“You’re a grand old flag; you’re a high-fiving dad; and a summer in peace may you have.” I’m pretty sure that’s how that song goes...Welcome June! Welcome summer! Happy Father’s Day, Flag Day, and Juneteenth!

Juneteenth (combining the words June and Nineteenth), or Freedom Day celebrates the end of slavery in Texas on June 19th, 1865. Although the Emancipation Proclamation went into effect in 1863, the order was not enforced in Texas. There are various interpretations as to why this was the case. Around 250,000 people remained slaves in Texas, until thousands of federal troops reached Galveston on June 18, 1865, 16 days after the Army of Trans-Mississippi surrendered to the Union (and about three months after General Robert E. Lee surrendered). On June 19th, “General Order No. 3” was announced in Galveston stating “The people of Texas are informed that...all slaves are free...this involves an absolute equality of personal rights and rights of property...”

The Twin Cities hosts one of the largest Juneteenth celebrations in the country. Michael Chaney and Civil Rights activist Spike Moss initiated the celebration in Minnesota around 30 years ago. This year the celebration will take place on June 15th at Bethune Park and includes a parade, live performances, and historical re-enactments.

—Brenna H, Community Life Assistant
New Residents
Thomas S—2N  Andrew H—2S
Leonard H—2N  Shelley P—3N
Richard W—2N  Kathleen S—3N
Mack L—2N    Marjorie M—3S

June Birthdays
6/3 Cassie G. - 2S  6/21 Jeff O. - 3N
6/3 Kathy C. - 3S  6/23 Pat M. - 3S
6/4 Lamphay V. - 2S  6/24 Gary M. - 2N
6/7 Suzy V. - 3N  6/28 Richard W. - 2N
6/10 Donna C. - 2S
6/12 Vickie M. - 3S
6/13 Patricia T. - 2S
6/14 Charlotte K. - 2N
6/16 Janice F. - 3S
6/17 Delores B. - 3S
6/18 Sandra C. - 2N
6/20 Linda K. - 3S
6/21 John T. - 3N
**June Activity Highlights**

June 6—Walmart Shopping Outing—Sign up!
June 10—Coffee with the Chef—9:30 on 2N
June 11—Resident Council Meeting—9:45 on 2N
June 11—Taco Bar Lunch Bunch—1S
June 14—Doughnut Sale—9:00—1S Dayroom
June 19th—Food Committee Meeting—3:30 on 2N
June 25—Summer Sights and Sundaes Outing—Sign up!
June 28—Doughnut Sale—9:00—1S Dayroom
June 28—Friday Party with Curtis and Loretta—2:30 on 2N

**Providence Place Updates**

**Garden Club**

We have started individual plants in pots, in addition to re-seeding the Tower Garden.

-Mary S.

**Updated TV Channel List**

Please see the updated TV channel list on the last page of the newsletter.
June Monthly Observances
Birthstone: Pearl
Flower: Rose
Zodiac signs: Taurus and Gemini
National Dairy Month
National African-American Music Month
National Iced Tea Month

Special Days and Famous Birthdays

June Daily Observances

1 1967: Sergeant Pepper's Lonely Hearts Club Band is released.
1980: CNN begins broadcasting.
Birthdays: Marilyn Monroe, Morgan Freeman, Andy Griffith —actors.
3 Birthdays: Anderson Cooper, news anchor; Tony Curtis, actor; Rafael Nadal, tennis player.
7 Birthdays: Jessica Tandy, actress; Liam Neeson, actor; Prince, musician.
8 Birthdays: Julianna Margulies, actress; Frank Lloyd Wright, architect; Kanye West, hip hop artist.
10 Birthdays: Judy Garland, singer-actress; Maurice Sendak, author.
11 Birthdays: Jacques Cousteau, oceanographer; Vince Lombardi, football coach; Gene Wilder, actor.
Flag Day, the Stars and Stripes is made on the US flag, 1777.

1942: Anne Frank begins to keep a diary.

Birthdays: Harriet Beecher Stowe, author; Che Guevara, revolutionary; Donald Trump, U.S. President.

1858: Lincoln makes “House Divided” speech. 1884: First U.S. roller coaster opens at Coney Island.

Birthdays: Stan Laurel (of Laurel & Hardy); Laurie Metcalf, Jackie on "Roseanne."


Birthdays: Barry Manilow, singer; Venus Williams, tennis player.

1815: Napoleon defeated at Waterloo. 1928: Amelia Earhart first woman to fly a plane across the Atlantic. 1983: Sally Ride first woman in space.

Birthdays: Paul McCartney, Beatles; Roger Ebert, film critic.

Birthdays: Errol Flynn, actor; Brian Wilson, Beach Boys singer /songwriter; Lionel Richie, singer; John Goodman, actor.

