**June Resident Birthdays**

Barbara Langley - June 14th
Lucy Loper - June 16th
Barbara Harover - June 18th
Lois Hoban - June 20th
George Philyaw - June 27th
Karen Roff - June 27th
Martha Drew - June 27th

**June Staff Birthdays**

Elizabeth Stratigos - June 3rd
Tracy Scharkley - June 20th
Autumn Gasaway - June 23rd
Elizabeth Hodge - June 25th

---

**June Birthdays**

In astrology, those born between June 1st and 21st 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 22nd and 30th 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.

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

**O Say Can You See**

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 equal horizontal stripes, alternating red and white, symbolizing the original thirteen colonies. The canton, the rectangle in the upper left-hand corner, is 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 39 different flag designs, with the stars of the canton changing each time a state was added to the Union. Canton designs, before the 48-star flag, had no official arrangement of the stars. Sometimes they were in a circular pattern and other times in the pattern of a star. Since 1777, one thing hasn’t changed: the American flag has always stood for freedom.

---

**Live More Olympics**

Our Live More Olympics went over big last Wednesday. It was National Senior Health & Fitness Day throughout the United States. The four events were swimming, bowling, basketball, and the NUStep. Residents competed for Gold, Silver, and Bronze medals. Here are some pictures from that day!
Small Group Yoga Class
With Yvette Wheeler
Our Wellness Aide
Fridays at 3:30
In The Wellness Gym
Come join Yvette Wheeler for a small group yoga class.

(Rick Applegate will still have his Chair Yoga on Monday’s at 3:15 in the activity room)

Heads or Tails?
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 never got off the ground. And two pioneers used a coin toss to decide the name of Portland, Oregon. The famous “Portland Penny” remains on display at the Oregon Historical Society Museum.

Have you or your loved one enjoyed Living More here at The Hearth?
Share your story online at:
Caring.com
Ourparents.com
Senioradvisor.com
Google.com
FACEBOOK.com

www.facebook.com/thehearth

A Nurse’s Message:
Beth Buzzannco, RN Connecticut Regional DCS
My teenage daughter stated to me the other night that she still remembers being at work with me when I had to perform the Heimlich Maneuver. June 1st is National Heimlich Maneuver Day, so here are some tips on recognizing when someone is choking, and how you can help:
If an adult is choking, you could see any of the following behaviors:
- Coughing or gagging
- Hands on the neck or breastbone
- A look of panic
- Inability to talk
- Wheezing
- Passing out
- They are turning blue. Cyanosis is a blue coloring to the skin usually around the face, lips, and in the fingernail beds.

What you should do:
Stand behind the person. Wrap arms around the waist.
- Make a fist with one hand. Place the fist two inches above the belly button.
- Grasp the fist with the other hand. Make a quick jerking movement backwards toward the person’s belly. The movement should be in and slightly upwards.
- Perform a total of five abdominal thrusts. If the obstruction does not pop out the first time, repeat the thrusts five times. If the obstruction still does not come out, call 9-1-1 or ask someone nearby to call for you. Then repeat the five abdominal thrusts.

You never know when someone might choke. You could be anywhere. I just happened to be working at the Hearth. I brought my daughter, Jill, to work to help with a huge party we were having for the residents and families.

Jill and I were bringing food outside when the Executive Director came running to us and said she needed a nurse. We ran outside to see a resident turning blue and not breathing. I immediately started the Heimlich Maneuver in her wheel chair. She began to lose consciousness, so I instructed my daughter to clear the path to the inside of the building so I could start CPR on the resident.

As the abdominal thrusts continued, we moved her in the wheel chair and somehow, dislodged the particle of food that was obstructing her airway. The resident started gaining responsiveness, and then was answering questions immediately.

My daughter, on the other hand, could not stop looking at me and thinking about what she had just witnessed. When we arrived home, our family discussed and learned how to do the Heimlich Maneuver. This is an important lesson because you never know when you might be somewhere and use your knowledge to help someone.