

Casa Chronicle

Casa de Flores – Senior Residence



Celebrating June

Iced Tea Month

Zoo and Aquarium Month

Fireworks Safety Month

June 1–July 4

The Wicket World of Croquet Day

June 2

Yo-Yo Day

June 6

Flag Week

June 10–16

Father's Day (U.S.)

June 17

World Music Day

June 21

“Happy Birthday to You” Day

June 27

Rose-Colored History

This June, Rose Month, consider how a rose is more than just a mere flower. Roses are filled with symbolism and meanings that change depending on the color of the flower: red means love and passion, pink means gratitude and admiration, white means innocence, and yellow means friendship. These color-coded meanings, however, are relatively recent inventions. The symbolic importance of roses dates back to the ancient Greeks, Romans, and Persians.

Greeks told the myth of Chloris, goddess of the flowers, who transformed a woodland nymph into the “Queen of Flowers,” the most beautiful flower in all the world. Chloris’ husband, the West Wind, blew away the clouds so that Apollo, the god of the sun, could shine his divine light down on her. Aphrodite, the goddess of beauty, gave the flower its form. Dionysus, the god of wine, bestowed an intoxicating aroma. The three Graces gave the flower charm, joy, and splendor. It was Aphrodite who named the flower Rose, rearranging the letters of the name of her son, Eros, the god of love. The rose’s unparalleled beauty was used by Iris, the rainbow goddess, and Aurora, the goddess of the dawn, to paint the morning sky. Eros would eventually use a rose to bribe Harpocrates, the goddess of silence, to keep the many secrets of his mother, Aphrodite. In these ways, the rose became a symbol of beauty, love, and silence for Greeks and Romans.

Persian legends, too, hold the rose in high esteem. The rose has grown naturally for millennia throughout the Middle East and is associated with the creation of the world and mankind. In early June, the city of Kashan in Iran holds its centuries-old Rose Festival, an annual harvest of desert roses. The roses are distilled into fragrant rose water and pure rose oils. Roses were first carried back to Europe from these harvests. Indeed, much of our modern reverence for the rose stems from these ritual harvests in Persia.

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 defeating Superman eight times and drawing him four, but who's counting?

A Note from Your Activities Department

There are several activities that we would like to introduce you to this month.

June 4th at 11:15-Time of Remembering: this is a time of remembering loved ones and those who have passed.

June 8th at 10:30-Meditation for Wisdom & Well-Being is a free class being offered at the Morro Bay Library.

June 11th & 27th at 11:15-Poetry Corner: A time for sharing and exploring favorite poetry.

June 12th & 26th at 11:15-Sign Language 101. Join Savannah as she teaches beginning sign language. Strengthen your brain!

June 16th 10:00-2:00-Casa de Flores Community Yard Sale: Let us know if you would like to set up items to sell or come to find good deals and buy. This will be a fun day!

June 27th 2:00-Making Grandpaw's Dog Bones: Help make healthy dog treats that will be packaged up for sale in order to earn money to donate to Woods Humane Society.

Jouett's Ride

Most Americans are familiar with Paul Revere's famous ride, warning American colonists that "the British are coming!" Yet almost nobody knows of John "Jack" Jouett. Well, Jouett's story needs to be known in time for Jack Jouett Day on June 4.



In 1781, almost six years after Revere's ride, with America still in the grips of the Revolutionary War, Jouett was at a Virginia tavern when he spotted British Lt. Colonel Banastre Tarleton with 250 British troops. The British regimen aimed to march on Charlottesville, the relocated home of Virginia's General

Assembly, where they would capture Patrick Henry and Richard Henry Lee, and Virginia governor Thomas Jefferson at his nearby Monticello estate. Jouett wasted no time racing the 40 miles to Monticello. He arrived in the early hours of June 4, giving Jefferson enough time to escape, and he then raced on to Charlottesville to alert the lawmakers of the approaching soldiers. For his efforts, Jouett was dubbed "the Paul Revere of the South."

Welcome Fredelyn Delacruz! Casa de Flores Care Coordinator

You may have noticed a new, friendly face at Casa de Flores. We are fortunate to have Fredelyn Delacruz as our new full-time licensed vocational nurse.

Fredelyn grew up in this area and graduated from Morro Bay High School. Her first real job was when she was 15 ½ years old when she worked in the Casa kitchen. Influenced greatly by the elderly in her family, Fredelyn decided to enter the field of nursing. She left the central coast briefly in order to get her license, but she found herself back home in Morro Bay and has worked for Compass Health for approximately 15 years. She is “in love” with long-term care.

On June 21st, Fredelyn and her husband will celebrate 21 years of marriage. Together they have 4 children. One is in college, another is graduating from Morro Bay High School, another is a 7 year old, and finally, she also has a child who is 3 years old.

It might be tempting to shorten Fredelyn’s name or give her a nickname, but she does not have any nicknames and prefers that people call her by her actual name.

Fredelyn has an open door policy and welcomes your questions. You will find her office in the lobby across from the reception area. If you prefer to schedule an appointment in order to address a concern, please feel free to do so. There is a sign-up sheet right outside her office at the communication board.



