



Photo by Don Detrick

# Red Oak Residence

## Father's Day

The American tradition of celebrating Father's Day was the idea of an enterprising daughter, Sonora Smart Dodd. The notion struck her one Sunday in 1909 while listening to a Mother's Day sermon in Spokane, WA. She wanted a special day to honor her father, William Smart. Smart, a Civil War veteran, was widowed when his wife died in childbirth with their sixth child.

Mrs. Dodd proposed to Spokane city officials that the first Father's Day be observed on June 5, which happened to be her father's birthday. The local ministers needed extra time to prepare a sermon for the occasion, so the date was moved to June 19, 1910.

Father's Day has been widely celebrated ever since. In 1924, President Calvin Coolidge supported the idea of a national Father's Day. In 1966, President Lyndon Johnson signed a Presidential Proclamation declaring the third Sunday in June as Father's Day. But it wasn't until 1972 that it was officially proclaimed a national holiday when President Richard Nixon signed a Congressional Resolution declaring the third Sunday in June as Father's Day.

Chef Peter pling A New Alternative Menu ?



Sam-



Entomophagy—technical for the more dane "eating bugs"—has



the name mundane

been around for ages. It's a cornerstone to different cuisines around the world, including those of Latin American, Asian, and African countries. But there's no sign of it in Western culture, and least of all in the US, where consuming insects is something you'd most likely only see on TV via *Fear Factor*.

But it doesn't have to be. Insects are the basis of many food webs in nature, are very rich in nutrients—including protein and all nine essential amino acids for human development—and can be delicious. Yes, you read that right—bugs are actually tasty - just ask those who tried it last month !! (By the way, Chef Peter did not sample the bug chips, nor will he be serving this)



FATHERS DAY Ice Cream CELEBRATION

SUNDAY, June 21st

2:00-3:00 residents are invited to join us for



## Parkinson's and Exercise

Exercise has many physical and emotional benefits. Research has shown that exercise can be especially helpful for those with Parkinson's disease.

One of the largest studies about the effects of exercise on symptoms is the Parkinson's Outcome Project funded by the Parkinson's Foundation.

Miriam Rafferty, a research scientist on the project, says the study found that maintaining regular exercise (two and a half hours per week) was associated with lower declines in mobility and quality of life in people with the disease. "In addition, people who were not exercising enough at first, but started to exercise, also had slower declines compared to people who did not exercise regularly," she said. The study is ongoing, along with a number of others on various types of exercise that might help with Parkinson's.

It can be challenging enough to stay motivated to exercise under the best of circumstances, let alone when battling a disease. Following some of these steps from the American Parkinson Disease Association may help.

- 1) Choose something you enjoy as it will be easier for you to stick with it.
- 2) Partner up with a buddy, as this will make exercising more enjoyable.
- 3) Mix it up with a variety of different exercises to reduce boredom.
- 4) Plan ahead and schedule your exercise. Getting on a routine will make a huge difference.

Staying healthy physically can help you stay healthy emotionally too. If you're eating the right food and exercising, your body will be strong and help you to cope with the stress of fighting the disease.

## Popcorn Tasting Day Which Popcorn Won ??

Last month, 6 different popcorn flavors were taste tested by residents and staff. The flavors were: Dill Pickles, Salt-n-vinegar, Cinnamon Bun, Maple Bacon, Cheddar Cheese, and Rainbow Fruit.

Can you guess which flavor was the top favorite out of 59 votes? ....



## Cheddar Cheese !!!!

Cheddar Cheese dominated the votes! This was a little shocking to everyone in the front office who thought Maple Bacon would be the winner.

## Why Do Some Popcorn Kernels Fail To Pop?

Congratulations to Bud !! He won the drawing and had the correct answer as to why some popcorn kernels fail to pop!! The answer is: Moisture loss. Popcorn pops because it has an impermeable membrane (pericarp) that holds in water; the water inside the kernel superheats, causing so much pressure that the shell bursts.



## How Much Longer? Are We There Yet?

How many parents have heard these two questions more than once from their children when they were younger? Well.... Now it's your turn to ask... How much longer will Governor Inslee keep King County closed? When are our families be allowed to come into Red Oak for a visit? While these are excellent questions, we still do not have an answer. At the time of this writing, Governor Inslee has not released King County to enter into "phase two".

During this "Stay Home, Stay Healthy" order, your Red Oak Staff will continue to strive everyday to keep you happy and healthy. Please contact the front desk if you have any questions or concerns.

## Three Fun Facts About the Month Of June

- ◆ The month of June was most likely named for the Roman goddess Juno, patroness of marriage and the well-being of women.
- ◆ June 20th is the summer solstice, which heralds the start of summer in the Northern Hemisphere. It's the day with the most hours of daylight, so get out there and enjoy that sunshine.
- ◆ June 19, 1845: the very first baseball game was played in Hoboken, New York.

