

## Balcony Gardening

A balcony garden improves mental well-being, reduces stress, and enhances urban air quality while creating a private, green, and aesthetic escape. These, often, low-maintenance, vertical, or container gardens allow for growing fresh herbs, vegetables, and flowers, bringing nature to small spaces.

### Mental and Physical Health

- **Stress Reduction:** Tending to plants, provides a therapeutic, calming activity that reduces stress.
- **Physical Activity:** Gardening tasks like planting, watering, and pruning help improve motor skills, balance, and flexibility.
- **Mental Escape:** It acts as a tranquil, natural oasis in a busy urban setting

### Environmental and Functional Benefits

- **Improved Air Quality:** Plants increase oxygen levels and enhance local air quality.
- **Temperature Regulation:** Balcony plants and living walls can reduce indoor temperatures and wall surfaces in summer.
- **Supporting Ecosystems:** A balcony garden provides vital,,, urban habitat for pollinators like birds, bees, and butterflies.

### Lifestyle and Economic Benefits

- **Fresh Food Access:** You can grow your own organic herbs, vegetables, and fruits.
- **Privacy Screening:** Larger plants and vines can create a natural,,, green screen from neighbors and provide a beautiful area to enjoy.

## June Birthdays

**Judy- June 3**  
**John – June 14**  
**Ginnie- June 23**  
**Pat N- June 24**  
**Betty- June 26**

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. Sometimes they were in a circular pattern and other times in a star pattern. Since 1777, one thing hasn’t changed: the American flag has always stood for freedom.

# Select Senior Living

11350 Martin St NW, Coon Rapids, MN 55433



## Celebrating June

### Staff Directory

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## Notes from the Far Pacific

A cruise through the South Pacific has long occupied a special place in the travel imagination—part adventure tale, part musical refrain, part postcard fantasy. Sailing between Tahiti, Bora Bora, and Fiji feels like stepping into a lineage of seafaring lore shaped by Polynesian navigators, European explorers, and generations of travelers drawn by warm water and distant horizons.

Tahiti is often the gateway, where volcanic peaks rise sharply from the sea and harbors hum with modern cruise traffic layered atop ancient maritime traditions. Bora Bora, with its famously luminous lagoon, has become shorthand for paradise—yet its geography tells a deeper story of coral reefs, protected anchorages, and strategic island chains that once guided ocean crossings by the stars. Farther west, Fiji offers a different rhythm: a scattering of islands where sailing routes weave between village shores and where boats remain central to daily life as well as tourism.

These destinations are dreamlike not just for their scenery but for their place in cultural memory. The South Pacific has been mythologized in literature and film, most famously in *South Pacific*, whose songs cemented the region as a symbol of romance, distance, and moral reckoning. Long before cruise itineraries, mariners swapped stories of trade winds, hidden reefs, and weeks-long passages that turned the ocean itself into a proving ground.

That maritime heritage feels especially timely during National Fishing and Boating Week, observed June 6–14, 2026, when attention turns to life on the water and the skills that make ocean travel possible. A South Pacific cruise underscores those fundamentals—navigation, seamanship, respect for weather—while wrapping them in modern comfort. As the summer solstice approaches on June 21, daylight is shorter in the southern hemisphere, but tropical warmth keeps the islands inviting and the waters endlessly navigable.

In the end, cruising Tahiti, Bora Bora, and Fiji isn’t just about escape. It’s about tracing old sea lanes, revisiting familiar songs and stories, and seeing why the South Pacific continues to anchor the idea of a true journey.

## From our Director of Nursing

### Celebrating National Safety Month

June is National Safety Month — a perfect time to focus on simple ways we can all stay healthy, independent, and safe every day. Safety is important for everyone, and small habits can make a big difference in preventing accidents and injuries.

#### Fall Prevention Matters

Falls are one of the most common causes of injury for older adults. A few easy reminders can help reduce the risk:

- Wear supportive, non-slip shoes
- Use walkers or canes as recommended
- Keep walkways clear of clutter
- Turn on lights when moving around at night
- Take your time when standing up or changing positions

If you ever feel dizzy or unsteady, please let a staff member know right away.

#### Medication Safety

Taking medications correctly is another important part of staying safe. Always:

- Take medications exactly as directed
- Never share medications with others
- Ask questions if you are unsure about a medication
- Inform staff or your healthcare provider about any side effects

#### Stay Hydrated & Beat the Heat

As warmer weather arrives, remember to drink plenty of water throughout the day. Dehydration can happen quickly and may cause weakness, dizziness, or confusion. Spending time outdoors is wonderful, but be sure to wear sunscreen, light clothing, and take breaks in the shade.

#### Fire & Emergency Awareness

Knowing emergency procedures helps keep everyone safe. Please remember:

- Never block exits or hallways
- Report unusual smells, smoke, or hazards immediately
- Participate in community safety drills when scheduled

#### Looking Out for One Another

One of the best safety tools we have is kindness and communication. Checking in on neighbors, reporting concerns, and asking for help when needed all contribute to a safer and happier community.

This National Safety Month, let's work together to make our community a safe, comfortable, and caring place for everyone!

## Life Enrichment Updates



“And since all this loveliness cannot be Heaven, I know in my heart it is June.” – Abba Woolson

Hello June! With your beautiful weather, delightful songbirds, and endless opportunities for fun activities, we are more than excited for everything this month has in store! Here are a few activities on our must-do list for June:

1. Rocky Road Ice Cream Day (June 2) – Come on down and enjoy some Rocky Road Ice Cream in the Community Room.
2. National Doughnut Day (June 5)- We will be serving up doughnuts in the Movie Room. It will be available during our Church Time.
3. World Oceans Day (June 8) - Come on down and learn some fun facts about our Ocean Creatures
4. Bird Watching Day (June 11) – We will be learning about some common birds of this area and doing a craft
5. Our First BBQ Day (June 17) – Come on down to the Dining Room and enjoy some BBQ food.
6. Fishing and Picnic on Lake Pulaski (June 22) – **SIGN UP IS REQUIRED!**
7. VFW Bingo (June 23) – **SIGN UP IS REQUIRED!**
8. National Bomb Pop Day (June 25) - We will be enjoying Bomb Pops and playing Bags.

In June we will also be celebrating CNA week. It starts on Thursday, June 11 and goes until Wednesday, June 17. Please see the insert on how to have fun and dress for the day

#### Outings-

Monday, June 8 @9:45 Walmart

Monday, June 22 @ 8:30 – Lake Pulaski

Fishing

Tuesday, June 23 @ 11:10 VFW Bingo

#### Crafts-

Monday, June 1 @ 12:30 Pinecone

Gnomes

Thursday, June 11 @ 2:30 Birds and

Driftwood

Friday, June 19 @ 2:30 Cards with Judy

#### Entertainment

Friday, June 12 @ 2 – Tom Paquin

Friday, June 26 @ 2 – Dale Martell