

Culinary Corner

The warmer months are here, and it is a great time to take advantage of our beautiful patio to have lunch or dinner on. As your dietary staff, we are happy to serve you your meals on the patio. Summer is short here so take advantage of the beautiful flowers and plants that our maintenance staff has worked so hard on.

Please let us know how we can serve you better and help to accommodate your needs in the dietary department. We have comment cards for you to fill out and that helps us do the best job that we can to meet your dietary needs, as well as alternative menu forms.

Through the warmer months we will be serving some lighter meals throughout the week with more fresh fruits, sandwiches and salads. We in the dietary department are always happy to hear your thoughts and ideas for meals.

The third Thursday of every month we have our Culinary Clubs meeting, and I would like to encourage all of you to attend and give us your thoughts, ideas and feedback on what is going well and what we can do to make your dining experience more enjoyable.

It is always an honor and pleasure to serve each of you every day. God bless.

David Andert
Executive Chef/ Dietary Director

July Birthdays

Resident Birthdays

- Anna A - July 20th
- Phyllis H - July 24th
- Margorie E - July 25th
- Barb C - July 26th
- Jackie C - July 26th
- Jan W - July 26th
- Richard Petty (race-car driver) - July 2, 1937
- PT Barnum (Showman) - July 5, 1810
- Ringo Starr (Beatle) - July 7, 1940
- Tom Hanks (actor) - July 9, 1956
- Woody Guthrie (folk singer) - July 14, 1912
- Ginger Rogers (dancer) - July 16, 1911
- Janet Reno (attorney general) - July 21, 1938
- Lynda Carter (actress) - July 24, 1951
- Amelia Earhart (pilot) - July 24, 1898



Birth Flower: Larkspur Birthstone: Ruby

Astrology

In astrology, those born between July 1–22 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. Those born between July 23–31 are Leo’s Lions. Mixing strength, ambition, creativity, and a flair for the dramatic, it is no wonder that the king of the jungle is a Leo’s mascot. Whether it’s in Hollywood or in the home, Leos accomplish their goals.

The Pines Times

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



Celebrating July

Cell Phone Courtesy Month

Parks and Recreation Month

Family Golf Month

Canada Day
July 1

World UFO Day
July 2

Independence Day (U.S.)
July 4

Blueberry Day
July 8

Tattoo Day
July 17

Nelson Mandela
International Day
July 18

Tell an Old Joke Day
July 24

Paperback Book Day
July 30

Employee Spotlight

This month we’d like to highlight another wonderful employee - Hannah!



Hannah has been a Resident Assistant here at Pines III for two and half years now. Getting to know the residents and her coworkers is her favorite part of the job. She also lists the positive atmosphere here as another reason she loves her job – and her bright smile and cheerful disposition definitely contribute to creating that positive energy!

When she isn’t working she enjoys weightlifting, movies, and grilling with friends. During the summer her favorite hangout spot is the Park Point beach here in town.

Some fun facts about Hannah – her name is a palindrome – meaning it is spelled the same both forwards and backwards! She’s also done quite a bit of moving during her lifetime – a total of ten times all in the state of Minnesota!

Thank you for all your hard work and dedication Hannah!

Activities Corner

June 21st was the first day of Summer, and it is nice to have some warmer weather here in Duluth! I think that we all enjoyed the month of June with the fragrant aromas and beautiful sights of the flowering trees, lilac bushes and planted flowers on the grounds here at Pines III! A mama deer entertained us as she fed her newly born fawn for us to view! The little fawn used our patio to rest and hide while mama was away at times.

We kept busy as usual in June, doing activities that included but were not limited to a few new things on our schedule! Carolyn Haney teaches a new exercise class for the brain called "Brain Beats". This is where you listen to music and move along with the symbols on a big screen. Carolyn's selection of music is fun to exercise to and if you can laugh at a few mistakes you might make along the way, you will enjoy taking part in her class on Monday mornings! The class was created to help keep the brain sharp and your coordination intact.

We welcomed Barb Hall & Friends here, they are an all-ladies singing group, they got the audience involved in a sing-along! It was so much fun!

I was excited to have not only a therapy dog visit this past month, but we also got to spoil a cat named "Cindy Lou" too! I know how some people are more dog people while others purr-fer cats!

Judy Gordon is back with us for the third summer teaching her chair Zumba class (Move with Music)! Come and try out her class if

you haven't already. She makes great music choices!

Lastly, let's give a warm welcome to Callie Johnston, as she will be part of the activities department. Callie is a student at LSC and has a fun spirit and a creative soul! Callie will be hopefully working a few hours on the weekends so we can keep the party going when I am not here!

Let's have a fabulous July,

Cindy Koecher
Health & Wellness Director



Employee Introduction

We would like to introduce you to Callie Johnston! She'll be joining Cindy in Activities part-time.

Callie is incredibly creative and writes her own songs and performs with her family. She is majoring in psychology.



Callie loves meeting people and making new friends and is excited to get to know everyone here at Pines III!

Resident + Family Council



Pines III provides space and coordinates the participation of interested participants for the Resident and Family Council. This is an

opportunity to come together and discuss any changes they would like to see implemented, share concerns, or simply collaborate with our council members. Please stop by the front desk if you like to schedule a date and time for a Resident and Family Council Meeting.

Melissa Whiteside
Executive Director

This Month in History. . .

July 1 - Canada Day. Commemorating the confederation of Upper and Lower Canada and some of the Maritime Provinces into the Dominion of Canada in 1867

July 1, 1863 - The beginning of the Battle of Gettysburg

July 2, 1964 - President Lyndon B Johnson signed the Civil Rights Act of 1964 prohibiting the discrimination based on race in public accommodations and allowed the cutoff of Federal Funds where discrimination remained.

July 4, 1776 - The Declaration of Independence was approved by the Continental Congress

July 6, 1885 - Louis Pasteur gave the first successful rabies vaccine to a boy who had been bitten by an infected dog

July 10, 1973 - Boris Yelstin took the oath of office becoming the first popularly elected president in Russia's thousand-year history

July 16, 1945 - The experimental Atomic bomb "Fat Boy" was set off at 5:30 a.m. in the desert of New Mexico desert, creating a mushroom cloud rising 41,000 ft. The bomb emitted heat three times the temperature of the interior of the sun and wiped out all plant and animal life within a mile

July 16, 1969 - The Apollo 11 Lunar landing mission began with a liftoff from Kennedy Space Center at 9:37 am

July 19-20, 1848 - A women's rights convention was held at Seneca Falls, New York. Topics discussed included voting rights, property rights and divorce. The convention marked the beginning of an organized women's rights movement in the U.S.