

JUNE 2018

LORIEN ELKRIDGE



OUR MEMORIAL DAY BBQ 2018

Celebrating

June

**June 6th
D-Day**

Is observed each year to honor those men and women who fought and made sacrifices on June 6, 1944 in Normandy-World War II.

**Flag Week
June 10-16**

Iced Tea Month

**National Fresh Fruit &
Vegetables Month**

Red Rose Month

***Father's Day
June 17***



History of Father's Day in USA

The modern version of Father's Day celebration originated in United States of America and thereafter the tradition spread in countries around the world. The world owes thanks to Sonora Louise Smart Dodd a loving daughter from Spokane, Washington as it is because of her struggle that Father's Day saw the light of the day.

The idea of Father's Day celebration originated in Sonora's mind when she per chance listened to Mother's Day sermon in 1909. Fairly mature at the age 27, Sonora pondered if there is a day to honor mother then why not for father? Sonora felt strongly for fathers because of the affection she received from her own father Mr. William Jackson Smart, a Civil War veteran. Sonora's mother died during childbirth when she was just 16. Mr. Smart raised the newborn and five other children with love and care.

Inspired by Ms. Anna Jarvis's struggle to promote Mother's Day, Ms. Dodd began a rigorous campaign to celebrate Father's Day in US. The Spokane Ministerial Association and the local Young Men's Christian Association (YMCA) supported Sonora's cause. As a result Spokane celebrated its first Father's Day on June 19, 1910. Though there was initial hesitation the idea gained gradual popularity all over US and Father's Day came to be celebrated in cities across the country

Looking at the heightened popularity of Father's Day in the US, President Woodrow Wilson approved of this idea in 1916. President Calvin Coolidge too supported the idea of a national Father's Day in 1924 to, "establish more intimate relations between fathers and their children and to impress upon fathers the full measure of their obligations". After a protracted struggle of over four decades, President Lyndon Johnson signed a presidential proclamation declaring the third Sunday of June as Father's Day in 1966. Then in 1972, President Richard Nixon established a permanent national observance of Father's Day to be held on the third Sunday of June. Sonora Smart Dodd was honored for her contribution at the World's Fair in Spokane in 1974. Mrs. Dodd died in 1978 at age 96.

LORIEN ELKRIDGE NEWS

A little gloomy weather didn't stop our residents and their families from enjoying a Memorial Day BBQ with entertainment by TMT Duo. They enjoyed hamburgers, hot dogs, ribs, potato salad, baked beans, cole slaw and ice cream!

Please Welcome....

Rita Greene - Human Resources Director

Craig Bruce - Maintenance Director

The King Is Born

On June 5, 1956, a young and charismatic musician named Elvis Presley appeared on *The Milton Berle Show*. While this was not Elvis'



first television appearance, and not even his first appearance with "Uncle Miltie," his rendition of *Hound Dog* became at once both famous and infamous. Before this performance, Elvis was often captured on camera playing his guitar from the waist up. However, for *Hound Dog*, the 21-year-old

Elvis threw aside his guitar so that America could watch him gyrate his body from head to toe. For this scandalous dance he was panned by critics as gross and inappropriate for the times. The publicity for this performance put Elvis into the spotlight and launched his career into orbit to become the "King of Rock 'n' Roll."

Putting the “Why” in Yoga



The practice of yoga is now so commonplace worldwide that the United Nations declared June 21 International Yoga Day. The date is significant, for the summer solstice is used to determine the date when Shiva, the *Adiyogi*, or the first yogi, began sharing his deep knowledge of yoga to seven disciples. And no, Shiva did not hold the first yoga class involving bending and breathing in a Himalayan mountaintop. Shiva, seeing that these seven were now worthy of his teaching after years of mental and spiritual preparation, began to impart his yogic science, which is a balance between the body and mind, a harmony between man and nature, an ultimate realization of the purpose of human existence on the earthly plane—in other words, truly deep stuff. These seven disciples took their seven aspects of yoga to the world, and it is for this reason that there are today seven forms of yoga.

For many students, regardless of which of the seven forms they practice, yoga is merely a type of exercise. While exercise fads come and go, yoga maintains its staying power. After all, it has been practiced for 5,000 years. Spiritual fulfillment aside, yoga is an excellent fitness regimen, for it improves strength and balance, tones muscles, burns calories, and reduces stress. For those who wish to look a little deeper, yoga also offers spiritual fulfillment.

Yoga is not a religion. It has no gods. It requires no faith. Yoga is more like a philosophy coupled with physical practice and meditation. As a philosophy, the first yogis used yoga as a means to achieve immortality. They believed they could use yoga practice to control the physical molecules of their own bodies and prevent aging and death. Yoga practice could also grant access to the immortal soul, that transcendental state of bliss and harmony. In these ways, yoga is considered a means to make us humans live to our utmost potential, to become the greatest versions of ourselves, physically, mentally, spiritually, and emotionally... not a bad goal.