Birthdays: John Dillinger, bank robber; Meryl Streep, actress; Cyndi Lauper, singer; Dan Brown, The DaVinci Code author.

Birthdays: Alan Turing, computer pioneer; Clarence Thomas, Supreme Court Justice; Frances McDormand, "Fargo" star.


Birthdays: George Orwell, author; Carly Simon and George Michael, singers.


Birthdays: Pearl S. Buck, author; Chris Isaak, singer; Derek Jeter, baseball star.

Birthdays: Helen Keller, author; Bob Keeshan, Captain Kangaroo; Tobey Maguire, Spider-Man actor.

Birthdays: Henry the 8th, King of England; Gilda Radner, comedian; Kathy Bates, actor.

1905: Einstein's theory of relativity is published. 1971: 26th amendment to the Constitution lowers the voting age to 18.

Birthdays: Lena Horne, actress and singer; Mike Tyson, boxer; Michael Phelps, Olympic swimmer.
Food Committee Meeting!

Join us on Wednesday, June 19, at 3:30 P.M. on 2N, to talk about the food and the service!

Food, Glorious Food
WALMART OUTING!

When: Thursday, June 6th
Time: 9:00 A.M.

If you are interested in this outing, please let a Community Life Staff know by Tuesday, June 4th, at noon.

Final list will be posted on Wednesday.
Sleep

Let me sleep for us all, further than our aging. To the elmed season, sun found and cradled within the browning shell.

We’ll sleep tonight, who’ve tightened nerves into years, with our faces of electricity.

Let’s sleep into a flesh fall nearly innocent, where warmth is brought by skin and breath. We’ll wrap our hair into the swirled white of hill line and fur.

Traveler, gone too far, return and rest.

—Miss Vickie

As the Crow Flies

Ten miles as the crow flies we’ve often said, although we cannot really say for sure, just how the flight will go.

What happens if he meets enroute a lovely lady crow?

—Miss Vickie

“Not Yet”

Spring’s not here, it’s cold today. And it’s snowing, by the way. ’round the corner spring still sits. Waiting really strips my wits! Cold and damp, now I must wait, Mother Nature, what’s my fate?

Water’s running down my nose, Soaking in my shoes and clothes. I can’t wait for warm sunshine, To dry out this wet world of mine.

—John C.
**The Sparking Morn**

The dawn, the morn be  
Risen above so high  
Its gold rim ceiling  
Touch the gracious sky

The glittering clouds  
In heaven reflect all morning rays  
The clouds golden sentinels  
The sparkling morning phrase

A glorious bright jewel  
Does now itself appear  
With joyous hymn from above  
The morning shed a tear

The sun be risen even higher  
More confident, more bold  
At last become a shepherd  
Of world's vast plenteous fold

—Janice F.

**Cirrus Clouds**

The clouds tonight are cirrus fame  
Horses manes flying high  
Rhythmic water moving across with that name  
Ocean waves crashing veils there and by

Circular eddies with wispy ends  
And hands extended free  
Up and around tufty bands  
Noteworthy and impressionably

Like foam on water the sky view sprawl  
Above the earth so vast  
A winsome sea so glad and tall  
From shore to shore steadfast

—Janice F.
Getting to Know You

Tanner Peterson

What is your position? RN, 2N Clinical Director, and MDS Director. I assist with insurance forms for all of the building, and connect with insurance to help people get additional coverage when needed. I serve as a head nurse on 2N, where I help with doctors’ orders, assist nurses in carrying out treatments, and oversee the nurses and aides.

What is your education? Gustavus Adolphus, Class of 2014.

What are your career goals? I would like to continue to grow and develop with Providence Place.

We’ve seen an adorable puppy around you...tell us about him!

My dog’s name is Finn. He’s learning how to duck and deer hunt with me, but is struggling to bring the decoys back.

—Patty C.
Sports Update:

MLB

Rocco Baldelli has led the Minnesota Twins to an historic start. Only three times has the team started better since it moved to Minneapolis from Washington in 1961. Their record, as of 5/28/19 is 36 wins and 17 losses.

NHL

Two former teammates of the Wild, Charlie Coyle and Nino Niederreiter, faced off in the Eastern Finals. Coyle was traded halfway through the season to the Boston Bruins. The Bruins beat the Carolina Hurricanes, Niederreiter’s new team, to move on to the Stanley Cup.

Horse Racing – American Triple Crown

The Kentucky Derby was won by Country House after Maximum Security was disqualified for veering into other horses.

The Preakness Stakes was won by War of Will on May 18th.

The Belmont Stakes is June 8th, 2019.

FIFA’s Women’s World Cup

The World Cup for Women’s Soccer will take place June 7-July 7, in France. The U.S. team’s first game is against Thailand on June 11 at 1 pm.

