July Happenings!

Flag Day with the Boy Scouts!
We will be celebrating Flag Day on Thursday, June 13, with the Boy Scouts again this year! Join us at 2 p.m. and help us celebrate our country's flag and visit with these great scouts!

Father's Day Party!
Come down to the main dining room and help us celebrate fatherhood in all its various forms. Dave Khoury will be here to entertain us, so be sure to join us on Friday, June 14, at 2 p.m., in our main dining room.

75th Anniversary of D-Day
On June 6, 1944, more than 150,000 Allied troops stormed the beaches of Normandy, France, in the largest amphibious military operation in history. This year marks the 75th anniversary of the historic World War II invasion known as D-Day.

Under the command of U.S. Army General Dwight D. Eisenhower, the Allied attack came after two years of planning and preparation to overtake German forces and liberate Western Europe. A 50-mile stretch of coastline in northern France was chosen as the landing site and divided into five beaches, code-named Utah, Omaha, Gold, Juno and Sword.

More than 13,000 airplanes and 5,000 ships and landing craft carrying American, British and Canadian soldiers departed England, crossed the English Channel and invaded Normandy by sea and air in the early hours of June 6. By day's end, it's estimated that 10,000 Allied troops were killed or wounded.

After gaining a foothold along the coast, the Allies advanced into France and eastward to Germany. D-Day is often considered the beginning of the end of the war.

We are pleased to have helped support the C-47 Miss Montana to Normandy project! Thank you for your contributions!
Resident Spotlight

Mae was born in Missoula, Mont., in 1927 in the family home. She is the youngest of four children. Her father worked for Standard Oil, and her mother was a seamstress and did alterations, working in dress shops.

Mae lived in Missoula throughout her childhood until she was 18 years old, living in the same house she was born in. She went to St. Anthony’s Catholic grade school then on to Missoula County High School, graduating in 1945.

During high school, she enjoyed all sorts of sports including basketball, volleyball, softball and tennis. Being the era that she went to school, girls’ sports were not recognized as anything but activities for gym class. Nonetheless, she enjoyed participating in those sports.

During high school, Mae worked as a usher at the Wilma Theater. She says that at that time, the Wilma was the most beautiful theater.

In 1946, Mae traveled to see a friend who lived in Oakland, Calif., and during her visit, she met her future husband, Eldon. Talking with Eldon, who was in the Navy at the time, she found out they both were from the same area. Eldon was born and raised in Milltown. She spent a few weeks in California with her girlfriend, and she and Eldon were constant companions. After her visit there, she returned to Montana. Eldon came home to Milltown on leave that winter, and when he had to return to California, he and Mae had already talked about them getting married.

The following summer, Mae went back to Oakland, where she and Eldon were married in September and would be for 54 years. They have two children, three grandchildren and three great-grandchildren.

During the years their children were growing up, Mae would go with Eldon hunting and fishing. Later on, they took their son with them hunting. Mae says their family went on short vacations around the pacific northwest.

Mae started working in the Milltown Post Office as a clerk after Eldon got out of the military. She was the clerk there for about 12 years. When the postmaster retired, Mae was fortunate enough to be able to take the position and worked for a total of about 32 years at the Milltown Post Office. She saw many changes in the Milltown area over the years. Being the postmaster in a smaller community, Mae knew most of the people in the surrounding area and says they spent time together away from the post office during town functions, gatherings on a weekend or school functions.

Mae has seen the progression and growth of Missoula from a small, tight-knit community where most of the area was fields and farmland to what we see today. She fondly remembers the only hamburger joint in town, Hamburger King, located by the train station. She remembers that quite a few school kids worked there as carhops and that if she and her siblings were good when the family went to town, her dad would take them to get a burger.

Mae likes to exercise by coming to our FIT classes along with walking, both inside and outside, when the weather permits. She loves to golf and managed to get out on the links a few times last year. She told a story about golfing with a couple of college kids last year, and when they were finished, she told her partner he could tell everyone he had golfed with a 91 year old. He didn’t blink an eye and told her she played golf better than his girlfriend. That made her day!

Mae moved into the Village in 2018 and admits she was apprehensive about moving here, but it didn’t take long for her infectious smile, laughter and attitude to make close friends. She is a blessing to have here and an absolute delight to talk with.

Nurses’ Notes

Foods that can help protect your skin: Along with using sunscreen, research suggests that what you eat can also play a role in preventing sun damage. Include these foods in your diet for a dose of added protection.

