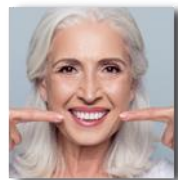


Something to Smile About



To humans, a smile is a universal sign of happiness and friendship. So don't be afraid to show your pearly whites this month, because June is Smile Month.

Throughout most of the animal world, the baring of teeth is often a sign of threat or aggression. Baboons, for example, are known to bare their teeth in shows of force. Some primates, though, bare their teeth as a show of submissiveness. Biologists believe that this behavior may be where the story of the human smile begins.

Humans are the only species that uses the smile, in various forms, to demonstrate happiness. Even visually impaired children who have never seen a smile show the same kinds of smiles that sighted people do. This tells us that smiling is something preprogrammed into humans. This behavior is not learned but instinctual.

Biologists speculate that amongst primates, because teeth are still used for biting, to bare them is naturally an aggressive warning of an impending bite. Humans, however, have evolved other means of aggression that have nothing to do with teeth. Teeth, instead, have become associated with laughing and eating, both of which are incredibly powerful forms of social bonding. In fact, anthropologist and evolutionary psychologist Robin Dunbar asserts that laughter has taken the place of grooming as one of our primary means of social bonding. By this measure, laughter and showing our teeth may be one of the most powerful social cues we humans have in our social arsenal.

We smile when we are happy, but can forcing ourselves to smile make us feel happy even when we are not? Neurologists have discovered that the physical act of smiling triggers chemical reactions in the brain that boost our moods, lower stress, and even strengthen our immune systems. So don't just smile during the month of June; do it all year round!

June Outings

Monday Supermarket Outings

- Publix – June 3
- Winn-Dixie – June 3
- Target – June 17
- Walmart – June 24



Wednesday s' Lunch Outings

- First Watch – June 5
- Smokey Bones – June 12
- Perkins – June 19
- GQT Riverview Theater – June 26

Please remember to sign-up at the front desk for any outings.

Special Events & Parties

- Father's Day Special – Belly Dancer – June 4
- Family Party – June 15
- Summer Celebration/Vendor Party – June 21

*Don't Forget...
Happy Hour is
Every Thursday at 3pm
with live entertainment.*



In the Good Ol' Days of June

In 1919 (100 years ago), the average annual income was \$1,125. The average cost of a new house was \$5,626. A loaf of bread was 10¢, and a gallon of milk was 62¢. You could purchase one dozen eggs for 38¢. Stamps were 3¢ each. A car cost \$355, and gas was 25¢ per gallon. According to the Consumer Price Index Calculator, \$1 in 1919 is equivalent to \$14.89 today.

What's Lucky in June?

- Lucky Color: Teal
- Lucky Day: Friday
- Lucky Number: 3
- Lucky Letter: J
- Lucky Bird: Dove



The Crossings Newsletter

The Crossings at Riverview Assisted Living & Memory Care Community
8451 US HWY 301 S., Riverview, Florida 33578 ~ 813-671-0222 ~ www.thecrossingsatriverview.com



Resident Spotlight

Celebrating June

- Beautiful in Your Skin Month
- Soul Food Month
- Lemonade Days June 1–9
- World Bicycle Day June 3
- Banana Split Days June 7–8
- Roller Coaster Day June 13
- Father's Day June 16
- World Music Day June 21
- Social Media Day June 30

Residents' Birthdays

- Marilyn Rieger June 5
- Jim Harbridge June 7
- Clo Birch June 7
- Hilda Johnson June 7
- Barbara Wolter June 23

Employees' Birthdays

- Andrea Faison June 5
- Panina Anderson June 9
- Anita French June 13
- Sharvanique Ashley June 24
- Jensen Medard June 28



Meet Edwin Maley, our newest edition to The Crossings Family. We first met Edwin a few months back when he was just visiting to join for activities. He finally made the decision to join us as part of our family this past May. He is a Judo Teacher and has been teaching Judo practically all his life. During the weekend he still does what he loves, he volunteers at a local rec center teaching kids the art of Judo. Welcome Edwin!

P.S. He also loves ketchup!

Employee of the Month



Congratulations to Michael Seier, our employee of the month. Michael is originally from North Carolina. He moved to Florida on 2006. He started working with us December of last year as a dishwasher in our kitchen. Michael is a great employee. He is not one to complain about his job and for good reason – he loves it here. He stated, “the environment and flow here are calm. I don’t feel rushed or overworked. My coworkers and the residents I help out are great.” Michael is very excited especially about one thing in his life right now, he is going to become a father at the end of the year. Congratulations Michael on your big news and thank you for being such a great employee. We are all very grateful to have you as part of our work family.

In the Name of the Father

Fathers, thank mothers for the creation of Father’s Day. It was a woman named Sonora Smart Dodd, one of six children raised by her widower father, who lobbied to create a father’s equivalent to Mother’s Day. Dodd took her cause to churches, shopkeepers, the YMCA, and local government officials until finally, on June 19, 1910, Washington state celebrated the first Father’s Day. Over the years, the holiday gained traction, and in 1924, President Calvin Coolidge urged all states to adopt Father’s Day as a holiday. But this was not without controversy. Throughout the 1920s and ’30s, groups attempted to squash both Mother’s and Father’s Day. They argued instead for one holiday, Parents’ Day, for, as one advocate said, “both parents should be loved and respected together.” It wasn’t until 1972 that Richard Nixon, in the middle of his presidential re-election campaign, signed a proclamation making Father’s Day a federally recognized holiday—58 years after Mother’s Day was made official.

Executive Director’s Corner

Dear Residents, Families and Friends:

We hope you enjoyed the many activities here at The Crossings in May. On June 21st, we will be having a Summer Celebration including vendors, entertainment and fun games with prizes. That day also starts the Summer Solstice – your signal to celebrate summer in the Northern Hemisphere and winter in the Southern Hemisphere.

Please join us in welcoming Cynthia Burgos, LPN, to the team here as our Assistant Director of Health and Wellness. Cynthia’s office is on the second floor in the Wellness Office. Cynthia brings many years of experience to complement our nursing department. Stop by and introduce yourself to her. We are glad she is here.

~Pam Cutsuries, E.D.

Blast from the Past



Some of our ladies showing off their hats at the Mother’s Day Tea Party. From left to right we have Dotty, Clo, JoAnn and Edna. So beautiful!!!!



Left to right we have Wyatt, Michael, Charles and Joan enjoying a berry delicious treat, Berry Milkshakes, on National Berry Day.



Top: We have Audrey, Shirley, Jessica and Liz taking the donations we collected for the foster children to A Kid’s Place. The children were very grateful so thank you to all who donated to this cause.



On the left we have some of our residents enjoying music by Claire Petrie at our Family Party