

AL Communicator

Allegría at the Fountains 114 Hayes Mill Road Atco, New Jersey 08004



June's
Birthstone
 Flower
 Tree

Pearl
 Rose
 Cherry

June Zodiacs

Gemini (The Twins) June 1–20
 Cancer (The Crab) June 21–30

What's Lucky in June?

Lucky Color: Pink
 Lucky Animal: Seal
 Lucky Letter: B
 Lucky Day: Monday
 Lucky Plant: Magnolia



Red, White, and Blue

While the Fourth of July is typically associated with the American flag, June 14 is Flag Day. Flag Day honors the anniversary of when the red, white, and blue flag was officially sanctioned by the Continental Congress in 1777.



People Born in June

- ♥ are caring
- ♥ are the best personality
- ♥ are visionary
- ♥ are brand conscious
- ♥ are choosy and moody
- ♥ rarely show emotions
- ♥ joking is their poking
- ♥ kind people attract them
- ♥ are good in debates
- ♥ love ice-cream, cold drinks

Share if you were born in June

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June Birthdays

In astrology, those born June 1–21 are Twins of Gemini. Perhaps because twins are born with a companion, Geminis love to communicate with others. They are clever extroverts who can make persuasive arguments. Those born from June 22–30 are Crabs of Cancer. Crabs are very intuitive and sensitive to their environment. Their home is their sanctuary, and they are emotionally committed to family and loved ones.

- Morgan Freeman (actor) – June 1, 1937
- Angelina Jolie (actress) – June 4, 1975
- Prince (musician) – June 7, 1958
- Joan Rivers (comedienne) – June 8, 1933
- Gene Wilder (actor) – June 11, 1933
- Burl Ives (singer) – June 14, 1909
- Venus Williams (tennis star) – June 17, 1980
- Phylicia Rashad (actress) – June 19, 1948
- Lionel Richie (singer) – June 20, 1949
- Wilma Rudolph (Olympian) – June 23, 1940
- Derek Jeter (baseball player) – June 26, 1974
- Kathy Bates (actress) – June 28, 1948

Resident Birthday's

Irene Buechlein 06-25
Charles Sharpe 06-26



Staff Birthday's

Chinenye Okpara 06-10
Antonio Cruz 06-14
Shelby Meenan 06-15
Tina Smith 06-16
Marc Walker 06-16
Marc Mackiewicz 06-20
Elaina Clayton 06-25
Roseta Piquant 06-26
Glenneth Weston 06-30

Celebrating June

June 2nd Wine & Cheese Party (FSL)

June 3rd Catholic Communion/ Painting w/ Jazzy Jenn (AL1)

June 10th Mark Dezi Sings (DR1)

June 15th Birthday Party of the Month (FSL)

June 17th Happy Hour (FSL)

June 19th Father's Day Social (AL2)

June 20th Ice Cream Soda Social (FSL)

June 21st Walmart Trip

June 24th Happy Hour (FSL)

June 28th Resident Council (AL2)

June 29th Yoga Alliance (AL2)



Jen's Corner

Can you believe it's June already? Time sure does fly! I want to thank the activities department for all their hard work and dedication. Make sure to attend all the fun events planned, get out and socialize and meet new friends. Last month we celebrated the nurses and this month we will celebrate all of the aides. Remember to stay hydrated, wear your mask and wash your hands often. Maybe one day I won't have to say that anymore (Covid). Please welcome our new residents, Robert Wallace, Eleanor and Herbert Wood.

Fun facts.

- June has some incredibly varied month-long observances around the world. In the United States, June is LGBT+ Pride Month, Great Outdoors Month, and National Oceans Month.
- No other month in the year begins on the same day of the week as June.
- June has both the longest and the shortest days of the year, depending on where you're standing! If you live in the northern hemisphere, then June 21st is the longest day of the year. If you live in the southern hemisphere, then the 21st is the shortest day of the year.

Love you all,

JEN

"Be yourself; everyone else is already taken."



Milk's Shaky History

June was declared Milk Month in 1937 as part of a campaign to help dairy producers sell excess milk produced during warm summer months when grazing was plentiful for dairy cows and milk production was at its peak. Dairies were keen to increase sales because the industry was grappling with significant change.

Where milk was once delivered daily door-to-door by milkmen, by the 1930s and '40s, home milk delivery was nearly obsolete. Thanks to the invention of home refrigeration, families were now able to store milk and perishable goods in their homes for long periods. Grocery stores, which had previously sold mostly dry goods, now had vast refrigerated sections that kept everything from milk to ice cream cold. The whistling milkman became a thing of the past, a piece of precious nostalgia.

Yet some modern families have embraced the return of daily milk delivery. Milkmen are once again making their rounds, delivering fresh milk in glass bottles. Not only is the milk fresh, often bottled and delivered within 24 hours, but the glass bottles are environmentally friendly, reducing the need for plastic jugs and paper cartons. Better yet, milkmen are also delivering fresh eggs, butter, cheese, and yogurt. If you're lucky, you can even receive chocolate or strawberry milk! Signing up for modern milk delivery is helping local farms flourish.

