June 2022

Golden Age Newsletter

1915 S. 18th St. Centerville, Iowa 52544 Phone # 1-641-856-2757

Camping Month

Go Barefoot Day
June 1st

Pet Appreciation Week
June 5th -11th

Iced Tea Day
June 10th

Family History Day
June 14th

Father's Day
June 19th

Make Music Day
June 21st

Public Service Day
June 23rd

Summersgiving
June 25th

"Happy Birthday to You" Day
June 27th

Helen Ledford – 6th
Wayne Veach – 11th
Emma Mericle – 29th

Facility News

COVID-19 update: One employee tested positive May 12th, but we have had no further cases. Community transmission rates have increased so please be vigilant about infection control practices and wear a mask when visiting to keep our residents safe.

June – the official start of summer. Carnivals, fairs, water sports, time at the beach, and many other things we love about summer. Our residents have ideas for fun activities during the warm weather and we are excited to enjoy some outside time and new activities with them.

Becky Oposnow,
Administrator

Here, There Be Dragons

On the fifth day of the fifth month of the Chinese calendar, which arrives this year on June 3, dragon-shaped boats take to the water during China's annual Dragon Boat Festival.

One legend explains that the festival originated around 300 BC when poet and politician Qu Yuan was exiled from his royal house for arguing against an alliance proposed by the emperor. Qu Yuan was forced to live in exile, composing poetry and never forgetting his love for his dynasty. Years later, when the emperor was betrayed by his new ally and the capital was overrun, Qu Yuan despaired and drowned himself in the Miluo River. Locals raced out in their boats to save him. When Qu Yuan's body could not be found, they dropped balls of sticky rice, or *zongzi*, into the river so that the fish would consume the rice and not Qu Yuan's body. It is said that the dragon boat races honor those who raced out in their boats to find Qu Yuan, and it is still traditional to prepare and eat *zongzi* during the three days of the festival.

Why do the boats resemble dragons? The water was believed to be the domain of water dragons, powerful and benevolent spirits. Water dragons also controlled the rain. During the start of summer, and especially near the summer solstice, offerings of *zongzi* were made to water dragons in return for adequate rainfall for the summer crops. The dragon boats reflect a devout reverence of water dragons.

The Dragon Boat Festival is far more than the worship of water dragons and old dynastic legends. The fifth day of the fifth month is considered extremely unlucky, a time of natural disasters and illness. It is believed that five poisonous creatures begin to appear at this time: snakes, scorpions, centipedes, toads, and spiders. To ward off poison and disease, it is traditional to hang a sachet of five protective herbs—calamus, artemisia, pomegranate flowers, Chinese ixora, and garlic—over the doorway. Offerings to the water dragons also ensure protection from these malevolent creatures.

On Eagle's Wings

On June 20, 1782, a picture of a bald eagle with wings outstretched was proposed to the U.S. Congress as the Great Seal of the United States. Not everyone accepted the bald eagle as the national bird, and a debate raged for years after its selection. Benjamin Franklin famously objected:

"I wish the bald eagle had not been chosen as the representative of our country; he is a bird of bad moral character; like those among men who live by sharping and robbing, he is generally poor, and often very lousy. The turkey is a much more respectable bird and withal a true, original native of America."

Franklin's objections would be overruled, and in 1787, the eagle was officially adopted as America's national emblem. America was not the first country to use an eagle as its symbol: the ancient Roman Empire and the First Persian Empire both used eagles to denote strength and glory.

Our thoughts and prayer go out to the family and friends of:

Mary Bostwick
Claude "Jr." Johnson

Marrying Traditions

Wedding bells will be ringing all through the month of June. After all, it is the most popular month for couples to be married. Some say it is because June's pleasant weather is best for a wedding, but this tradition has roots far deeper than any meteorologist could predict.

The month of June was named for the Roman goddess Juno, whose domain was marriage, childbirth, and family. As the patron goddess of Rome and all the Roman Empire, she was called *Regina*, or "Queen," and was part of a powerful triumvirate of gods that included Jupiter, king of the gods, and Minerva, goddess of wisdom, justice, and military strategy. Of the three, Juno was worshipped as the protector of the empire, and particularly as a protector of women. Roman women went so far as to call their souls *junos*, believing that they each possessed a small bit of their beloved *Regina's* spirit. June, unsurprisingly, was considered the most auspicious month to be married.

