

Stearns

Nursing and Rehabilitation Center, LLC

StearnsRehabCenter.com

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Our Leadership Team

- Christy Warcup Executive Director
- Lori Bland Director of Nursing
- Candace Force Director of Admissions
- Catherine Groff Business Office Manager
- Alexis Lawrence Social Services
- Dontelisia Moore Activity Director
- Alvin Jinks Dietary Manager
- Monique Manning Housekeeping/Laundry
- Felipe Levya Maintenance Director
- Kerri Karlas Director of Rehab

Memorable Melody: 'Brand New Key'

Do you remember the metal roller skates that you could strap to your shoes and tighten with a small wrench, known as a key? That's exactly the key referred to in this 1971 hit by folk singer Melanie, who was directly inspired by childhood nostalgia when penning the quirky tune. After indulging a craving for a fast-food hamburger, Melanie was struck by memories of roller skating and learning to ride a bike as a kid. She quickly composed a lighthearted love song about a girl skating by the home of her crush. Reaching No. 1 on the Billboard Hot 100, "Brand New Key" is Melanie's most famous song and is often featured in movies, television and other media.

Journal Prompt: What Speaks to You

Do you have a favorite quote? Write it down and follow it with whatever thoughts come to mind when you read it. If you can't come up with a favorite, then find any quote and complete the task anyway!

June 2023



Watch Sports for Your Well-Being

Can going to a ballgame, golf tournament or other live sporting event make you happier? The research says yes! Attending a competition of any level, from youth games to major league matchups, can raise one's self-esteem while lowering feelings of loneliness. Sharing a space with fellow fans builds community and trust, and regular spectators report a stronger sense of well-being and satisfaction with life.

Summer's Bounty

June has arrived, which means summer gardens are beginning to produce their bounty! This month is an ideal time to visit farmers' markets and check out seasonal displays at grocery stores for fresh selections of fruits and veggies.

Beautiful Life

Make time to reflect on all that makes your life and the world beautiful. Surround yourself with art, family or friends, and celebrate National Making Life Beautiful Day on June 11.

Flying Flag Facts

We celebrate the American flag on June 14, but Old Glory is in good company when it comes to interesting flag facts:

- An expert on flags is called a vexillologist.
- The current U.S. flag was designed by 17-year-old Robert G. Heft for a school project. He originally got a B- on the assignment, but it was raised to an A when President Eisenhower chose his design.
- Only one nation's flag isn't rectangular or square: Nepal. Representing the Himalayas, the country's flag is shaped like two stacked triangles and features a sun and moon.
- The color purple is found on the flags of only three nations: Dominica, El Salvador and Nicaragua.
- The oldest flag still in use belongs to Denmark! The simple red flag with a white Nordic cross was introduced in 1219 and adopted as the national flag in 1625.
- Belize has the most colors on their flag, with 12.
- When the Philippines is at peace, the blue stripe on their bicolor flag flies at the top, but when they are at war, the red stripe faces up.
- The Welsh flag has a large red dragon on it that personifies the fearlessness of their nation.



Welcome, Summer!

Different cultures have celebrated the longest day of the year, known as the summer solstice or midsummer, for centuries. Learn more about some of the world's most buzzed about summer parties:

Sweden. Midsummer is a major holiday in Sweden, whose solstice celebrations are famous. Families and friends often spend the day in the countryside, marking the occasion by dancing around a maypole, making flower crowns and feasting on pickled herring.

Wiltshire, England. Visitors to Stonehenge can normally only walk around the towering stone circle, but they are allowed inside of it twice a year—on the summer and winter solstices, when the pillars are positioned perfectly with the movement of the sun. On the first day of summer, the view from inside shows a spectacular sunrise over the large Heel Stone.

Ottawa, Canada. Canada's capital is also the original territory of the Algonquin people, and the Summer Solstice Indigenous Festival honors Native chiefs and artisans; traditional attire, music and dancing; and other cultural experiences.

Singin' the Blues

Do you like jazz, rock or country music? If so, then give a nod to their precursor: blues. Blues music originated in the Deep South in the 1860s, and it generally expresses a lyrical feeling rather than a narrative story. An important aspect of African American culture, blues is often associated with the end of slavery and the beginning of freedom.

A pioneer of the genre was W.C. Handy, whose 1912 song "The Memphis Blues" was one of the first blues compositions to be published as sheet music. In the following decade, Sylvester Weaver made the first recording using the slide guitar technique. A key element in blues music, this whine-like sound is produced by applying a metal slide or glass bottleneck to the guitar strings.

Female performers have been prominent since the early days of the genre. Mamie Smith made the first-ever blues recording, "Crazy Blues," in 1920. Another popular singer of the time, Gertrude "Ma" Rainey—known for her gold teeth, flashy clothing and alluring stage presence—is known as the "Mother of the Blues."

