

CLAREMORE SENIOR CITIZENS CENTER

FELLOWSHIP • FOOD • FUN

JUNE MONTHLY Newsletter



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WORD OF THE MONTH: **PAEAN**

Paean is a literary word that refers to a song of joy, praise, or victory. It can also be used as a synonym of *tribute* for a work that praises or honors its subject.

”

”

IN JUNE, AS MANY AS A DOZEN SPECIES MAY BURST THEIR BUDS ON A SINGLE DAY. NO MAN CAN HEED ALL OF THESE ANNIVERSARIES; NO MAN CAN IGNORE ALL OF THEM.

– ALDO LEOPOLD

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HOURS

Monday - Friday

8 a.m. - 4:45p.m.

WELCOME & CENTER INFORMATION

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DIRECTOR

Stacey Dowden

ASSISTANT DIRECTOR

Dianna Wiggs

CHEF

Jackie Hemphill

KITCHEN ASSISTANT

Andrea Marmon

KITCHEN AIDE

Gale Phillips

Lucinda Wilson

JANITORIAL ASST.

George Wright

David Sears

JANITORIAL/DISHWASHER

Sarah Sislo

A NOTE FROM THE DIRECTOR

June is Alzheimer's & Brain Awareness Month

June is designated as Alzheimer's & Brain Awareness Month, a global campaign to raise awareness about Alzheimer's disease and other dementias, promote brain health, and support those affected.

Purpose and Focus

Alzheimer's & Brain Awareness Month, sponsored by the Alzheimer's Association, is a time to **recognize the 55 million people worldwide living with Alzheimer's or other dementias** and to highlight the importance of early detection, prevention, and care [Alzheimer's Association+1](#). It encourages people to take action for themselves, their loved ones, and the broader fight to end Alzheimer's.

The campaign's scope goes beyond Alzheimer's to include **all forms of dementia**, aiming to reduce stigma, increase public understanding, and promote healthy brain habits [Alzheimer's Association+1](#).

Adopt Healthy Brain Habits: The Alzheimer's Association promotes 10 early signs of Alzheimer's, healthy lifestyle choices (exercise, quality sleep, balanced diet), and early detection strategies [Alzheimer's Association](#).

Volunteer or Donate: Support Alzheimer's Association, Dementia Society of America, or other dementia-related charities [Healthline+1](#).

Why It Matters

Every 3 seconds, someone in the world develops dementia [Healthline](#). Early detection can improve treatment access, quality of life, and planning for the future. By participating in June, individuals help drive research funding, support caregivers, and foster a more informed, compassionate society.

Tip: If you or someone you know has memory concerns, start a conversation with a healthcare provider early — early detection is key to better outcomes [Alzheimer's Association](#).