— Phil C
Taco Bar Lunch Bunch

When: Tuesday, June 11
Where: 1 South Dining Room
Cost: $5.00
Meal: Build your own tacos!

If you are interested, please sign up with Community Life by Friday, June 7th at noon.

The final list will be posted on Monday afternoon.
Are you a cat person? If you are, the month of June is adopt-a-cat month. I thought this would be the “purr”fect time to feature an artist who specialized in cats. His name is Louis Wain.

An English artist, born in 1860 living until 1939, known for his anthropomorphized large-eyed cats and kittens. Anthropomorphized is defined as giving something that is not human human-like traits. Louis Wain drew his cats playing golf, sending invitations, holding a ball, socializing around a table, and doing many things you would never see a cat doing. He attributes his success with cat drawing to his late wife, Emily Richardson. They married when Wain was 23, and three years later Emily was diagnosed with breast cancer. During her illness, Emily was comforted by her cat named Peter. Louis began to draw extensive sketches of him, which Emily strongly encouraged him to have published. She died before this happened, but he continued to make cat sketches. He later wrote of Peter: "To him, properly, belongs the foundation of my career, the developments of my initial efforts, and the establishing of my work." Peter can be recognized in many of Wain’s early published works.
In subsequent years, Wain’s cats began to walk upright, smile broadly and use other exaggerated facial expressions, and would wear sophisticated clothing. Wain’s illustrations showed cats playing musical instruments, serving tea, playing cards, fishing, smoking, and enjoying a night at the opera.

Wain was a prolific artist over the next thirty years, sometimes producing as many as several hundred drawings a year. He illustrated about one-hundred children's books, and his work appeared in papers, journals, and magazines, including the “Louis Wain Annual,” which ran from 1901 to 1915. His work was also regularly reproduced on picture postcards, and these are highly sought after by collectors today. In 1898 and 1911 he was chairman of the National Cat Club.

As he grew older, he became more abstract. He used much more color and psychedelic imagery to surround or create the image of a cat. Many refer to them as his kaleidoscope cats. During this period he lived in an institution named Napsbury. It was relatively pleasant, with a garden and a colony of cats, and he spent his final 15 years there in peace.

H. G. Wells said of him: "He has made the cat his own. He invented a cat style, a cat society, a whole cat world. English cats that do not look and live like Louis Wain cats are ashamed of themselves."

—Chloe Tirebuck, Art Therapist
Memory Care
Art Exhibit

Please join us for an evening of creativity, self-expression, and inspiration, as we showcase artwork created by the residents of 2S!

Date: Wednesday, June 26th
Time: 7:00 pm
Location: 2S Serenity Suite

For more information, please contact Brett Collins at 612-238-2538

Light refreshments will be served.
Finish the lyrics of these summer songs as we prepare for the long-awaited first day of summer on June 21st! Answers on following page.

1. From the Gershwin song, Summertime: _____ are jumpin’ and the cotton is high.

2. From the musical, Grease: Summer sun, something’s begun, but oh oh oh the summer ________.

3. From the 1960 pop song: It was an itsy-bitsy, teenie-weenie ________ polka-dot bikini that she wore for the first time today.

4. From the 1952 song by Perry Como and Eddie Fisher: It’s watermelon ______________, that summer kind of weather when people get together and sing.

5. From the 1951 Bing Crosby and Louie Armstrong duet: On my door, I'd hang a sign, "gone _______” Instead of just wishin'.

6. From the 1962 Beach Boys hit: Let's go ________ now, everybody’s learning how.

7. From the 1966 Frank Sinatra tune: The summer _____, came blowin' in from across the sea.

8. From the Tin Pan Alley song: She's your ______________ in the good old summer time.

9. From the 1958 Eddie Cochran hit: There ain't no cure for the summertime ________.

10. From the 1970 Mungo Jerry song: In the summertime when the weather is ________ , you can stretch right up and touch the sky.
Answers

Fish
Nights
Yellow
Weather
Fishin’
Surfin’
Wind
Tootsie wootsie
Blues
Hot
Fun with Fruit

This month, I want to focus on fruit! Some benefits of consuming fruit regularly in your diet include: Reduce risk for heart disease and stroke, provide your body with antioxidants and vitamins, allow you to receive more fiber in your diet, and even help to form red blood cells! Enjoy the puzzle below!

APPLE     APRICOT     BANANA       BLACKBERRY
BLUEBERRY   CHERRY     CRANBERRY        DATE
GRAPE   GRAPEFRUIT    GUAVA           KIWI
LEMON      LIME       MANGO           MELON
ORANGE    PINEAPPLE    PLUM         POMEGRANATE

-Andrew Pfaff RD, LD
Resident Council

The Resident Council will be meeting on June 11th, at 9:45 AM, on 2N.