Thank you to Harbor Floral for donating beautiful bouquets to Casa de Flores every week. We appreciate their continued support and their efforts to truly keep “Casa de Flores” our “House of Flowers.”

Address: 868 Napa Ave, Morro Bay, CA 93442
Phone: (805) 772-0770

Seeing What’s Right

When Helen Keller was born on June 27, 1880, no one knew she would grow into a famous advocate of the blind and deaf. Her life story, nonetheless, has inspired countless people. Keller was not born deaf or blind. She lost these senses after contracting a childhood fever. She lived an isolated and frustrating childhood, imposed on her by her inability to communicate. It was a teacher, Anne Sullivan, who broke through this barrier. For 49 years, Sullivan and Keller worked as teacher and pupil. Keller became the first deaf and blind person to earn a college degree, thanks to Sullivan and friendships with author Mark Twain and oil executive Henry H. Rogers. Keller became an educator, lecturer, and activist, promoting political and social equality for women and the disabled. She helped found the American Civil Liberties Union in 1920. Helen Keller is often presented as one of the best examples of the triumph of the human will and spirit. Despite her many perceived disabilities, she dedicated her life to the betterment of others.

Tale of the Tape



June 14–16 heralds Duct Tape Days, and it is no coincidence that this celebration aligns with Father’s Day on June 17. After all, duct tape is Dad’s most versatile tool.

Duct tape was originally invented by Johnson & Johnson during World War II as a cloth-based waterproof tape used to seal ammunition boxes. It wasn’t a man who invented it, but the mother of two Navy sailors, who believed so much in her idea she wrote a letter to President Franklin Delano Roosevelt touting her invention. The rest is history, and men have been obsessed with duct tape ever since. After all, duct tape can be used for everything from taping ducts to curing warts, removing pet hair, mending tubes of toothpaste, plugging leaky canoes, and catching insects. Of course, women use it, too. Some innovators have even gone so far as to create duct tape wallets, shoes, and dresses. Look no further for the perfect Father’s Day gift.

Humans Smart, Phones Smarter



On June 29, 2007, the very first iPhone was released to the world, a debut that changed both the Apple corporation and the world. For the first time, humans held a smartphone in their hands, a device that did not just make phone calls, but browsed the Internet, sent and received email, played music, movies, and games, took pictures, had a GPS... all in a little pocket-sized box with a really cool touchscreen. It was like holding the future in the palm of your hands.

About a year after the iPhone's debut came another important innovation that made the smartphone even smarter: the so-called App Store. Applications, or apps, now allowed smartphones to become anything and everything users wanted them to be. These apps are mini-programs. Some apps are as simple as games. Others created an entirely new economy: cars can be summoned with Uber and Lyft, money transferred with Zelle, and pictures shared with Snapchat and Instagram.

Nowadays the iPhone isn't the only smartphone on the block. Following Apple's success, plenty of other tech companies quickly built their own smartphones. It seems that every man, woman, and child carries one, and in this manner smartphones have revolutionized society itself. We have access to more information now than we have had in the entirety of human history, and we can share this information in the blink of an eye. We no longer just share photos of our family vacations but of political coups and social injustice. But current research also tells a story of smartphone addiction. We have become so attached to our smartphones that we can't bear to live without them. People are sleeping with their phones within reach, checking their screens at all hours. Without downtime away from our phones, our nervous systems are in states of overload, making us both wired and tired all the time. No wonder young people today suffer anxiety when they are apart from their phones. So, have smartphones outsmarted us? Only time will tell.

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.

Jerry Mathers (actor) – June 2, 1948
Anderson Cooper (journalist) – June 3, 1967
Cole Porter (composer) – June 9, 1891
Gene Wilder (actor) – June 11, 1933
Donald Trump (president) – June 14, 1946
Brian Wilson (musician) – June 20, 1942
John Dillinger (bank robber) – June 22, 1903
George Orwell (writer) – June 25, 1903

Happy Birthday to:

<i>Mary Whelen</i>	<i>June 10</i>
<i>Carol Lidell</i>	<i>June 11</i>
<i>Betty Huot</i>	<i>June 16</i>
<i>Helen Rainville</i>	<i>June 20</i>
<i>Barbara Reasoner</i>	<i>June 21</i>
<i>Pat Coyes</i>	<i>June 24</i>

The King Is Born



On June 5, 1956, a young and charismatic musician named Elvis Presley appeared on *The Milton Berle Show*. While this was not Elvis' first television appearance, and not even his first appearance with "Uncle Miltie," his rendition of *Hound Dog* became at once both famous and infamous. Before this performance, Elvis was often captured on camera playing his guitar from the waist up. However, for *Hound Dog*, the 21-year-old Elvis threw aside his guitar so that America could watch him gyrate his body from head to toe. For these scandalous gyrations, he was dubbed "Elvis the pelvis" and panned by critics as gross and inappropriate. The publicity for this performance put Elvis into the spotlight and launched his career into orbit to become the "King of Rock 'n' Roll."