Seeing What’s Right

When Helen Keller was born on June 27, 1880, no one knew she would grow into a famous advocate of the blind and deaf. Her life story, nonetheless, has inspired countless people. Keller was not born deaf or blind. She lost these senses after contracting a childhood fever. She lived an isolated and frustrating childhood, imposed on her by her inability to communicate. It was a teacher, Anne Sullivan, who broke through this barrier. For 49 years, Sullivan and Keller worked as teacher and pupil. Keller became the first deaf and blind person to earn a college degree, thanks to Sullivan and friendships with author Mark Twain and oil executive Henry H. Rogers. Keller became an educator, lecturer, and activist, promoting political and social equality for women and the disabled. She helped found the American Civil Liberties Union in 1920. Helen Keller is often presented as one of the best examples of the triumph of the human will and spirit. Despite her many perceived disabilities, she dedicated her life to the betterment of others.

Tale of the Tape



June 14–16 heralds Duct Tape Days, and it is no coincidence that this celebration aligns with Father’s Day on June 17. After all, duct tape is Dad’s most versatile tool.

Duct tape was originally invented by Johnson & Johnson during World War II as a cloth-based waterproof tape used to seal ammunition boxes. It wasn’t a man who invented it, but the mother of two Navy sailors, who believed so much in her idea she wrote a letter to President Franklin Delano Roosevelt touting her invention. The rest is history, and men have been obsessed with duct tape ever since. After all, duct tape can be used for everything from taping ducts to curing warts, removing pet hair, mending tubes of toothpaste, plugging leaky canoes, and catching insects. Of course, women use it, too. Some innovators have even gone so far as to create duct tape wallets, shoes, and dresses. Look no further for the perfect Father’s Day gift.

Humans Smart, Phones Smarter



On June 29, 2007, the very first iPhone was released to the world, a debut that changed both the Apple corporation and the world. For the first time, humans held a smartphone in their hands, a device that did not just make phone calls, but browsed the Internet, sent and received email, played music, movies, and games, took pictures, had a GPS... all in a little pocket-sized box with a really cool touchscreen. It was like holding the future in the palm of your hands.

About a year after the iPhone's debut came another important innovation that made the smartphone even smarter: the so-called App Store. Applications, or apps, now allowed smartphones to become anything and everything users wanted them to be. These apps are mini-programs. Some apps are as simple as games. Others created an entirely new economy: cars can be summoned with Uber and Lyft, money transferred with Zelle, and pictures shared with Snapchat and Instagram.

Nowadays the iPhone isn't the only smartphone on the block. Following Apple's success, plenty of other tech companies quickly built their own smartphones. It seems that every man, woman, and child carries one, and in this manner smartphones have revolutionized society itself. We have access to more information now than we have had in the entirety of human history, and we can share this information in the blink of an eye. We no longer just share photos of our family vacations but of political coups and social injustice. But current research also tells a story of smartphone addiction. We have become so attached to our smartphones that we can't bear to live without them. People are sleeping with their phones within reach, checking their screens at all hours. Without downtime away from our phones, our nervous systems are in states of overload, making us both wired and tired all the time. No wonder young people today suffer anxiety when they are apart from their phones. So, have smartphones outsmarted us? Only time will tell.

June Birthdays

In astrology, those born between June 1–20 are Gemini's Twins. They have two distinct and alluring sides to their personality: sociable and ready for fun, or serious and thoughtful. Sometimes they feel as if one half is missing, so they forever seek new friends. Those born between June 21–30 are Crabs of Cancer. Guided by their hearts, Crabs are deeply emotional and nurturing. They create deep bonds and comfortable homes and are always willing to welcome people into their circle.

Jerry Mathers (actor) – June 2, 1948
Anderson Cooper (journalist) – June 3, 1967
Prince (musician) – June 7, 1958
Cole Porter (composer) – June 9, 1891
Gene Wilder (actor) – June 11, 1933
Donald Trump (president) – June 14, 1946
George Mallory (explorer) – June 18, 1886
Brian Wilson (musician) – June 20, 1942
John Dillinger (bank robber) – June 22, 1903
George Orwell (writer) – June 25, 1903
Richard Rodgers (composer) – June 28, 1902

Jouett's Ride

Most Americans are familiar with Paul Revere's famous ride yet almost nobody knows of John "Jack" Jouett. On June 4th in 1781 with America still in the grips of the Revolutionary War, Jouett was at a Virginia tavern when he spotted British troops. The British regiment aimed to march on Charlottesville, the relocated home of Virginia's General Assembly, where they would capture Patrick Henry and Richard Henry Lee, and Virginia governor Thomas Jefferson at his nearby Monticello estate. Jouett wasted no time racing the 40 miles to Monticello. He arrived in the early hours of June 4, giving Jefferson enough time to escape, and he then raced on to Charlottesville to alert the lawmakers of the approaching soldiers. For his efforts, Jouett was dubbed "the Paul Revere of the South."

