring to the canned meat product that has become a pop culture phenomenon; we're talking about those junk emails flooding your inbox: advertisements, forwards, and even fraudulent scams. As much as 85 percent of all email falls into this category. Perhaps the best way to celebrate Email Week is to not read email at all. After all, some believe that email is passé, and that the communication of the future is texting and social media sites like Facebook, Instagram, and X.

June Resident Birthdays

June 11th- Ruth Bales

June 12th- William Boyd

June 12th- Mildred Peters

June 13th- Diana Ross

June 14th- Jaquelyne Prigge

June 16th- Betty Berg

June 19th-Dianne Jany

June 22nd- Mary Ratajczyk

June 23rd- Fred Wiscombe

June 23rd- Mary Wilson

Up and at 'Em!

Open your eyes, leap out of bed, and face another glorious new day! That's the philosophy behind Upsy Daisy Day on June 8.



The first known record of the phrase upsy daisy is from an 1862 book by C. Clough Robinson entitled The Dialect of Leeds and Its Neighbourhood: "Upsa daisy! A common expression when a child,

in play, is assisted in a spring leap from the ground." While in this expression daisy is a cute way of saying day, it also gives us the image of a child lying down in a bed of daisies. Funny, then, how the flower name daisy also refers to the word day, as in day's eye. A daisy closes its petals at night and then opens them in sunlight, exposing its yellow center like an eye opening. So, on June 8, leap out of bed, take a trip to the florist, and surround yourself with daisies.



Kelly Rose, Housekeeping

Tonya Vonyeast, Dietary

Abigail Harrelson, Dietary

Mclaine Searle, Dietary

Kaden Boyer, Dietary

Cory Sturdevant, Plant Oper Director

STAFF BIRTHDAYS

Daniall Akins, CNA - June 18th

Jada Berry, Housekeeping - June 30th

Courtney Brown, SCU Activities - June 22nd

Anthony Cook, Dietary June 27th

Faith Gardner, Dietary - June 13th

Dana Grossmann, Cook - June 25th

Becky Heusohn, Health Information - June 10th

Darlene King, CNA - June 3rd

Deborah Loecher, RN - June 1st

Tabby Pratt, Housekeeping - Jun 11th

Kelly Rose, Housekeeping - June 25th

Dawn Stapleton, CNA - June 27th

Leopold Tomsha, Dietary - June 5th

Mary Watkins, Housekeeping - June 24th

Staff Anniversaries in June

Tamara Bielke, RN, 3 years Cherry Cummings, CNA, 7 years Emmanuel Facun, CNA, 1 year Kristen Goersch, CNA, 6 years Jodi Gregson, RN, 6 years Jacki Grenia, Corp Compliance, 1 year James Griffin, Laundry, 2 years Tammy Kueker, LPN, 5 years Mary Lewis, Laundry Sup., 2 years Eve McCarty, Dietary, 1 year Joyce Rossel, SCU Activities, 4 years Laura Roy, Dietary, 2 years Claire Schmieg, Dietary, 2 years Debra Siedle, CNA, 26 years Juliet Wilson, LPN, 2 years



Residents & Staff



Music by Everett Dean



June 5th 2:00 - 4:00 Magnolia Terrace Pavilion

Dentist

The Dentist will be at Oak
Hill on June 6^{th.}



Call Tammy for questions: Extension: 1302

WOMEN'S GROUP JUNE 6, 2024 @ NOON ACTIVITY ROOM

JOIN US IN PAINTING BIRDHOUSES

FOR QUESTIONS, PLEASE ASK MEGAN,
RESTORATIVE NURSE OR MEGAN
RESTORATIVE AIDE



HOPE TO SEE YOU THERE!

Tuesday une 11th Weston

Happy CNA

» Day!

Join us in the activity room for lunch.

10:45 am -12:00 pm

YOU ARE MAKING A DIFFERENCE





Happy Father's Day

Dad, you mean the world to me,
I hope that's something you can see,
Through every up and every down,
You've been there to help me rebound.
I thank you for your constant love,
And guidance from up above,
For all the times you held my hand,
I'm grateful for you, my amazing dad.
~ Kip Alderidge



St. Peter and Paul Catholic Church





Anointing of the Sick and Last Rights will held for residents who wish for a blessing from the Priest.

