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JUNE 2022

From the Desk of

the Executive Director

We are so excited to see the weather changing and summer is on the way. With Summer comes cookouts, family gatherings and of course the sun. We will be holding a Summer Cookout on June 14 in honor of Flag Day and our Annual Assisted Living Week Picnic on September 13th.

There are so many exciting changes happening at The Glendale. Two months ago, I announced the promotion of Jodi Kimball as the Assistant Executive Director. In turn she hired an amazing Activities Associate, Kelley. We also brought on to our team a new Resident Care Director, Amie Gomoll and Dietary Services Director, Cleatus Horton. Please join me in welcoming them on board.

With exciting changes, comes also some challenges; our biggest one being our phone system. We have been working diligently to get this fixed but it is not an easy task and we want to apologize. We have a cell phone that can be called in the event of an emergency. We are hoping to have this solved in the next 30 days. Our Cell Phone number is (567) 970-6185.

Also, don't forget our Refer a Friend, when you refer someone to our community that moves in, and your friend stays for 90 days; the resident referring will receive a \$1500.00 credit off next month's invoice!

Best wishes and have a great summer!

-Linda Johnson



The nation's first Father's Day was celebrated on June 19, 1910, in the state of Washington. However, it was not until 1972—58 years after President Woodrow Wilson made Mother's Day official—that the day honoring fathers became a nationwide holiday in the United States.

Father's Day originated in the United States by a young women named Sonora Louise Smart Dodd in the year 1910. She was extremely loved by her father named William Jackson Smart, an American Civil War veteran. She heard the news about the celebration of mother's day on the second Sunday of may and attempted to dedicate a holiday for fathers as well on the third Sunday of June.

Her cause was supported by the Spokane Ministerial Association and the local Young Men's Christian Association (YMCA). Even the presidents Calvin Coolidge and Woodrow Wilson came in the field to encourage her. Due to continuous efforts of Ms. Dodd, president Lyndon Johnson signed an official proclamation declaring the celebration of Father's Day on Third Sunday of June.

Father's Day:

Controversy and Commercialism

Many men “scoffed at the holiday’s sentimental attempts to domesticate manliness with flowers and gift-giving, or they derided the proliferation of such holidays as a commercial gimmick to sell more products—often paid for by the father himself.”

During the 1920s and 1930s, a movement arose to scrap Mother’s Day and Father’s Day altogether in favor of a single holiday, Parents’ Day. Every year on Mother’s Day, pro-Parents’ Day groups rallied in New York City’s Central Park—a public reminder, said Parents’ Day activist and radio performer Robert Spere, “that both parents should be loved and respected together.”

Paradoxically, however, the Great Depression derailed this effort to combine and de-commercialize the holidays.

Struggling retailers and advertisers redoubled their efforts to make Father’s Day a “second Christmas” for men, promoting goods such as neckties, hats, socks, pipes and tobacco, golf clubs and other sporting goods, and greeting cards.

When World War II began, advertisers began to argue that celebrating Father’s Day was a way to honor American troops and support the war effort. By the end of the war, Father’s Day may not have been a federal holiday, but it was a national institution.

In 1972, in the middle of a hard-fought presidential re-election campaign, Richard Nixon signed a proclamation making Father’s Day a federal holiday at last. Today, economists estimate that Americans spend more than \$1 billion each year on Father’s Day gifts.

FAMOUS FATHERLY ADVICE

From William Shakespeare to Benjamin Franklin, these famous fathers may span generations and nationalities, but they seem to agree on a few basic parenting principles: educate your children, love them, be a role model, and continue to expand your thinking as your children do the same. In honor of Father’s Day, here are parenting tips from the ages.

Lock Up Your Liquor Cabinet // Michel de Montaigne (1533-1592)

Montaigne wrote, “I think it more decent and wholesome for children to drink no wine till after 16 or 18 years of age.”

Be Able to Pick Your Child Out of a Lineup // William Shakespeare (1564-1616)

During Act Two, Scene Two of Shakespeare’s *The Merchant of Venice*, “It is a wise father that knows his own child,”

Encourage Intellectual and Physical Growth // Benjamin Franklin (1706-1790)

“A house is not a home unless it contains food and fire for the mind as well as the body.”

Parent for the Kids You Want // Johann Wolfgang von Goethe (1749–1832)

“If you treat an individual as he is, he will remain how he is. But if you treat him as if he were what he ought to be and could be, he will become what he ought to be and could be.”

Instill a Love of Reading // Horace Mann (1796-1859)

He said, “A house without books is like a room without windows. No man has a right to bring up his children without surrounding them with books.”

Be the Fun Dad and the Serious Dad // Ralph Waldo Emerson (1803-1882)

He advised, “Be silly. Be honest. Be kind.”

JUNE 15

Fatherhood 2022
AWARENESS MONTH

Fathers matter. Whether it's giving his baby a bath, learning how to braid a daughter's hair, helping with virtual schooling, eating together with family, or cheering from the stands, dads are vital in the upbringing of their children.

A father's influence continues to be important as children grow up. When dads talk with older kids about their daily lives, help them with college and career decisions, and share parenting wisdom with their adult kids, the impact is immeasurable.

84% of parents believe that children are better off when both parents are involved, and 90% of fathers surveyed say that they love being dads, want to do better, and that being a parent is their greatest joy.

Unfortunately, 18.3 million children (1 in 4) live without a biological father, stepfather, or adoptive father in the home.

