

The Gardens
2147 Davie Avenue
Statesville, N.C. 28625

Postage
Information

JUNE 2018

The Garden Post

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The Gardens & Cardinal Village Management Team

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June Birthdays

In astrology, those born between June 1–20 are Gemini's Twins. They have two distinct and alluring sides to their personality: sociable and ready for fun, or serious and thoughtful. Sometimes they feel as if one half is missing, so they forever seek new friends. Those born between June 21–30 are Crabs of Cancer. Guided by their hearts, Crabs are deeply emotional and nurturing. They create deep bonds and comfortable homes and are always willing to welcome people into their circle.

Residents

7/11 Bill Gilliam
7/14 Mary Tobin
7/19 Dessie Campbell
7/29 Rosa Lloyd

Staff

7/7 Amber Bryson
7/30 McKinzee Lambert

Contact us at 704-878-0123, in person, or by email



Celebrating June

Nursing Assistant Week

June 14-21

Zoo and Aquarium Month

Flag Week

June 10–16

Follow us on Social Media:

Gardens of Statesville &
Cardinal Village

@Premier_GOS

gardens_of_statesville

Also on

www.osbornvision.com/Gardens-Statesville

Resident Referral Bonus
Refer a friend, they move in and stay more than 30 days...you could get \$750 off your next months' rent. See Mechelle or Jason for more information.

Visit our website:

www.premierseniorliving.com/statesville

Holly's Corner

Hello June! What an exciting time as we move into warm weather, sunny days, and extended daylight.

I have an exciting month planned with a trip to the aquarium, in celebration of aquarium month, a picnic in the park on National Picnic day, and an ice cream social on National Banana Split Day.

In May we did our first trip delivering meals on wheels. It was awesome to see our residents working as a team to prepare the basket for each stop. We also participated in the Senior Games where Anna Rhyne won a silver medal and Nadine Barrett won gold. I am so proud of each and every one of them.



Senior Games 2018!



Stay tuned for more.....

- Holly

Heroes of June



We're calling the month of June wonderful, super, and heroic. Forgive the use of superlatives, but June celebrates both Wonder Woman Day on June 3 and Superman Day on June

12.

Wonder Woman has been getting a lot of press lately thanks to a massive surge in popularity after the release of her own Hollywood movie. The comic book superheroine may have become a box office smash in 2017, but for the preceding 75 years, Wonder Woman was something more subversive.

Wonder Woman wasn't the first female superhero, but she was the first female superhero created specifically to be a feminist icon. Her creator, William Moulton Marston, was a Harvard-educated psychologist who believed that women would rule the future because men were too immersed in violence and war. In many respects, Wonder Woman embodied his hope for a new world order of feminist peace. Over her 75 years, Wonder Woman has been caught in a tug-of-war between being called a feminist icon and feminist failure. Regardless of her politics, Wonder Woman has become a worldwide cultural phenomenon worthy of her own holiday.

Superman as the hero we know today made his comic book debut on June 12, 1938. While Wonder Woman was designed as a savior, Superman was originally conceived as a villain by creators Jerry Siegel and Joe Shuster. He made his first appearance in 1933 in a story in which a mad scientist finds a nobody and turns him into "the superman," a bald madman bent on destroying the world. Of course, this idea was scrapped in favor of a cape-clad alien who becomes a savior to Earth.

Wonder Woman and Superman may be some of the most beloved superheroes of all time, but a debate rages: who is more powerful? The two have battled 15 times, with Wonder Woman

Welcoming Our New Residents

Charlotte Bowman Room # 221A

Irene Beckham Room # 223A

Cecile Howard Room # 301

Thank You for Choosing to make the Gardens your Home!!



Employee of the Month

A big congratulations to Linda Muscatelli!

Linda has been with us at the Gardens just a short time; during her time here she has proven to be a great Med Tech and Resident Assistant!

Linda was selected due to her willingness to help out whenever needed and for her calm demeanor when working with our residents and her co-workers.

Please take a moment to congratulate her and keep up the great work Linda! We thank you!

Save the Date!
Family Night June 21st at 6pm



Putting the "Why" in Yoga



The practice of yoga is now so commonplace worldwide that the United Nations declared June 21 International Yoga Day. The date is significant, for the summer solstice is used to determine the date when Shiva, the *Adiyogi*, or the first yogi, began sharing his

deep knowledge of yoga to seven disciples. And no, Shiva did not hold the first yoga class involving bending and breathing in a Himalayan mountaintop. Shiva, seeing that these seven were now worthy of his teaching after years of mental and spiritual preparation, began to impart his yogic science, which is a balance between the body and mind, a harmony between man and nature, an ultimate realization of the purpose of human existence on the earthly plane—in other words, truly deep stuff. These seven disciples took their seven aspects of yoga to the world, and it is for this reason that there are today seven forms of yoga.

For many students, regardless of which of the seven forms they practice, yoga is merely a type of exercise. While exercise fads come and go, yoga maintains its staying power. After all, it has been practiced for 5,000 years. Spiritual fulfillment aside, yoga is an excellent fitness regimen, for it improves strength and balance, tones muscles, burns calories, and reduces stress. For those who wish to look a little deeper, yoga also offers spiritual fulfillment.

June 15th, 2018 is the National Day of Giving. We will be collecting non perishable foods, hygiene products, and clothing until June 14, 2018. On the 15th the residents and I will deliver the items to Fifth Street Ministries.



Cardinal Village Spotlight

In the month of May we made trips to Walmart, Sorrento's Pizza, and Big Lots. It was very nice to have a little more one on one time with them.

This month we will be going to Bi-lo, Habitat for Humanity, and the Dollar Tree.

Many residents have also been very involved in the book program we have with our local library.



Resident Spotlight



DeAnn Hobbs was born January 20th in Troutman, North Carolina. She spent her career as a devoted nurse and is a loving mother to her son David. You can often find her spending time with

her sister Phyllis, or working on craft projects in her room; she is active in most every activity we have in the community. She has an amazing spirit that she shares with everyone. DeAnn we are so glad you chose to make your home here at the Gardens!