June 12th after Catholic Mass at 11:30

Please see Activities or call Ext: 1130

This will take place quarterly and will be announced in the newsletter.







Complimentary Ice Cream for Residents and Staff
June 1 through August 31
Every Tuesday and Thursday from 2-3 in the Gift Shop



National Pink Day Friday, June 24

Wear Pink and Enjoy Pink Treats

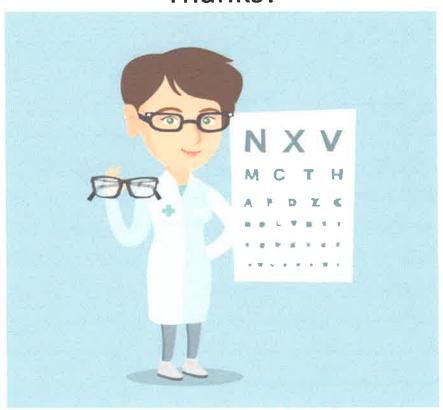


Eye Doctor

The eye doctor will be here **June 24**th .If Residents wish to be seen contact Tammy Moll

Ext: 1302

Thanks!



INVITED

INVITED

INVIRED

Join us outside for MUSIC & ICE-CREAM with your loved ones!



Bring Your Lawn Chairs



Oak Hill

Music by : Paul Nobbe & Steve Ziebold



June 27, 2024

6:00 - 7:30 pm

Weather Permitting





National Sunglasses Day got its start in recent years when it was organized to remind people to take good care of the health of their eyes.

Sunglasses have been strongly associated with glamour and "being cool" but sunglasses provide very valuable protection for your eyes. Having a good pair of sunglasses will reduce eye strain from ultraviolet rays and provide superior visibility. Navy SEALS and other members of the military rely on sunglasses to provide them with better vision.

Sunglasses actually make you more attractive because sunglasses offers a structure of symmetry on your face. You seem more mysterious because people cannot see your eye movements. Sunglasses keep your eyes relaxed and helps prevent squinting, so it helps with crows' feet wrinkles at the corner of your eyes. Sunglasses also block harmful skin damage and cancer causing UV rays from reaching the sensitive skin around your eyes. The US state that sells the most sunglasses is Louisiana and California and the US city that sells the most is Seattle, Washington.

Join us by wearing your Sunglasses on National Sunglasses Day







Mother's Day Tea Party





Patriotic Wreaths













Thank you to
everyone who
has helped pull
weeds, & plant
on Magnolia
Terrace.



Gardening & Patio Social





Birthday's

1st Pat G.

2nd George W.

4th Mary F.

7th Ronnie D.

13th Don M.

19th Deb R.

24th Johanna L.

29th June Lawrence





Farkle Winners

Mary O.

&

Maggie

HAPPY FATHER'S DAY



Balloon Game Hits

<u> 227</u>

Bean Bag

Toss

1st-Arline (385)

2nd-Beverly (325)

3rd-Mary O. (285)



Tuesday

Activity schedule subject to change.

IN2L touch screen computer.

* Off unit activity

WHISPERING PINES

Music & Ice Cream

3:00 Patio Time,

& Hymn Sing IN2L 1:00 Cardinals Baseball 9:30 Morning Stretch

10:00 Worship Service



* All activities are subject to change.

6:30 Grab your neighbor & come play a game Wii Bowling

1:30 Quarter Bingo

10:00 Exercise Video

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Happy Birthday Johanna! Wear PINK Day

2:30 Wil Bowling

3:30 Walk the Halls

1:30 Presbyterian Church**

Summer Ice Cream in the gift shop starts on June 4th! Ice-cream every Tuesday & Thursday 2:00 - 3:00 pm

Magnolia Terrace

6:00- 7:30 pm

7:15 Cards Game (Upstairs)

Happy Birthday June!

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Mesticefittalian Merinated Chicken Mashed Potatoss & Gravy/ Cheesy Rice Cauliflower with Cheese Sauce Green Beans/ Dinner Roll/ Apple Pte

Supper Vegetable Soup/Crackers Ham Salad Sandwich/ Polato Chips cumber & Onion Salad/ Ambrosia Salad

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** Meal tickets can be purchased at the front desk for \$4.00.

THE REAL PROPERTY.

Meal Calendar