

## June Events

**Tuesdays, 6/2 & 6/23, at 10:30am: Judy & Frodo Visit.**

Judy brings star of the show Frodo to visit us in Memory Care and Assisted Living!

**Tuesday, 6/9, at 11:00am: Music with Henrik in the Lobby.**

Henrik returns with his violin to entertain us with his classical stylings!

**Wednesday, 6/10, at 11:15am: Movin' & Groovin' with Kathleen in the Lobby.**

Let's welcome Kathleen back for another music and exercise class.

**Thursday, 6/11, at 2:00pm: Trash to Treasure in the Lobby.**

It's time for the biannual Trash to Treasure "sale"! No money is exchanged in this show.

**Friday, 6/12, at 12:00pm: Lunch Bunch: Caribbean Authentic Cuisine in the First Floor Activity Room.**

We are ordering lunch from CAC, and money is needed for this activity, whether in a Pomeroy Living Trust Account or Private Pay. Family members are encouraged to participate!

**Monday, 6/15, at 12:00pm: June BBQ in the Gazebo.**

Join us for an outdoor picnic in the Gazebo (weather permitting)!

**Friday, 6/19, at 2:00pm: Sail Away for Father's Day in the Lobby.**

Let us celebrate the fathers, stepfathers, grandfathers, uncles, brothers, and men who stepped in to raise us! This year join us for a nautical party with food, beverages, music, and games.

**Monday, 6/22, at 2:00pm: Spa Day in the First Floor Activity Room.**

We celebrate the changing of the seasons with a foot bath and massage, and a facial.

**Tuesday, 6/23, at 2:00pm: Travel to the Caribbean Mixer in the Gazebo.**

This month we are exploring the island nations of the Caribbean with music, art, trivia, and food.

**Thursday, 6/25, leaving at 1:30pm: Outing to Lake St. Clair Metropark**

We'll take a trip Lake St. Clair Metropark. This event is free, but spaces are limited.

**Tuesday, 6/30, at 3:00pm: Birthday Party with Vanessa in the Lobby.**

Let's celebrate our June birthdays with Vanessa and her showtune vibes!

## June Birthdays

In astrology, those born between June 1–21 are Gemini's Twins. The Twins represent energetic communication and interaction. Curious Geminis love to collect and share information. Witty and intellectual, they attract many friends, mentors, and colleagues. Those born between June 22–30 are Crabs of Cancer. Kind and protective, Crabs love to nurture others. While they may be emotional, they are never soft. Cancers are tenacious in their pursuit of domestic harmony.

Jerry Mathers (actor) – June 2, 1948

Frank Lloyd Wright (architect) – June 8, 1867

Judy Garland (actress) – June 10, 1922

Jim Nabors (actor) – June 12, 1930

Alois Alzheimer (doctor) – June 14, 1864

Moe Howard (comedian) – June 19, 1897

Meryl Streep (actress) – June 22, 1949

Pearl S. Buck (novelist) – June 26, 1892

Mel Brooks (actor) – June 28, 1926

Lena Horne (singer) – June 30, 1917



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|------------------|-----------------------------|
| <b>April</b>     | <b>June 5<sup>th</sup></b>  |
| <b>Joe</b>       | <b>June 9<sup>th</sup></b>  |
| <b>Jean D.</b>   | <b>June 10<sup>th</sup></b> |
| <b>Candace</b>   | <b>June 12<sup>th</sup></b> |
| <b>Danyae</b>    | <b>June 13<sup>th</sup></b> |
| <b>Katrina</b>   | <b>June 18<sup>th</sup></b> |
| <b>Kadijah</b>   | <b>June 24<sup>th</sup></b> |
| <b>Anneliese</b> | <b>June 26<sup>th</sup></b> |
| <b>Heather</b>   | <b>June 26<sup>th</sup></b> |
| <b>Tameca</b>    | <b>June 28<sup>th</sup></b> |
| <b>Janaye</b>    | <b>June 29<sup>th</sup></b> |
| <b>Pat</b>       | <b>June 30<sup>th</sup></b> |
| <b>Tony</b>      | <b>June 30<sup>th</sup></b> |

# Pomeroy Living

Assisted Living | 2200 15 Mile Rd, Sterling Heights, MI 48310 | (586) 554-7200



## Here to Assist You

**Mary Zolno**

Executive Director

[execsa@pomeroyliving.com](mailto:execsa@pomeroyliving.com)

**Heather Cousineau**

Leasing Director

[leasingsa@pomeroyliving.com](mailto:leasingsa@pomeroyliving.com)

**Robyn Lanzon**

Director of Wellness

[dowsa@pomeroyliving.com](mailto:dowsa@pomeroyliving.com)

**Stephanie Noble**

Housekeeping Supervisor

[hsksa@pomeroyliving.com](mailto:hsksa@pomeroyliving.com)

**Michelle Burse**

Executive Chef

[chefsa@pomeroyliving.com](mailto:chefsa@pomeroyliving.com)

**James Felts**

Maintenance Supervisor

[maintenancesa@pomeroyliving.com](mailto:maintenancesa@pomeroyliving.com)

**Aiden Jacob**

Activity Director

[activitysa@pomeroyliving.com](mailto:activitysa@pomeroyliving.com)

**Nancy Frendo**

Accounts Payable/Reception

[apsa@pomeroyliving.com](mailto:apsa@pomeroyliving.com)

## Summertime...

And the living's easy! Socials, parties, cookouts, games, and more are coming to you. Let's take a look:

- Trash to Treasure and Rainbow Day are June 11<sup>th</sup>. Come look at our wares and show off just how colorful you can be!
- Dress like you're Sailing Away for Father's Day with a Yacht Party look on June 19<sup>th</sup>. Dads love a good Yacht Rock song!
- Take part in our Travel to the Caribbean Mixer with a Cruise Ship worthy look on June 23<sup>rd</sup>. Beats with Ben joins us for a rousing set of Calypso music straight from the islands!

