

Don't Mess with Palmer!

Pebble Beach Golf Links, on California's Monterey Peninsula overlooking the Pacific Ocean, is one of the most famous and highly regarded golf courses in the world. It annually hosts the AT&T Pebble Beach National Pro-Am and regularly hosts other major tournaments, including the U.S. Open, which it will do for the fifth time this June.

The famous course has many interesting stories to tell. At the Bing Crosby Pro-Am in 1967, Arnold Palmer trailed Jack Nicklaus by a stroke in the final round. On No. 14, Palmer's approach shot struck a tree and bounced out of bounds. He hit another shot, and the same thing happened. He wound up taking 9 and falling out of contention. That night, a storm hit the area and strong winds ripped "Palmer's tree" right out of the ground.

June Birthdays

If you were born from May 21-June 21 you are a Gemini, the twins. If you were born from June 22-July 22, you are a Cancer, the crab. Geminis are complex and dual-natured. Like children, they are lively, happy, and love to explore new things. A Cancer can be highly emotional, caring, generous, and intuitive. Cancers are great supports for family and friends, being both soothing and nurturing.

Maxine Looney (resident)	June 7
Susan Robinson (staff)	June 8
Earl Stahr (resident)	June 9
Kelly Happel (staff)	June 21
Leone Studebaker (resident)	June 28
Morgan Freeman (actor)	June 1, 1937
Michael J. Fox (actor)	June 9, 1961
Tara Lipinski (skater)	June 10, 1982


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June 2010

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Iced Tea Month

Dairy Month

Donut Day June 4

Fishing & Boating Week June 5-13

Power of a Smile Day June 15

World Juggling Day June 19

Father's Day June 20

First Day of Summer June 21

Baby, it's Hot Outside!

Spring came and went and now it seems summer weather is here! This month offers many activities and an opportunity to take part in another resident's dream. At the end of the month, we have reserved the Palace Theatre for a trip across Canada by train. Deane Turner's dream is to ride a train across Canada so, we are doing a "virtual" ride complete

with all the friends and family she wants to invite! Also this month, we are celebrating Father's with an event on the 18th. See page 2 for more information. June also brings a visit from Allen Phillips and Allison Law. Allen (president) and Allison (vice president) visit us every six months to see how we are doing. They will meet with residents

at 10:00 am on the 17th and the staff at 1:00 pm. I encourage all of you to come out and give your thoughts and suggestions on how to make Windsor Manor even better.

Thank you in advance!
-Bethany

Up, Up and Away

The first public demonstration of a hot-air balloon flight took place in Annonay, France, on June 4 (or June 5), 1783. The balloon, which its inventors, the brothers Joseph and Etienne Montgolfier, called an "aerostat," rose about 1,000 feet, powered by a mixture of foul-smelling burning straw and wool. It landed about a mile and a quarter away in the middle of a vineyard. The balloon was made

of cloth, lined with paper, coated with alum as fireproofing, and its several segments held together by about 2,000 buttons. Within months, the Montgolfiers had competition from the physicist Jacques Charles, who sent up a hydrogen balloon on August 26. However, the Montgolfiers continued breaking records that year. On September 19, in a demonstration

before Louis XVI and Marie Antoinette, the Montgolfier brothers put a sheep, duck, and rooster aboard a balloon to determine the effect of altitude on living creatures. The balloon floated for about eight minutes and landed safely about two miles from the launch site.



Father Knows Best

What advice did your father give you? What advice did you give your children? Does any of this sound familiar?

- Don't waste time learning the "tricks of the trade." Instead, learn the trade.
- Be willing to lose a battle in order to win the war.
- Stand up straight, shake hands firmly, and look people in the eye.
- Do things the hard way sometimes – it's good practice.

