

June

LIFE IS PRECIOUS

I understand the argument against the season: It's hot, sticky and, sometimes, boring. Tempers can flare. There is not enough air conditioning and, because of the climate crises, already too much.

But summer is a state of mind. Whatever we do during its few months, summertime remains fixed in our collective consciousness. This is the season when many of our deepest memories are forged; it plays a starring role in the highlight reel of our childhood.

"Everything good, everything magical happens between the months of June and August," author Jenny Han wrote.

So, dig in and make some new memories, even if your plans are no more ambitious than to take naps, read outside, or relax with friends. Not everyone can afford sailing trips and Caribbean vacations, but many of summer's greatest pleasures are simple and inexpensive.

Ask yourself what Pulitzer Prize-winning poet Mary Oliver does in her poem "The Summer Day": "Tell me, what is it you plan to do with your one wild and precious life?"

JUNE BIRTHDAYS:

RESIDENTS:

23rd Luanne D.

23rd Anthony T.

STAFF:

14TH Kim F. - L.P.N.

21st Gabby S. - C.N.A.

27th Micka M. - C.N.A.

29th Amber L. - Dietary

March is Alzheimer's and Brain Awareness Month

This June, during Alzheimer's & Brain Awareness Month, join the Alzheimer's Association to help raise awareness of this devastating disease. You can start by learning and sharing 10 Ways to Love your Brain.

When possible, combine these habits to achieve maximum benefit for the brain and body:

- 1. Break a sweat:** Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain and body. Several studies have found an association between physical activity and reduced risk of cognitive decline.
- 2. Hit the books:** Formal education in any stage of life will help reduce your risk of cognitive decline and dementia. For example, take a class at a local college, community center or online.
- 3. Butt out:** Evidence shows that smoking increases risk of cognitive decline. Quitting smoking can reduce that risk to levels comparable to those who have not smoked.
- 4. Follow your heart:** Risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health. Take care of your heart, and your brain just might follow.
- 5. Heads up:** Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt, use a helmet when playing contact sports or riding a bike, and take steps to prevent falls.
- 6. Fuel up right:** Eat a healthy and balanced diet that is lower in fat and higher in vegetables and fruit to help reduce the risk of cognitive decline. Although research on diet and cognitive function is limited, certain diets, including Mediterranean and Mediterranean-DASH (Dietary Approaches to Stop Hypertension), may contribute to risk reduction.
- 7. Catch some ZZZ's:** Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking.
- 8. Take care of your mental health:** Some studies link a history of depression with increased risk of cognitive decline. Seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns. Also, try to manage stress.
- 9. Stump yourself:** Challenge and activate your mind. Build a piece of furniture. Complete a jigsaw puzzle. Do something artistic. Play games, such as bridge, that make you think strategically. Challenging your mind may have short- and long-term benefits for your brain.
- 10. Buddy up:** Staying socially engaged may support brain health. Pursue social activities meaningful to you. Find ways to be part of your community – if you love animals, consider volunteering at a local shelter. Enjoy singing? Join a local choir or help at an afterschool program. Or, just share activities with friends and family.

Resident Spotlight

Meet Debbie!

Debbie is from Springfield IL and graduated as a South East Spartan. After high school she went on to be a pharmacy technician. She married and had 3 children, 1 girl and 2 boys. She earned Eagle Rank for completing the Senior Scouting. She is passionate about music, playing piano and singing in her Church Choir. Debbie has also brought along her beloved dog Jemma, a sweet little Chihuahua. Her favorite part of St. Francis Woods is all the people she has met saying "everyone is really nice". Be sure to stop and introduce yourself to Debbie and Jemma when you see them!



Debbie M.

Employee Spotlight

Meet Patty our new Activity Director!!

Patty and her husband have been together for 12 years. Between them they share 7 daughters and 1 son. They also have 14 grandchildren, whom they absolutely adore. Patty has worked in the medical field most of her life. She has done various duties over the years from C.N.A. to Activity Director. She enjoys activities the most. Especially the interaction with residents as she is, forever learning from them. Say hi to Patty when you see her!



Patty Lowder

Cut Here and Return Completed Puzzle to Steve to win a prize!

3			8		1			2
2		1		3		6		4
			2		4			
8		9				1		6
	6						5	
7		2				4		9
			5		9			
9		4		8		7		5
6			1		7			3

Complete this Sudoku!

Name: _____

Room Number: _____

FREE
(or almost free)
**Things to do this
month in Peoria!**

Music in the McKenzie: Turas

June 11, 2023 2:00-4:00pm

Peoria North Branch – 3001 W. Grand Parkway

Turas: from Old Irish, meaning journey, expedition; pilgrimage. This group of friends from Central Illinois is on a journey to share songs, stories, and good times with their audience. Playing a wide variety of Irish/Celtic music, Turas never fails to deliver on good music and good times. Free and open to all ages.



Peoria Bach Festival 2023

The 2023 Peoria Bach Festival will consist of six concerts and events for all ages all held at Westminster Presbyterian Church (located at 1420 W. Moss Ave. in Peoria) from Monday, June 5 through Friday, June 9. Daily concerts will begin at 12:05 pm.



Event will be on June 22nd from 1-3pm in Pekin at the at the Royal Avenue Shelter

Tons of Prizes!

June Open House

Be sure to invite your friends and family to our June Picnic!! Join us June 22 at 6:00PM.



Wednesday June 21, 2023
at 10:00AM

Admission: FREE!

We are excited to invite you to Chair Yoga with Soulside Healing Arts. This will be available for all ages and physical needs. This class brings something to everybody! A light breakfast and coffee will be served, and guests will have the opportunity to explore the Museum. Museum guest are encouraged to stay and catch a Planetarium showing as well!