June 2026

The Gardens at Calvary

Assisted Living & Memory Care (706) 653-2000 www.TheGardensatCalvary.com

Celebrating June

Audiobook Appreciation Month

Say Something Nice Day
June 1

National CMA & CNA Week
June 11-17

Juneteenth
June 19

Father's Day
June 21

National Pink Day
June 23

Summer Bash
June 30

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.

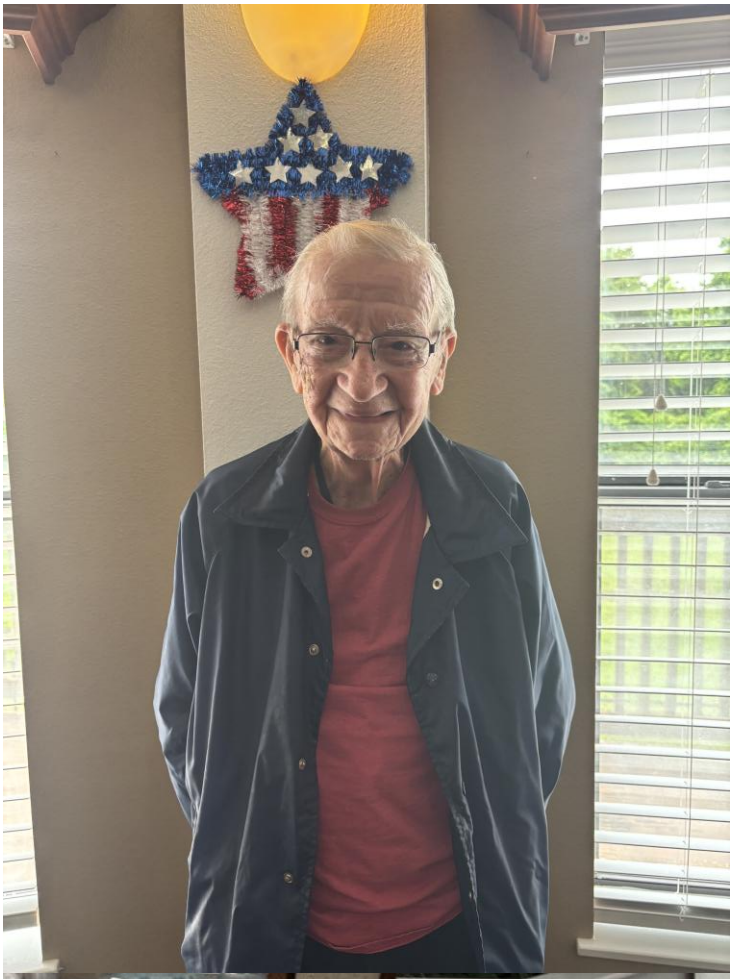
The benefits of knitting go beyond booties, blankets, and even friendship. A 2012 Mayo Clinic study found that knitting helps stave off cognitive decline in seniors, and newer research shows it strengthens memory, attention, and motor connections in the brain. Knitting engages multiple neural systems,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

The Lucky Flip

The notion of making a decision based on the flip of a coin began with the invention of the metal coin itself, long before Flip a Coin Day was ever celebrated on June 1. In ancient Rome, coins bore the head of Julius Caesar on one side and a ship on the other. People would play *navia aut caput*, meaning "ship or head," to decide matters small and large, even in criminal cases deciding guilt. If it landed on Caesar's head, you won, believing that the emperor sided with you. Throughout history, coin flips have been used to make other important decisions. Wilbur Wright won a coin toss against his brother Orville to attempt the first flight at Kitty Hawk, though he didn't get far. And two pioneers used a coin toss to decide the name of Porland, Oregon. The famous "Portland Penny" remains on display at the Oregon Historical Society Museum.

We feel grateful to commemorate this occasion with these remarkable women from Mother's Day, encompassing caregivers, mothers, and sisters alike.

We observed Memorial Day with Mark Blaxton through patriotic song performances and remembrance of those who have passed, and we erected a wall of honor for all military residents we have.



U.S. POLO ASSN.
SINCE 1890

EXIT

Seasoned Living

June 10 is National Herbs and Spices Day, celebrating the plants that quietly shape how we cook, heal, and even garden. Long before refrigeration or modern medicine, herbs and spices were prized for their ability to preserve food, enhance flavor, and support health.