Historical evidence suggests that June might have been a popular month for marriage even before the time of the Romans. The Celts celebrated their springtime fertility ritual of Beltane on the cross-quarter holiday of May 1. Cross-quarter days were astronomical holidays that fell between quarter days, the equinoxes and solstices. It was a Beltane tradition for young couples to pair and plan for a wedding on the next cross-quarter day, which would not arrive until August three months later. Impatient young couples, eager to wed, would often not wait until August and instead marry in mid-June on the following quarter day, the day of the summer solstice. In this way, June became a traditional month for marriage.

It might come as no surprise that the following springs often coincided with a baby boom for couples married the previous June. This only provided more evidence of spring's powerful fertility as Earth sprang back to life with its blooming flowers and leafing trees.

A Day for Dad

The very first celebration of Father's Day was on June 19, 1910, at a YMCA in Spokane, Washington. Sonora Smart Dodd had watched her father single-handedly raise six children. After hearing a sermon about the virtues of Mother's Day, Dodd approached her pastor and suggested a comparable holiday for fathers. Her pastor agreed and set the date for the third Sunday in June.

Father's Day became an annual observance in Spokane, but once Dodd left home to attend school at the Art Institute of Chicago, the holiday was quickly forgotten. Upon her return to Spokane, Dodd embarked upon a crusade to recognize Father's Day on a national level. She sought the help of trade groups that would benefit from such a holiday: tie and tobacco pipe manufacturers. The New York Associated Men's Wear Retailers group even founded a Father's Day Council to promote the holiday. Decades passed, and members of the U.S. Congress resisted founding a national holiday. It wasn't until 1972 that President Richard Nixon made Father's Day a permanent national holiday by signing it into law.

You May Now Lick the Bride

It is well known that June is a popular month for weddings, but did you know that the second week in June is Pet Wedding Week, a week dedicated to the lasting union between animals? This unique holiday was designed for pet owners who believe that their pets should be suitably paired and partnered into loving relationships for the purposes of companionship and breeding. There is even a National Pet Association of Ceremonies, a nationally recognized body of pet ceremony officiants, that will conduct official pet weddings. Like human weddings, costs can grow exponentially, with some paying thousands for catering, flowers, live music, and, of course, bridal gowns.

Golden Age
1915 S. 18th St.
Centerville, IA. 52544

Postage Information

Juneteenth for All

June 19, better known as Juneteenth, was established as a federal holiday in 2021, but it has been observed as the date commemorating the end of slavery in the United States since 1865. It was on June 19, 1865, that U.S. General Gordon Granger arrived in Galveston, Texas, with a force of federal troops to declare that “in accordance with a proclamation from the Executive of the United States, all slaves are free.” That proclamation was President Abraham Lincoln’s Emancipation Proclamation, which had been signed a full two-and-a-half years earlier. Texas had been considered a haven for slavery, as it had been spared from much of the Civil War’s fighting and the presence of Union troops. That all changed with General Granger’s arrival. Later that December, slavery was formally abolished in America with the adoption of the 13th Amendment.

June Birthdays

In astrology, those born June 1–21 are Twins of Gemini. Perhaps because twins are born with a companion, Geminis love to communicate with others. They are clever extroverts who can make persuasive arguments. Those born from June 22–30 are Crabs of Cancer. Crabs are very intuitive and sensitive to their environment. Their home is their sanctuary, and they are emotionally committed to family and loved ones.

Morgan Freeman (actor) – June 1, 1937
Angelina Jolie (actress) – June 4, 1975
Prince (musician) – June 7, 1958
Joan Rivers (comedienne) – June 8, 1933
Gene Wilder (actor) – June 11, 1933
Burl Ives (singer) – June 14, 1909
Venus Williams (tennis star) – June 17, 1980
Phylicia Rashad (actress) – June 19, 1948
Lionel Richie (singer) – June 20, 1949
Wilma Rudolph (Olympian) – June 23, 1940
Derek Jeter (baseball player) – June 26, 1974
Kathy Bates (actress) – June 28, 1948