Stacey Dowden-Director

JUNE WORD SCRAMBLE

KEYOMN _____

BABBIE _____

ABACUS _____

HOCSAN _____

UDASIR _____

UCTSAC _____

PEMRIU _____

NATCVA _____

GELNJU _____

XLYGAA _____

ZABLEA _____

RCEETN _____



ACTIVITIES- ALL ACTIVITIES START PROMPTLY AT SCHEDULED TIMES- YOU MUST BE IN YOUR SEAT READY TO PLAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>TAI-CHI 9:15 LINE DANCING 10:30</p>	<p>2</p> <p>CHAIR EXERCISE 11 & 1</p>	<p>3</p> <p>TAI-CHI 9:15 LINE DANCING 10:30</p>	<p>4</p> <p>CHAIR EXERCISE 11 & 1</p>	<p>5</p> <p>BINGO & DONUTS 9AM</p>
<p>8</p> <p>TAI-CHI 9:15 LINE DANCING 10:30 BRIDGE 1</p>	<p>9</p> <p>CHAIR EXERCISE 11 & 1 CHEROKEE NATION BLOOD PRESSURE CHECK 9-12 IN BRIDGE ROOM</p>	<p>10</p> <p>TAI-CHI 9:15 LINE DANCING 10:30 BRIDGE 1</p>	<p>11</p> <p>CHAIR EXERCISE 11 & 1</p>	<p>12</p> <p>BRIDGE 1 SINGO BINGO 1:15 Sponsored by Archwell Health</p>
<p>15</p> <p>TAI-CHI 9:15 LINE DANCING 10:30 BRIDGE 1</p>	<p>16</p> <p>CHAIR EXERCISE 11 & 1</p>	<p>17</p> <p>TAI-CHI 9:15 LINE DANCING 10:30 BRIDGE 1</p>	<p>18</p> <p>CHAIR EXERCISE 11 & 1</p>	<p>19</p> <p>BOARD MEETING 9:30 BRIDGE 1 AFTERNOON MOVIE 1:00 "Somewhere In Time"</p>
<p>22</p> <p>TAI-CHI 9:15 LINE DANCING 10:30 BRIDGE 1 BUNCO 1:00-UPSTAIRS</p>	<p>23</p> <p>CHAIR EXERCISE 11 & 1</p>	<p>24</p> <p>TAI-CHI 9:15 LINE DANCING 10:30 BRIDGE 1</p>	<p>25</p> <p>CHAIR EXERCISE 11 & 1</p>	<p>26</p> <p>BRUNCH 11:00 BRIDGE 12 CARDO 12 BIRTHDAY CELEBRATION 1:30</p>
<p>29</p> <p>TAI-CHI 9:15 LINE DANCING 10:30 BRIDGE 1</p>	<p>30</p> <p>CHAIR EXERCISE 11 & 1</p>			

DINING MENU-LUNCH IS SERVED AT 12:00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>SALISBURY STEAK POTATOES & GRAVY MIXED VEGGIES PEA SALAD BOSTON CREAM PIE</p>	<p>2</p> <p>SPAGHETTI W/MEAT SAUCE ITALIAN VEGGIES GARDEN SALAD GARLIC TOAST DESSERT</p>	<p>3</p> <p>TACO SOUP CORN BREAD CAESAR SALAD COCONUT CAKE</p>	<p>4</p> <p>COOK'S CHOICE</p>	<p>5</p> <p>BACON WRAPPED CHOPPED SIRLOIN POTATOES & GRAVY GREEN BEANS STRAWBERRY SALAD ROLL FRENCH SILK PIE</p>
<p>8</p> <p>CHICKEN FRIED STEAK POTATOES & GRAVY ASPARAGUS CAESAR SALAD ROLL STRAWBERRY GLAZED CAKE</p>	<p>9</p> <p>CRANBERRY CHICKEN SALAD ON CROISSANT CHIPS COTTAGE CHEESE W/ FRUIT DESSERT</p>	<p>10</p> <p>SLOPPY JOE CHIPS BOW TIE PASTA SALAD PECAN PIE</p>	<p>11</p> <p>CHICKEN ENCHILADAS BLACK BEAN & RICE CASSEROLE CHOPPED MEXICAN SALAD TORTILLA CHIPS DESSERT</p>	<p>12</p> <p>CHOPPED BRISKET SANDWICH BBQ CHIPS POTATO SALAD BROWNIE</p>
<p>15</p> <p>TURKEY POT ROAST POTATOES & GRAVY PEAS & CARROTS GARDEN SALAD KIT KAT ICE CREAM</p>	<p>16</p> <p>CHILI DOG CHIPS CAESAR SALAD DESSERT</p>	<p>17</p> <p>BROCCOLI CHEESE SOUP 1/2 HAM & CHEESE SANDWICH GARDEN SALAD LEMON LOAF</p>	<p>18</p> <p>CHEF SALAD CRACKERS COTTAGE CHEESE W/ FRUIT DESSERT</p>	<p>19</p> <p>CHICKEN FRIED CHICKEN POTATOES & GRAVY MIXED VEGGIES SUMMER SALAD CHOCOLATE LAYERED PIE</p>
<p>22</p> <p>PORK FRITTER POTATOES & GRAVY BROCCOLI W/CHEESE GARDEN SALAD BANANA CREAM PIE</p>	<p>23</p> <p>COOK'S CHOICE</p>	<p>24</p> <p>BROWN BEANS FRIED CABBAGE CAESAR SALAD CORN BREAD COOKIES</p>	<p>25</p> <p>SUB SANDWICH (LOP) CHIPS JELLO W/FRUIT DESSERT</p>	<p>26</p> <p>BRUNCH 11:00 SCRAMBLED EGGS SAUSAGE BISCUIT & GRAVY FRUIT DONUT</p>
<p>29</p> <p>PEPPER STEAK RICE STIR FRY VEGGIES ASIAN RAMEN SALAD SNICKERS ICE CREAM</p>	<p>30</p> <p>CHICKEN & NOODLES CALIFORNIA VEGGIES CUCUMBER RANCH SALAD DESSERT</p>			