## There are events coming up fast in July:

Friday, July 3<sup>rd</sup>, is our Independence Day/July Cookout date!

Our annual Tie-Dye Party will be July 9<sup>th</sup>, at 2pm. We will have colorful snacks and a tie-dye craft for all residents who would like to participate (family and staff will need to BYO tie-dye item, but snacks will be available).

Senior Day at UWM Field in Utica takes place on July 15<sup>th</sup>. Sign-ups for this event will start on June 15<sup>th</sup> and end on June 30<sup>th</sup>. There are



6 spots for residents, and tickets are \$20 a person. The price includes the seat and a lunch set. More information to come.

Lastly, what we've been training for in Chair Exercise: The Staff Christmas Party Pie-Throwing Contest Fundraiser, henceforth called the Pie-Throwing Contest! July 24<sup>th</sup>, join us in throwing pies at our favorite staff members, residents, or family member volunteers. Pies are \$5 each, cash only, and goes towards the staff Christmas Party fund.

### SPIRIT DAYS

- 6/3, Wednesday: **Animal Print Day**
- 6/11, Thursday: **Rainbow Day**
- 6/19, Friday: **Yacht Party Day**
- 6/23, Tuesday: **Take a Cruise Day**

### Catholic Communion & Rosary

**Every Wednesday at 10:30am**  
This is held in the Chapel every Wednesday morning with the ladies from St. Renee.

### Goodlife Church

**Tuesdays, 6/2 & 6/16 at 2:00pm**  
Pastor Prout will bring a word of encouragement and lead us in a few hymns in the Lobby.

### Bible Study

**Friday, 6/12, & Thursday, 6/25, at 2:00pm**  
Join us in the Chapel as we discuss the Good Father's of the Bible and Children's Misinterpretations.

### Open Gym

**Every Wednesday from 10-11am**  
Ami, the Physical Therapist, oversees the gym each week. This is not a formal therapy session but is a chance for you to use the equipment in the gym with supervision.

### John Anthony Salon

**Thursdays from 9:30am to 3:00pm**  
Please see the receptionist to make an appointment with Jan, the stylist. You need a signed consent form and a credit card on file. Gratuities are cash only.

#### Aiden's Addition

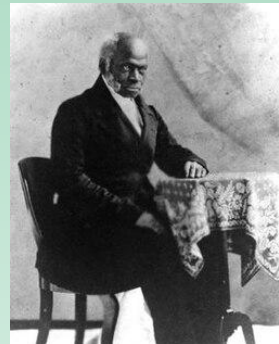
If you need to schedule transportation on our bus for anything (doctor or family outing, etc.), please see Executive Director, Mary Zolno.

If you or your family would like to sponsor an event for Activities, please let me know! The help we've been receiving has been enormous, but the need never goes away. If you've given in the past, no matter how big or small, thank you!

"Who am I?" Answer: I am Pierre Toussaint, the de facto founder of the Catholic Charities of New York.

**Housekeeping Reminder: Summer is arriving,** and you may be getting new clothes and bedding that are weather-appropriate. Please make sure that those items are dropped off with the receptionist for labeling. If you have any questions, don't hesitate to reach out to Stephanie, the Housekeeping Director.

### Who am I?



I was born into slavery on June 27, 1766, in the French colony of Saint-Domingue, in what is now Haiti. Taken to New York City, I was freed in 1807. My wife and I fostered orphans into an education or trade, using my connections to introduce them to jobs. We organized a credit bureau, an employment agency, and a refuge for priests and needy travelers. I crossed barricades to nurse quarantined yellow fever patients during an epidemic in New York. I was a benefactor of the first New York City Catholic school for Black children at St. Vincent de Paul too. The process for my Beatification began in the 1950s, and I was deemed Venerable by Pope John Paul II in 1997. I am the only layman to be honored by burial in the crypt below the main altar of St Patrick's Cathedral on Fifth Avenue, which is reserved for bishops, archbishops, and cardinals of New York.

### Employee of the Month: Christopher Richards - Activity Aide

Christopher brings competency, care, and devotion to the Pomeroy building, creating an atmosphere of kindness and fun for our residents and staff. Not only do the residents enjoy what Chris brings, but he seems to enjoy the work too! Thank you, Chris, for being part of our team!



### Excellence in Action: Paige Barry - Activity Aide

Nominated by Mary, Executive Director, Paige has filled in multiple times in reception at the last minute, bringing her friendly and fun-loving demeanor to the front desk role. She is reliable and tries to be as much of a help as she can. Thank you, Paige, for being a team player!



### May in Review



### Needles at Large

In 2005, knitter Danielle Landes wanted to shake up the world of knitting. Her idea was to move solitary knitters out of their easy chairs and into public spaces. Her idea grew so popular that knitting clubs all over the world began celebrating World Wide Knit in Public Day on the second Saturday in June. Even if you've never picked up a pair of knitting needles, chances are that on June 13 you'll be able to join a friendly group of knitters happy to share their expertise and passion.

The benefits of knitting go beyond booties, blankets, and even friendship. A 2012 Mayo Clinic study found that knitting helps stave off cognitive decline in seniors, and newer research shows it strengthens memory, attention, and motor connections in the brain. Knitting engages multiple neural systems, keeping minds active and efficient. Studies also link it to mindfulness, showing that focused stitching reduces stress and boosts mood.