Despite these innovations, the future of dairy is a bit foggy. Anyone who has ventured into the milk aisle at the grocery store now sees several plant-based milk options: nut milk, coconut milk, and soy milk. Dairy executives might object to using the term *milk* to describe the white, milky, liquid that comes from crushing nuts into a paste and blending them with water, but such beverages have been drunk as "milk" for centuries by cultures around the globe. Many people who cannot enjoy dairy for health reasons are lucky to have these plant-based alternatives. Non-dairy milks can even be transformed into other dairy staples, such as butter, ice cream, and cheese. There's suddenly more to Dairy Month than ever before.

"So sweet, so sweet the roses in their blowing, so sweet the daffodils, so fair to see; so blithe and gay the humming-bird a-going from flower to flower, a-hunting with the bee." ~ Nora Perry (1831–1896)



On Eagle's Wings

On June 20, 1782, a picture of a bald eagle with wings outstretched was proposed to the U.S. Congress as the Great Seal of the United States. Not everyone accepted the bald eagle as the national bird, and a debate raged for years after its selection. Benjamin Franklin famously objected:

"I wish the bald eagle had not been chosen as the representative of our country; he is a bird of bad moral character; like those among men who live by sharpening and robbing, he is generally poor, and often very lousy. The turkey is a much more respectable bird and withal a true, original native of America."

Franklin's objections would be overruled, and in 1787, the eagle was officially adopted as America's national emblem. America was not the first country to use an eagle as its symbol: the ancient Roman Empire and the First Persian Empire both used eagles to denote strength and glory.

Juneteenth for All



June 19, better known as Juneteenth, was established as a federal holiday in 2021, but it has been observed as the date commemorating the end of slavery in the United States since 1865. It was on June 19, 1865, that U.S. General Gordon Granger arrived in Galveston, Texas, with a force of federal troops to declare that "in accordance with a proclamation from the Executive of the United States, all slaves are free." That proclamation was President Abraham Lincoln's Emancipation Proclamation, which had been signed a full two-and-a-half years earlier. Texas had been considered a haven for slavery, as it had been spared from much of the Civil War's fighting and the presence of Union troops. That all changed with General Granger's arrival. Later that December, slavery was formally abolished in America with the adoption of the 13th Amendment.

Hello, June! Let the summer begin." – Unknown

Marrying Traditions

Wedding bells will be ringing all through the month of June. After all, it is the most popular month for couples to be married. Some say it is because June's pleasant weather is best for a wedding, but this tradition has roots far deeper than any meteorologist could predict.



The month of June was named for the Roman goddess Juno, whose domain was marriage, childbirth, and family. As the patron goddess of Rome and all the Roman Empire, she was called *Regina*, or "Queen," and was part of a powerful triumvirate of gods that included Jupiter, king of the gods, and Minerva, goddess of wisdom, justice, and military strategy. Of the three, Juno was worshipped as the protector of the empire, and particularly as a protector of women. Roman women went so far as to call their souls *junos*, believing that they each possessed a small bit of their beloved *Regina's* spirit. June, unsurprisingly, was considered the most auspicious month to be married.

Historical evidence suggests that June might have been a popular month for marriage even before the time of the Romans. The Celts celebrated their springtime fertility ritual of Beltane on the cross-quarter holiday of May 1. Cross-quarter days were astronomical holidays that fell between quarter days, the equinoxes and solstices. It was a Beltane tradition for young couples to pair and plan for a wedding on the next cross-quarter day, which would not arrive until August three months later. Impatient young couples, eager to wed, would often not wait until August and instead marry in mid-June on the following quarter day, the day of the summer solstice. In this way, June became a traditional month for marriage.

It might come as no surprise that the following springs often coincided with a baby boom for couples married the previous June. This only provided more evidence of spring's powerful fertility as Earth sprang back to life with its blooming flowers and leafing trees.

A Day for Dad

The very first celebration of Father's Day was on June 19, 1910, at a YMCA in Spokane, Washington. Sonora Smart Dodd had watched her father single-handedly raise six children. After hearing a sermon about the virtues of Mother's Day, Dodd approached her pastor and suggested a comparable holiday for fathers. Her pastor agreed and set the date for the third Sunday in June.

Father's Day became an annual observance in Spokane, but once Dodd left home to attend school at the Art Institute of Chicago, the holiday was quickly forgotten. Upon her return to Spokane, Dodd embarked upon a crusade to recognize Father's Day on a national level. She sought the help of trade groups that would benefit from such a holiday: tie and tobacco pipe manufacturers. The New York Associated Men's Wear Retailers group even founded a Father's Day Council to promote the holiday. Decades passed, and members of the U.S. Congress resisted founding a national holiday. It wasn't until 1972 that President Richard Nixon made Father's Day a permanent national holiday by signing it into law.

You May Now Lick the Bride



It is well known that June is a popular month for weddings, but did you know that the second week in June is Pet Wedding Week, a week dedicated to the lasting union between animals? This unique holiday was

designed for pet owners who believe that their pets should be suitably paired and partnered into loving relationships for the purposes of companionship and breeding. There is even a National Pet Association of Ceremonies, a nationally recognized body of pet ceremony officiants, that will conduct official pet weddings. Like human weddings, costs can grow exponentially, with some paying thousands for catering, flowers, live music, and, of course, bridal gowns.