Watermelon and tomatoes — The red color of these fruits comes from lycopene, an antioxidant that promotes healthy skin and can shield against the sun’s harmful ultraviolet rays. Cooked tomatoes offer the most lycopene.

Cantaloupe and carrots — These orange fruits and vegetables have high levels of beta carotene, which may help boost the skin’s ability to defend against sunburn.

Vitamin C-rich foods — Peppers, papaya, kiwifruit, broccoli, strawberries and oranges are packed with vitamin C, good for fighting free radicals. Exposure to the sun’s radiation can cause these molecules to form and damage cells in the body.

Salmon and tuna — Fish rich in omega-3 fatty acids have been shown to guard against sunburn and skin changes that can lead to cancer. Mackerel and sardines are also good sources of omega-3s.

From the Dining Room Director

We appreciate your patience with the flooring project. We hope you are enjoying the new dining room floor and arrangement as much as we are. How nice this will be for our dances! As a reminder, our dinner dining times remain the same. Please wait until the dining room is open to be seated.

The first dining seating for dinner begins at 4:30 p.m. The second dining seating for dinner begins at 5 p.m. Please see me if you have any questions.

Lynda Ashton
Dining Room Director

Kathryn’s Korner

Hopefully we can all begin to plant our gardens soon. Here is one of my favorite plans:

For the Garden of Your Daily Living:

Plant three rows of peas:
1. Peace of Mind
2. Peace of Heart
3. Peace of Soul

Plant four rows of squash:
1. Squash Gossip
2. Squash Indifference
3. Squash Grumbling
4. Squash Selfishness

Plant four rows of Lettuce:
1. Lettuce be Faithful
2. Lettuce be Kind
3. Lettuce be Patient
4. Lettuce really Love One Another

Happy Gardening!

Kathryn E. Beatty, LNH
Executive Director

Resident Birthdays

Thelma H., 4th
Luella M., 4th
Lillian M., 8th

Thelma G., 16th
Marcella L., 26th
Carol H., 30th

Honoring the United States Flag

We celebrate Flag Day on June 14, the anniversary of Old Glory’s adoption as America’s flag in 1777. The U.S. Flag Code outlines how this national symbol should be honored.

A Lot of Hoopla

In the late 1950s, a circular piece of plastic became the object of a fad that captivated the country. What was it? The Hula-Hoop!

The idea for it was not new. Since ancient times, people have used dried grapevines and reeds to construct hoops, which they twirled around their waists, rolled along the ground with sticks, and tossed to each other in games of catch. Native Americans used hoops to practice hunting skills and to perform storytelling dances.

Skip ahead to the 20th century, when gym classes in Australia had schoolchildren spinning bamboo hoops around their waists for exercise. That caught the attention of American toy company Wham-O, which then designed a brightly colored plastic version, priced at $1.98. It called the toy the Hula-Hoop, using a name that had been around because of hooping’s resemblance to the Hawaiian hula dance.

Wham-O passed out free hoops and gave playground demonstrations, sparking a Hula-Hoop craze in 1958. Kids and adults swiveled the hoops on their hips, necks and limbs. In just four months, 25 million Hula-Hoops were sold.

Many people still hula-hop for fun and exercise, and classes and competitions are held all over the world.
Summer is a great time to start thinking about safety. Warm weather may be calling people outside, but outdoor activities also open the door to potential accidents. The National Safety Council designates June as National Safety Month to help raise safety awareness. You may be surprised to hear that one in three people over 65 fall each year, making it the leading cause of injuries for the age group.

Exercise can be the first defense against falls. FIT Functional Fitness® offers various exercise classes that can help increase muscle and bone strength! The program's goal is to increase overall health and wellbeing, reduce potential for falls, and encourage residents to remain active.

Welcome Gina!

Gina Siffri joined us last month as our Life Enrichment Director. She comes to use from having been in Life Enrichment at Hillside Health & Rehab for the past three and a half years. Stay tuned for next month’s newsletter for more about Gina.

Certified Nursing Assistant and Caregiver Week

June 13-20 is Certified Nursing Assistant Week. We are proud of all of our Caregivers and CNAs.

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Visit facebook.com/TheVillageSeniorResidence to see pictures and catch up on all the fun here at The Village Senior Residence. This is a great way for family members and friends to stay connected!