Take turmeric, for example. Its active compound, curcumin, has well-documented anti-inflammatory properties and is often studied for its potential role in easing joint pain and supporting cardiovascular health. Cinnamon has been shown to help regulate blood sugar levels, making it a staple not just in baking but also in traditional wellness practices. Garlic, another everyday powerhouse, contains sulfur compounds that support immune function and may help lower blood pressure. Even common herbs like rosemary and thyme are rich in antioxidants and have antimicrobial qualities.

Historically, herbs and spices were valuable commodities. In places like ancient Egypt, spices were used in embalming and medicine, while medieval Europe relied on imported pepper, nutmeg, and cloves as both status symbols and practical tools for food preservation. These plants helped shape trade routes, agriculture, and cuisine across continents.

Today, one of the simplest ways to connect with that history is through a windowsill garden. Many herbs thrive indoors with minimal effort. Basil, chives, parsley, and mint need little more than sunlight, regular watering, and good drainage. Growing your own ensures freshness and makes cooking more intuitive—you're more likely to use herbs when they're within arm's reach.

National Herbs and Spices Day is a reminder that these small plants punch far above their weight. They add flavor without excess salt or sugar and invite a hands-on relationship with food that starts right at the window.

Laced Up or Laid Back

The running boom began back in 1967, when William Bowerman published a book touting the benefits of a radical new exercise called jogging. By the next decade, over 25 million Americans, including Clint Eastwood, Farrah Fawcett, and President Jimmy Carter, called themselves runners. In the meantime, Bowerman had cofounded Nike, the world's foremost athletic shoe company. It's not too late to celebrate both Bowerman and the running craze. Buy a pair of Nikes and lace them up for Running Day on the first Wednesday in June.

Of course, running isn't for everyone. In 1979, W. T. Rabe founded World Sauntering Day on June 19 as a more leisurely alternative. *Sauntering* means "walking in a slow and relaxed way, often in no particular direction." Unlike joggers, whose aim is to huff and puff, log miles, sweat, and increase their heart rate, the point of sauntering is to stop moving so fast and enjoy the world. Lucky for Bowerman, both can be done in a comfortable pair of Nikes.

Recess Reclaimed

There is a saying that "All we really need to know, we learned in kindergarten." The founders of Recess at Work Day on June 18 seem to have taken this advice literally. Studies repeatedly show how recess in elementary schools creates positive impacts in attendance and achievement. Might recess at work show similar benefits for adults? Dr. Stuart Brown, founder of the National Institute for Play, believes that adults need play just as much as children do. Play builds community, keeps the mind sharp, and keeps us close to the ones we love. Adults who do not play can suffer serious consequences. "Perseverance and joy in work is lessened and... life is much more laborious," Brown says. Perhaps more companies need to add recess to their list of employee benefits.

Olympic Origins

With the 2026 Milano Cortina Winter Olympics fresh in our minds, it seems an opportune time to celebrate the founder of the modern Olympic Games, Baron Pierre de Coubertin. On June 23, 1894, Coubertin created the International Olympic Committee, the group organizing and maintaining the integrity of the Olympic Games.

Before the 1800s, many societies did not see any need for organized athletics. Sports were widely considered to be an unimportant diversion. Born in Paris to a wealthy, aristocratic family, Coubertin was expected to head into politics or a command position in the military. Instead, he went to school and focused on education, particularly physical education and the role of sports in society.

Coubertin believed that engaging school children in sports would physically, morally, and socially strengthen generations of French citizens and make France a more powerful nation. With the country still reeling from its defeat in the Franco-Prussian War, Coubertin thought sports could keep the French better prepared for battle. Sporting events were also democratic. Regardless of background or upbringing, any athlete could be victorious on the playing field.

In Coubertin's mind, ancient Greece was the perfect model of a society that took sport seriously. The gymnasiums of Athens were places where people exercised both their bodies and minds. In 1889, Coubertin gathered a number of athletes and advisers with the purpose of reviving the ancient Olympic Games. While many countries sponsored their own Olympic-style games, the notion of a world games was novel. At the 1894 meeting of his newly formed International Olympic Committee, it was decided that amateur athletics should occur every four years and competition should be in modern sports rather than ancient ones. Two years later, the first modern Summer Olympics was held in Athens, Greece.

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.

Diana D.-June 6
Brittney M.-June 14
John S.-June 17
Helen C.-June 18
William P.-June 19

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

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