

JUNE 2018

# TRANSITIONS TIMES

TRANSITIONS HEALTH CARE LLC, 8850 BARNES LAKE ROAD, NORTH HUNTINGDON, PA 15642



## Celebrating June

### Iced Tea Month

### Zoo and Aquarium Month

### Fireworks Safety Month

*June 1–July 4*

### Be Kind To Others Day

*June 2*

### Manager's Bonus Bingo

*June 6*

### Flag Week

*June 10–16*

### Transitions Dog Show

*June 13*

### Father's Day (U.S.)

*June 17*

### First Day Of Summer

*June 21*

## Rose-Colored History

This June, Rose Month, consider how a rose is more than just a mere flower. Roses are filled with symbolism and meanings that change depending on the color of the flower: red means love and passion, pink means gratitude and admiration, white means innocence, and yellow means friendship. These color-coded meanings, however, are relatively recent inventions. The symbolic importance of roses dates back to the ancient Greeks, Romans, and Persians.

Greeks told the myth of Chloris, goddess of the flowers, who transformed a woodland nymph into the “Queen of Flowers,” the most beautiful flower in all the world. Chloris’ husband, the West Wind, blew away the clouds so that Apollo, the god of the sun, could shine his divine light down on her. Aphrodite, the goddess of beauty, gave the flower its form. Dionysus, the god of wine, bestowed an intoxicating aroma. The three Graces gave the flower charm, joy, and splendor. It was Aphrodite who named the flower Rose, rearranging the letters of the name of her son, Eros, the god of love. The rose’s unparalleled beauty was used by Iris, the rainbow goddess, and Aurora, the goddess of the dawn, to paint the morning sky. Eros would eventually use a rose to bribe Harpocrates, the goddess of silence, to keep the many secrets of his mother, Aphrodite. In these ways, the rose became a symbol of beauty, love, and silence for Greeks and Romans.

Persian legends, too, hold the rose in high esteem. The rose has grown naturally for millennia throughout the Middle East and is associated with the creation of the world and mankind. In early June, the city of Kashan in Iran holds its centuries-old Rose Festival, an annual harvest of desert roses. The roses are distilled into fragrant rose water and pure rose oils. Roses were first carried back to Europe from these harvests. Indeed, much of our modern reverence for the rose stems from these ritual harvests in Persia.

## Heroes of June



We're calling the month of June wonderful, super, and heroic. Forgive the use of superlatives, but June celebrates both Wonder Woman Day on June 3 and Superman Day on June 12.

Wonder Woman has been getting a lot of press lately thanks to a massive surge in popularity after the release of her own Hollywood movie. The comic book superheroine may have become a box office smash in 2017, but for the preceding 75 years, Wonder Woman was something more subversive.

Wonder Woman wasn't the first female superhero, but she was the first female superhero created specifically to be a feminist icon. Her creator, William Moulton Marston, was a Harvard-educated psychologist who believed that women would rule the future because men were too immersed in violence and war. In many respects, Wonder Woman embodied his hope for a new world order of feminist peace. Over her 75 years, Wonder Woman has been caught in a tug-of-war between being called a feminist icon and feminist failure. Regardless of her politics, Wonder Woman has become a worldwide cultural phenomenon worthy of her own holiday.

Superman as the hero we know today made his comic book debut on June 12, 1938. While Wonder Woman was designed as a savior, Superman was originally conceived as a villain by creators Jerry Siegel and Joe Shuster. He made his first appearance in 1933 in a story in which a mad scientist finds a nobody and turns him into "the superman," a bald madman bent on destroying the world. Of course, this idea was scrapped in favor of a cape-clad alien who becomes a savior to Earth.

Wonder Woman and Superman may be some of the most beloved superheroes of all time, but a debate rages: who is more powerful? The two have battled 15 times, with Wonder Woman defeating Superman eight times and drawing him four, but who's counting?

## Fields of Joy

The first Saturday in June has been designated Prairie Day to recognize the vast grassland ecosystem that is vital to our planet. The Great Plains of North America once stretched from the Canadian prairies of Manitoba, Saskatchewan, and Alberta, throughout America's Midwest, all the way into northern Mexico. The chief component of the prairie is the tall undulating grass with a deep root system capable of withstanding everything from drought to torrential rain. This 170 million-acre ecosystem was one of the most fertile habitats on the planet, supporting a diverse array of plants, birds, insects, and iconic animals such as the bison. Alas, only one percent of this habitat remains. The prairie has largely been converted to farmland, becoming North America's "breadbasket." The South American *pampas* and Russian *steppe* have suffered similar fates, but as in North America, preservation efforts are building.

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## RECIPE OF THE MONTH

### Cream Cheese Cookies

#### Ingredients:

- 1 (8-ounce) container cream cheese, room temperature
- 1/2 cup butter, room temperature
- 1 1/4 cups sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 2 1/2 cups flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- Powdered sugar (for dusting)

#### Directions

1. Preheat oven to 350°F. Line two baking sheets with parchment paper.
2. Place cream cheese and butter in the bowl of a stand mixer and whip until fluffy. Add sugar, eggs, and vanilla, mixing until combined.
3. Turn stand mixer to low and gradually add flour, baking powder, and salt. Mix until just combined.
4. Drop dough by rounded tablespoonful onto prepared baking sheets.
5. Bake 10–11 minutes. Allow to cool on a cooling rack.
6. Dust with equal amounts of powdered sugar.

*Makes about 44 cookies*



## JUNE OUTINGS AND SPECIAL EVENTS

- June 4 – Entertainment by J.R. Stanley
- June 6 – Managers' Bonus Bingo
- June 8 – Picnic @ Indian Lake
- June 11- Flag Retirement Ceremony
- June 13 – Transitions Dog Show
- June 15 – Father's Day Social with Entertainment by Tim Litvin
- June 18 – Food Committee Meeting
- June 20 – Root Beer Social
- June 21 – Country Van Ride & Ice Cream
- June 22 – Donut Social
- June 25 – Funny Money Auction
- June 27 – Resident Council Meeting
- June 28 – Resident Birthday Party w/Entertainment by Rick Bruening
- June 29 – Living Treasures Zoo



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**CONGRATULATIONS!**  
Transitions Resident Council  
Recognizes  
**Herb Moore, Housekeeping**  
As an outstanding employee for  
June 2018

Walt Kingera, Administrator  
Tammy Stollar, Director of Nursing  
Leslie King, Asst. Director of Nursing  
Rachel McGrew, Admissions Director  
Rob Kalas, Social Service Director  
Mark Wargo, Maintenance Director  
Sandy Bertani, Business Office Mgr.  
Kim Bartos, Environmental Services  
Jackie Austin, Dietary Manager  
Marsha Kirker-Bozich, Life Enrichment  
Director

## 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.

Mary Jane Roberts...June 5<sup>th</sup>

### Humor Corner

Morris, an 82 year-old man, went to the doctor to get a physical. A few days later the doctor saw Morris walking down the street with a gorgeous young woman on his arm.

A couple of days later the doctor spoke to Morris and said, "You're really doing great, aren't you?"

Morris replied, "Just doing what you said, Doc: 'Get a hot mamma and be cheerful.'"

The doctor said, "I didn't say that. I said, 'You've got a heart murmur. Be careful.'"...ooh!



## 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 these scandalous gyrations, he was dubbed "Elvis the pelvis" and panned by critics as gross and inappropriate. The publicity for this performance put Elvis into the spotlight