

The Pines Times

Mount Royal Pines III | 50 E Saint Marie Street Duluth MN 55803 | 218-724-5500 |



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 soon 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.



Resident Birthdays

- Esther K - June 21st
- Gaylord S - June 21st
- Christine C - June 25th
- Phil S - June 25th
- Marilyn Monroe (actress) - June 1, 1926
- Judy Garland (actress) - June 10, 1922
- Jacques Cousteau (explorer) - June 11, 1910
- Vince Lombardi (coach) - June 11, 1913
- Anne Frank - June 12, 1929
- Alois Alzheimer (doctor) - June 14, 1864
- Meryl Streep (actress) - June 22, 1949
- Mel Brooks (actor) - June 28, 1926
- Lena Horne (singer) - June 30, 1917



Birth Flower: Rose **Birthstone:** Pearl

Astrology

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.

Celebrating June

Great Outdoors Month

Pride Month

Audiobook Appreciation Month

Say Something Nice Day

June 1

National Best Friends Day

June 8

World Blood Donor Day

June 14

Men's Health Week

June 15–21

Juneteenth

June 19

Father's Day

June 21

Take Your Dog to Work Day

June 26

"Happy Birthday to You" Day

June 27

Mother's Day

May 10th was Mother's Day – and on behalf of all us here at Pines III we hope you had a wonderful day!



Activities Corner

May was a month full of fun activities to take part in! We started off the month celebrating Cinco de Mayo with painting terracotta pots in bright colors and fun patterns! On the day of Cinco de Mayo we welcomed Lindsay, from Northshore Ballroom and she showed us dance moves for the Chacha, Salsa and Rumba just to name a few. Lindsay's lesson was made up of fun music and energy!

Mother's Day was recognized with fresh flowers and harp music! The residents enjoyed making fresh flower bouquets in Mason jars and finishing them off with colorful ribbons!

We were honored to be selected as one of the communities on the Arrowhead tour from the Reed Trio Larkspur! The trio consists of woman traveling and telling a story of amazing woman from our history from sea to sky while playing their wind instruments.

Ardis and Trapper (therapy dog) were back to do some at home visits which have become a special treat for some here at the Pines! Live music by Group Too (Bob & Carol Flatt) was a great event as we listened to songs from the 50's, 60's & 70's.

We finally got the chance to be outside for our bi-weekly walk to Mt. Royal Market! It's been a long time a coming! This has been a slow Spring for nice weather. It was fun to see the excitement of the people who joined us for a little shopping time!

I did add a new activity on the May calendar; it is titled Sew what do you sew?

This is a time when people who sew or had sewn come together and talk about the love for sewing and show their past or current projects.

It was nice to see some family members at a couple of activities this month! Our activities are open to families that want to come and spend some fun, quality time with their loved ones!

Think Summer!
Cindy Koecher
Health & Wellness Director



The Fabric of Freedom

June 14 is Flag Day in the United States, a day commemorating the adoption of the American flag by the Second Continental Congress in 1777. Known as "Old Glory," "Stars and Stripes," and the "Star-Spangled Banner," the flag has 13 horizontal red and white stripes symbolizing the original 13 colonies. The canton is the rectangle in the upper left corner. It's blue with 50 white stars representing the 50 states, alternating in numbers of six and five per row. Throughout America's history, there have been 27 flag designs, with the canton stars changing each time a state was added. Before the 48-star flag, canton designs had no official arrangement of stars. Sometimes they were in a circular pattern and other times in a star pattern. Since 1777, one thing hasn't changed: the American flag has always stood for freedom.

Employee Spotlight

This month we'd like to take the opportunity to spotlight one of our overnight staff members. Kaitlyn has been here at the Pines working as a Resident Aide for over 5 years now! Her favorite part about working here is making a difference in the lives of the residents - hoping that each interaction can brighten their day a bit.

When she isn't working Kaitlyn enjoys diamond painting, jigsaw puzzles and going for walks. There are so many wonderful places to walk in Duluth but her favorite are the Lakewalk and Canal Park.

Fun Fact - before working at Pines - Kaitlyn worked at a horse ranch where she was the caregiver for over 30 horses! Clearly she has a passion for caring and taking care of others!

This Month in History

- June 3, 1971** – Sally Jan Priesand became the first ordained woman rabbi in the US
- June 4, 1989** – The Chinese government ordered its troops to open fire on unarmed protesters in Tiananmen Square in Beijing. The Chinese government later claimed that only 300 died in the attack but US estimates put the toll at over 3,000. Following the massacre, over 1,600 demonstrators were rounded up and jailed, with 27 being executed
- June 6, 1944** – D-Day, the largest amphibious landing in history, began as Allied forces landed in Normandy France. By the end of the day 150,000 Allied soldiers had landed with 15,000 killed and wounded.
- June 11, 1994** – After 49 years, the Soviet military occupation of East Germany ended
- June 12, 1963** – Civil Rights leader Medgar Evers was assassinated in Jackson MS. Outrage over his death led JFK to propose comprehensive Civil Rights law
- June 18, 1983** – Dr. Sally Ride, a 32 year old physicist and pilot became the first American woman in space, beginning a six day mission aboard the space shuttle *Challenger*
- June 28, 1914** – Archduke Francis Ferdinand, Crown Prince of Austria, and his wife were assassinated at Sarajevo, touching off a conflict that would escalate into World War I
- June 28, 1919** – The signing of the Treaty of Versailles formally ended World War I
- June 30, 1971** – The 26th Amendment to the US Constitution was enacted, granting the right to vote in all federal elections to American citizens 18 years or older.