CARRY OUT ORDERS MUST BE CALLED IN BY 10:30- PICK UP STARTS 10:30- NO LUNCHES WILL BE HANDED OUT EARLY

SENIOR CITIZENS INFORMATION

Claremore Police Department and the Blue Envelope Program

Purpose:

The Blue Envelope Program is a voluntary communication tool designed to assist law enforcement officers during traffic stops involving drivers who may have a difficult time communicating due to autism, anxiety disorders, speech or hearing impairments, or cognitive and developmental differences. The blue envelope signals a possible communication barrier and provides an opportunity for modified interaction techniques that enhance driver and officer safety.

Who does This Program Help:

People who are deaf or hard of hearing. People who have difficulty speaking clearly. People who are learning English. People with autism, ADHD, or other neurodevelopmental conditions. People who experience anxiety, PTSD, or other mental health conditions. People who have dementia, cognitive or neurological impairments. People who experience involuntary movements, such as those associated with Tourette Syndrome. People with medical related speech difficulties. People who are blind or have low vision.

Envelope Contents:

The envelope should contain

Driver's License. Vehicle Registration, Proof of insurance. Emergency Contact Information (optional)

Stacey has envelope for anyone who may like to have one.

WHAT'S HAPPENING AROUND THE COMMUNITY

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June 4, 5, 5– Shepard's Cross– Summer Barn Sale & Plant Exchange 7am-6pm

June 6– Clearview Church– 521 S. Muskogee– Garage sale & vendor market

June 18, 19, 20 & 21– Claremore Expo– Mid American National's

June 22– Will Rogers Memorial– Hemming Great Race– Rally for antique vintage cars– Claremore is a stop along the way for a nine day, 2,300 mile classic car rally.

June 27– City of Claremore 4th of July Celebration– 5pm

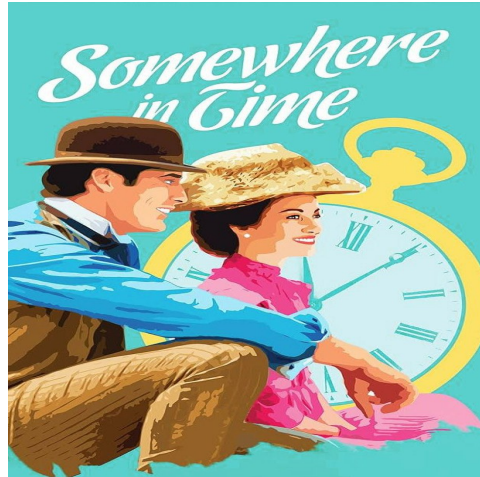
Reminder: If you have to use your cell phone during lunch or an activity. Please be respectful of others around you and step out in the hallway or outside. Call Phone Etiquette 101 = Be respectful of others around you.

UPCOMING EVENTS

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June 5 @ 9:00
Bingo & Donuts
Dining Room



June 19 @ 1:00
Afternoon Movie
Somewhere IN Time



June 27 @ 6:00
City of Claremore
Fireworks
Claremore Lake