Join us as we honor Fathers with a
Fathers & Families Celebration
Friday June 18th
4p-6p

Windsor Manor Courtyard
Chicken Wings & Other Fixins'

Families to bring a favorite dessert to share and a blanket for a picnic (if you wish)

RSVP by Wednesday 6/16/10 to 319-472-2060

Tie One On

George Bryran (Beau) Brummell (1778-1840) was born on June 7. He claimed to take five hours to dress and recommended that boots be polished with champagne. His style of dress was known as "dandyism," and we can thank him, or scorn him, depending on your point of view, for introducing the modern man's suit and tie.

Brummell rejected the frilly, brightly colored men's fashions of the day. Instead, he established the mode of men wearing understated, but fitted, beautifully cut clothes, adorned with an elaborately knotted cravat (now called a necktie). "Tie one on" this month in Mr. Brummell's honor.



Notable Quotable

"Fatherhood is pretending the present you love most is soap-on-a-rope."

~ Bill Cosby



A Game of Croquet, Ladies?

The "Wicket World of Croquet" is celebrated June 12 on the grounds of President Benjamin Harris' home in Indianapolis, Indiana, when 40 teams play "competitive Victorian croquet."

The origins of croquet are a little cloudy. Some believe it developed from the French game of "pall mall," but others link pall mall more to golf than croquet. What is known is that a Miss MacNaghten observed peasants in France playing a game with hoops, made of willow rods, and mallets, made of broomsticks inserted into pieces of wood, and introduced it in Ireland. The game traveled from Ireland to England around 1850, where it was especially popular with women, perhaps because it was the first outdoor sport that could be played by both sexes on an equal footing.

The Importance of Hydration in Seniors

Keeping the body hydrated in particularly important for the elderly

News Canada

As the fastest growing sector of our population, the health and well-being of the elderly is in the interest of all. Proper nutrition, as recommended by Canada's Food Guide to Healthy Eating, and regular physical activity are two important approaches seniors can take to enable healthy aging. In addition to a proper diet and exercise, Sherry Torkos, pharmacist and author of *The Canadian Encyclopedia of Natural Medicine*, says that hydration plays a significant role in healthy living for seniors.

"A loss of hydration is one of the biggest factors that impacts how seniors look and feel. As we age, our total body water

decreases as does our thirst sensation," said Torkos. "Dehydration can therefore happen much more quickly and occurs more frequently in the elderly. Fluid loss is serious, affecting the heart, kidneys and brain, and in extreme cases can even be life threatening."

Dehydration can make seniors weak and dizzy, which increases their chances of falling. Health Canada estimates that 20 percent of injury-related deaths among seniors can be traced back to a fall. With the warm weather approaching, the risk of the elderly suffering from dehydration increases. The good news is that keeping hydrated is easy.

Here are some simple ways to prevent dehydration:

- Do not judge your need for water by thirst. Drink water whether you are thirsty or not;
- Be aware of certain foods and beverages that promote water

loss, such as coffee, tea and soft sugared beverages;

- Increase your water intake by consuming foods like oranges, watermelon, tomatoes and leafy green vegetables;
- Keep hydrated when you are on the go. Don't leave home without a bottle of water especially in the hot summer months

"Drinking water is one of the most important elements to healthy aging", says Torkos. "Get in the habit of keeping a bottle or glass of water handy at all times and as always, remember to recycle your bottle."

News Canada
<http://www.myseniorsite.ca/health-hydration.htm>

Culinary Corner

June 13th, there will be some exciting changes for your meals. We will be enhancing breakfast with specials like donuts, quiche, breakfast casserole, Belgian waffles with fruit, specialty pancakes, and more.... The breakfast meal time will change to 6:30 am to 9:00 am.

We will continue to offer you a Special of the Day at the lunch meal (11:00am to 1:00pm) but the daily specials are being changed for the summer months.

The evening meal (4:00pm to 6:00pm) has proven to be a favorite for ordering from the Windsor Menu. During the evening meal, the salad bar will be available with a bigger variety of salads to choose from. Ordering from the menu will be the main option for the evening meal because of your requests at the last resident meeting.u.

"The early bird gets the worm, but the second mouse gets the cheese."

~ Steven Wright (actor, writer and stand-up comedian)