Great Outdoors Month

June is Great Outdoors Month and the perfect time to go for a stroll or sit in the sunshine. Studies have shown that spending time outside can increase vitamin D levels, strengthen the immune system and boost energy.

Remember When: Station Wagons

Before SUVs and minivans, the station wagon was the vehicle of choice for many. Originally used to taxi people to and from train depots, wagons cruised into their heyday as the family car between the 1950s and 1970s. Even TV’s “The Brady Bunch” had one. With a roomy interior that included fold-down third-row seats, station wagons could hold up to nine people, as well as luggage or groceries, making them ideal for road trips, carpools and store outings.

Fastest Fastball

The fastball might be the most common pitch used in baseball, but one flying at 105.1 mph is not something you see every day. Aroldis Chapman, the current record-holder for the fastest pitch in MLB history, has thrown balls clocked at that speed twice—in 2010 for the Cincinnati Reds and in 2016 for the New York Yankees.

Summertime Sips

This summer, relax and unwind by enjoying an Arnold Palmer, the refreshing beverage created and loved by its legendary namesake. According to the golf great himself, he got the idea one day at lunch to add lemonade to his wife’s batch of iced tea, and he experimented until he found the perfect ratio: 2 parts iced tea to 1 part lemonade. Palmer began carrying a thermos of the concoction on courses and ordering the mixed beverage in restaurants, and the drink was eventually named after him.

Upcoming Musical Event!

On June 10 at 2pm, Legacy Place will again host Glenn Miller, a wonderful brother and professional musician, for an hour of rollicking music! Whether on accordion or clarinet, his songs bring back memories and his jokes have everyone in stitches. Call Marie and come & join us!
Starry, Starry Night

One of the most magnificent sights in nature, the night sky has been inspiring stargazers for centuries. Adding to its beauty are 88 identifiable star patterns, called constellations. Have some fun finding a few of the most famous:

*Orion.* The distinct figure of Orion the Hunter is easy to find by his belt, represented by a row of three bright stars.

*Ursa Major.* The name of this constellation means “Great Bear,” and it is notable for containing the Big Dipper, one of the most recognizable star patterns. The Big Dipper forms the bear’s tail and back.

*Ursa Minor.* In Greek mythology, the “Little Bear” is the child of the Great Bear, and is also called the Little Dipper. The dipper’s handle is the bear’s tail. Polaris, better known as the North Star, is the tip of the tail.

*Canis Major.* The brightest star in the night sky, Sirius, is located in this constellation, which means “Great Dog.” Look for stars that form a stick figure, with Sirius as the head.

*Cassiopeia.* Named for a queen in Greek mythology, this constellation’s five bright stars create an “M” or “W” shape.

Laugh Lines: Summertime Fun Time

**Q:** What holds the sun up in the sky?
**A:** Sunbeams.

**Q:** When do you go at red and stop at green?
**A:** When you’re eating a slice of watermelon.

**Q:** What do you call a French man who’s wearing sandals?
**A:** Philippe Phloppe.

**Q:** Why did the man love his barbecue?
**A:** Because it was the grill of his dreams.

**Q:** Why should bananas use sunscreen?
**A:** Because they peel.

**Serious Sunblock**

“We use a really strong sunblock when we go to the beach with the kids. It’s SPF 80: You squeeze the tube, and a sweater comes out.” —Lew Schneider

**Let’s Get Grandma**

A 6-year-old was asked where his grandma lived. “Oh, she lives at the airport,” he replied. “When we want her, we just go get her. Then when we’re done having her visit, we take her back to the airport.”

Happy Times

Keeping active is important and Legacy continues to explore fun ways to stretch, play and laugh. Marie recently tried balloons and noodles...it was a success!

A “Free for All” With Lots and Lots of Smiles!

Our Trip to the Zoo!

On May 24, LP residents went to the Lehigh Valley Zoo, within the 1,100-acre Trexler Nature Preserve. In 1906, Harry Trexler began to create a preserve to help bison, elk and white-tailed deer. Today, it has a children’s zoo and many exotic animals from Africa, Asia and Australia. This year, giraffes are arriving! Photos next month!!!

‘Skip’ Is One

How many words can you come up with using the letters in “picnic basket”?

Find us on facebook!
Spread Good Cheer
Doing good can make you feel good and possibly add years to your life. Performing a kind act releases the hormone oxytocin, which can lower stress and produce a calming effect. Research shows people who consistently practice simple good deeds, such as holding a door open and complimenting someone, as well as more involved charitable acts like volunteering, experience health benefits that may contribute to a longer and happier life.

Welcome, New Residents
Over the last two months we’ve welcomed several new residents, both to Personal Care and Memory Care.

Frances Roux
Carmen Encarnacion
Kathleen Murphy
Arthur Herring

We’re so glad you are here!
In addition, several friends have enjoyed respite stays with us. Please remember: families can take advantage of four-day to month-long stays for their loved ones, confident their personal care needs will be addressed.
See Jackie for details.

Our Favorite Scriptures
“Keep on seeking first the Kingdom...all things will be added to you.” Matthew 6:33
Art Herring, Betty Schwartz

“Trust Jehovah with all your heart”
Proverbs 3:5
Miggs Marks

“I have chosen you; do not be afraid for I am with you”
Isaiah 41: 9,10
Bernie Pierce

“God is love” 1 John 4:8
Charlotte Skeans

“He will wipe out every tear from their eyes...death will be no more”
Revelation 21:4
Marie White, Dorothy Sutton

“This means everlasting life...their coming to know you”
John 17:3
Lillian Christman, Ann Carter

“I did not hold back from telling you...from house to house”
Acts 20:20
Lorraine Wenner

“..and no resident will say ‘I am sick’”
Isaiah 33:24
Craig White

“May people know that you, whose name is Jehovah...are the Most High”
Psalms 83:18
Margaret Banko

A Pink Drink
Sipping a glass of pink lemonade is the perfect way to cool off when the temperature climbs. But have you ever wondered who invented the drink, and why it’s tinted pink?
Most historians have traced pink lemonade to 19th-century traveling circuses, where traditional lemonade was already a popular refreshment. Two stories of the origin of the pink version stand out. In one, Henry Allott, a teenager working at a circus concession stand, accidentally dropped red cinnamon-flavored candies into a batch of lemonade. He served the rosy-hued drink to his customers, and it was a hit.

A second story claims circus worker Pete Conklin ran out of water while making lemonade. He grabbed a nearby tub of water that a performer had used to wash her pink tights, added it to his mixture, and sold it as “strawberry lemonade.” However the beverage came to be, it continues to be a popular thirst quencher. The pink lemonade sold today is usually tinted with fruit juices and extracts or red food dye.
Meet Betty, Bernie & Evie!

Affectionately known as the “Q-tips,” these amazing sisters provide their own brand of strong spirituality and compassion to Legacy Place. Long-time servants of Jehovah, they inspire and encourage all they meet.

Associated with the Allentown Central congregation, they represent almost 200 years of cumulative dedicated service and all maintain a regular pattern of study and worship.

Evie will be 98 this December; her sisters are not far behind. Bernie has been pioneering since 1979; she has aided many to learn the truth and has helped them in so many ways.

Their younger sister, Carol, and her husband, Vince Banko, moved to Columbia, South America in 1958 and then to Thailand and the Philippines to help in the growing international field.

How proud their mother, Hattie, would be to know all her girls continue firm in the Truth!