Please come to discuss two Residents Rights and two Quality of Life issues, as well as the Community Life Budget Report.

The Resident Council is a comfortable, safe place to raise any questions or concerns you may have regarding the building, staff, or programming.
A Time to Plant….

I love the month of May here in Minnesota. That time of year when we actually let ourselves believe that Winter is really over!! It never ceases to amaze me how quickly Minnesotans move into the Springtime Camping/Fishing mode! It seems that as soon as the last snow is melted, I can see people towing their campers around, or parking them in their driveways. And, of course, there are the sail boats now anchored in Lake Nokomis, ready for their first outing of the season.

One of my favorite things about Spring, is looking at the cold, barren soil around our house and wondering, “Will the plants spring up again this year, like they do every year? Or, will this be the year that they just don’t wake up out of their winter hibernation?

And then, of course, there’s the garden. It seems that we just tucked it away! I was just looking at our garden covered in about 3 feet of snow, wondering if it would ever all melt away. But it did. And there were the tons of leaves that my wife, daughter and I picked up and dumped in the garden at the end of October. But, even though the snow was now gone, the garden looked dead! No sign of life there.

And then, one Saturday afternoon, I was home working on some things around the house and I heard the noise of an engine. There was my good friend, Paul, out in our garden with his Roto Tiller, turning the soil over, leaves now underground, and making beautiful straight furrows. Just like that, it was ready for planting. How can it be, that one moment we were shoveling snow and the next we were shoveling soil???

So—last week, on two or three evenings after I got home from Providence Place, there were my wife and I out in our garden, planting the seeds and plants she had procured from Home Depot. Now, it’s all done. The garden is in the ground—it’s planted.
It’s a little scary at first to look out there every morning through our kitchen window and see, nothing! Just soil, no plants. But, they are there! Or, at least, we have faith that they’re there. It happens every year. Every year, we plant, and then we wait. And just at the time when it seems like nothing is going to happen. Maybe this year it just won’t work. Just about the time we think it’s not going to work this year, we’ll see the tiny green shoots, poking their way up through the surface. Life, where it seemed there was nothing at all!

That’s the way it is with life, and with faith. Jesus once taught that putting the Scriptures in our hearts was like the farmer, sowing his seed. Some falls on hard soil, some on rocks, and some among weeds. But then, some falls in good rich soil. And, sooner or later, the evidence of life and growth emerges. And we have hope that it will make a difference in our lives and the lives of people around us. And that’s the way it is with Faith. So, be of good courage, and wait on the Lord.

With Love,
Chaplain Randy
In Loving Memory

Rubbie C-3S
Donald H-1N
Ruth H-2S
Umbrellas (2)  Shoes  Baseball
Pen  Pearl ring  Croquet ball
Cupcake  Candy  Flag
Bar of soap  Easter egg  Bat
Tepees (3)  Crowns (2)  Flashlight
Worm  Ball  Ice cream cones (3)
Summer Sights and Sundaes Outing

Date: 6/25/19
Time: 2:15
Cost: $3.00

Celebrate the first day of summer with an ice cream sundae and a scenic drive!

Sign Up with CL staff by Friday, June 21. Space is limited!
COLOR ME FOR THERAPY!
Directory

Administrator
Tyler Donahue 612) 238-2566

Director of Nursing
Darci Fiala 612) 238-2504

Assistant Director of Nursing
Nnenna Orjinta (612) 238-2574

Social Services Director
Kirsten Erkilla (612) 238-2524

Long-Term Care Social Worker
(612) 238-2573

Transitional Care Social Worker
Molly Schuneman (612) 238-2502

Maintenance Director
Doug Schroeder (612) 238-2539

Community Life Director
Brett Collins (612) 238-2538

Rehab Director
Christine Lash (612) 238-2519

Nutritional Services
Patti Tintes 612) 238-2542

Admissions
LaTrece Owens (612) 238-2545

Staff Development/Infection Control/ADON
Wendy Miron (612) 238-2502

Human Resources Director
Kristy Larsen (612) 238-2508

Business Office Manager
Kathleen Justice (612) 729-6271

Staffing Coordinator
Meri Santo (612) 238-2572

Registered Dietitian
Andrew Pfaff (612) 238-2529

Housekeeping
Joyce Smith (612) 238-2514

Spiritual Care
Randy Somody (612) 238-2563

Integrative Care (612) 238-2557

Newsletter Committee
John A, Patty C, Philip C, Brenna H, Kirk M, Vickie M, Janice N, Mary S

Office of Ombudsman
Local number 651) 431–2555
1(800) 657-3591

Regional Ombudsman
Kristen Rice (651) 425-0858

Certified Volunteer Ombudsman
Larry (651) 431–2555
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