The post-World War II era saw a rise in electric blues. Muddy Waters, the "father of modern Chicago blues," sang one of the most iconic blues songs of all time: "Hoochie Coochie Man."



Construction of the Toolbelt

The toolbelt is a wardrobe staple for carpenters, electricians and other trade workers, as well as devoted DIYers.

The workwear industry officially emerged in the late 1800s, when still-prominent companies Carhartt and Dickies were founded. These businesses, among others, produced

protective clothing for factory workers, miners and the armed forces.

A popular predecessor to toolbelts was the carpenter's apron, similar to a pair of overalls. The apron's loops and pockets made it easy to reach for tools in the middle of a project, but the heavy-duty fabric could be cumbersome. Between 1930 and 1950, the first leather toolbelts were custom-made in saddle and shoe repair shops. Durable and comfortable, these belts nailed the user's most essential needs of portability and accessibility.

By the 1970s, leather toolbelts were the go-to accessory for skilled laborers.

Drink Up! It's National Iced Tea Month

The days are getting sunnier, and summer is on its way; it's the perfect season to enjoy a nice, tall glass of iced tea. We may think of tea as a refreshing treat and nothing more, but the popular beverage holds plenty of benefits.

Antioxidants. All teas made from the *Camellia sinensis* plant—which includes black, green, white and oolong teas—are high in antioxidants, which can rid your body of toxins and may help prevent cancer. Adding lemon or lime to your tea provides even more antioxidants.

Hydration and cooling. Heat stroke and dehydration are important concerns during the summer, but drinking unsweetened iced tea can help you stay cool and hydrated.

Stress relief. A British study found people who drank black tea had lower levels of the stress hormone cortisol. So grab a glass, kick back and enjoy a relaxing summer!



Wit & Wisdom

"I wanted a summer filled with porch swings, lemonade and fireflies."

—Tiffany King

"The lemon is the symbol of tart refreshment; its color and fragrance lift our spirits before we even taste it."

—Lori Longbotham

"In all my work, I try to say 'You may be given a load of sour lemons; why not try to make a dozen lemon meringue pies?'"

—Maya Angelou

"If I were really smart, I'd probably spend more time just sitting in the shade drinking lemonade."

—Brian Andreas

"If life wanted to hand me lemons, I was not only going to make lemonade, but I'd use the zest for cookies, plant seeds for future fruit and turn the rind into compost to grow flowers, all the while giving thanks for lemons."

—Bridgette Mongeon

"You can either see your life as filled with sour lemons that make your eyes water or filled with zest and energy of the refreshing juice that awakens your taste buds—how you see life is your choice."

—Tanja Christine Jaeger



Theme Park Thrills

Magical lands, thrilling rides, dazzling entertainment and delicious treats—amusement parks are your ticket to fun and excitement! Have you visited any of these attractions?

Park	Location	Year Opened
Cedar Point	Sandusky, Ohio	1870
Bay Beach Amusement Park	Green Bay, Wis.	1892
Knott's Berry Farm	Buena Park, Calif.	1923
Disneyland	Anaheim, Calif.	1955
Busch Gardens Tampa Bay	Tampa, Fla.	1959
Silver Dollar City	Branson, Mo.	1960
Dollywood	Pigeon Forge, Tenn.	1961
Six Flags Over Texas	Arlington, Texas	1961
Universal Studios Hollywood	Los Angeles, Calif.	1964
Walt Disney World	Orlando, Fla.	1971
Legoland California Resort	Carlsbad, Calif.	1999

"This Month In History"

JUNE

1916: "America's Sweetheart" Mary Pickford signs a contract with producer Adolph Zukor that guarantees a \$1 million salary over two years. The silent film star was the first actress to sign a million-dollar contract.

1927: The Peace Bridge opens. Crossing the Niagara River, the international bridge connects Buffalo, N.Y., to Fort Erie, Ontario.

1948: The borders of Berlin, Germany, are blockaded, cutting off access to electricity, food, medicine and

other supplies to around 2.5 million civilians. Two days later, on June 26, U.S. and British planes began dropping in supplies for aid, a mission known as the Berlin Airlift.

1953: Queen Elizabeth II is crowned as queen of the United Kingdom. Her 70-year reign, which ended in 2022, was the longest of any British monarch.

1973: Horse Secretariat becomes the first Triple Crown winner in 25 years. Earning the crown after winning the Kentucky Derby, Preakness Stakes and Belmont Stakes, Secretariat still holds time records in all three races.

1989: "Batman," the first big-budget movie about the superhero, premieres. Starring Michael Keaton, the film won an Oscar in 1990 for best art direction.

1991: The video game Sonic the Hedgehog debuts. Praised as one of the greatest games ever, the franchise is still going strong today.