Research tells us when dads are involved in the lives of their children, those children tend to be more psychologically and emotionally balanced and tend to have better social skills, higher grades and stronger parenting skills when they start their own families. When fathers are involved, children are less vulnerable to childhood poverty, substance abuse, juvenile delinquency and teen pregnancy.

Dads, did you know that being a father is good for you? Fathers experience better physical and mental health than men who do not have children, and they are more involved in their communities.

June is Fatherhood Awareness Month, and we are taking this opportunity to celebrate fathers. Join us!

MOVIES ABOUT DADS

Filmmakers celebrate the day with movies dedicated to the father and child relationship. How many do you know?

Question: Released in the 1980s, this revolutionary movie tells the story of a stay-at-home dad and is played by the actor Michael Keaton.

Answer: 'Mr. Dad' (1983).

Question: An unexpected and lovable storyline where the son explores the life of his dad when he falls ill and a journalist comes to visit them. Name the movie which stars Albert Finney and Billy Crudup.

Answer: 'Big Fish' (2003).

Question: The story of two sisters and their strict dad. The movie plot revolves around a stern father and his absurd rule for her daughter's dates. Name the movie.

Answer: '10 Things I Hate About You' (1999)

Question: This beautiful Italian film revolves around a father and son who are in search of their bicycle which was stolen in the city. Name the movie.

Answer: 'Bicycle Thieves' (1948).

Question: Name the movie of a comedic story of a father who cross dresses just to meet his kids who are in the custody of his divorced wife.

Answer: 'Mrs. Doubtfire' (1993).

Question: This 'Hamlet' adapted Disney movie is about a fatherly figure and a lion cub. Hint: Hakuna Matata!

Answer: 'The Lion King' (1994).

Question: A Pixar classic movie, the story of a father who swims across the ocean to find his missing son. Can you name the animated movie?

Answer: 'Finding Nemo' (2003).

Question: This funny and heartwarming movie tells the story of three bachelors who one day find a baby left at their doorstep. Can you name the movie?

Answer: 'Three Men And A Baby' (1987).



Good Health In Later Life For Older Men

Americans are living longer than ever, but American men still aren't living as long as American women. The average life expectancy for men in the US is now roughly 75 years. For women, it's more than 80.

Exactly why men are shorter-lived than women isn't entirely clear. Even in infancy boys run a higher risk of dying than girls, and researchers aren't sure why. However, research suggests that a leading reason for the "longevity gap" between men and women is that men don't take care of themselves as well as women do. For example, surveys have found that women are much more likely to have a regular healthcare provider, and to see their provider within the course of the year, than men are. Men are also more likely to engage in "risky" behaviors – like smoking and drinking heavily – than women.

Experts agree that by taking better care of themselves, men can increase their odds of living healthier, longer lives.

Tips for Older Men

See your healthcare provider regularly. Even if you feel perfectly healthy, you should see your provider at least once a year for a checkup.

Call or see your healthcare provider when you're feeling sick. Surveys find that men are less likely than women to see a healthcare provider when they're not feeling well. In one survey, 40% of men said that, if they were sick, they would delay seeking medical care for a few days. Seventeen percent said they would wait "at least a week." Don't wait.

Take medications, vitamins, and supplements only as directed. Take all medicines as directed, and tell your provider right away if a medication or other pill seems to be causing any problems or side effects.

Get your shots! Check with your healthcare provider to make sure you're getting: A flu shot, the shingles vaccine, any booster shots, and a Pneumonia vaccination.

Use sunscreen. Aging skin is more susceptible to sun damage, which increases risks of skin cancer.

Lower your risk of falls and fractures. Be sure to get plenty of bone-healthy calcium and vitamin D daily. Do weight-bearing, bone-building exercises such as walking and jogging.

Don't smoke; quit if you do.

Eat right. In later life, you still need to eat healthy foods, though you need fewer calories.

Exercise your brain. Do word puzzles, number puzzles, jigsaw puzzles – whatever interests you. Make sure you challenge your brain by trying new things.

Spend time with others. Spending time and doing things with other people, of all ages, can help keep you mentally, physically and emotionally fit.



Grandfather
Respected
Wonderful
Reliable
Trusting
Unafraid
Father
Dad

Understanding
Affectionate
Responsible
Sentimental
Dedication
Protecting
Sheltering
Hilarious



Life Lessons

You may have thought I didn't see,
Or that I hadn't heard,
Life lessons that you taught to me,
But I got every word.
Perhaps you thought I missed it all,
And that we'd grow apart,
But Dad, I picked up everything,
It's written on my heart.
Without you, Dad, I wouldn't be
The person I am today;
You built a strong foundation
No one can take away.
I've grown up with your values,
And I'm very glad I did;
So here's to you, dear father,
From your forever grateful kid.

By Joanna Fuchs

DAD JOKES!

Question: Dad, can you put my shoes on?

Answer: No, I don't think they'll fit me.

Father: Why did you get such a low score in that exam?

Son: Absence!

Father: You were absent on the day of the exam?

Son: No but the boy who sits next to me was!

Johnny: Daddy, are caterpillars good to eat?

Father: Why did you say that, Junior? Why did you ask the question?

Johnny: It's because I saw one on your lettuce, but now it's gone.



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FAMILY

Mark your Calendars

FAMILY BINGO!

June 10th, 2022 at 7:30 PM

Please bring a gift/prize to share with the Prize Table!! Sugar free candy, up-cycled jewelry, purses, hand lotion, knick-knacks, word search books and pen sets make great prizes!! Please, no candles!

Rita N.	6/5
Kathryn C.	6/13
BJ M.	6/20
Ronald D.	6/23
Jean T.	6/27

HAPPY
Birthdays
TO YOU