

Alpine Way
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www.facebook.com/alpinewayliving

Postage
Information

June 2023

June



Alpine Way * 900 W. Alpine Way, Shelton WA 98584 * (360)426-2600

Our Leadership Team

Executive Director

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A Holey History

Each year, 10 billion doughnuts are made in the United States. That's 30 doughnuts (and a few extra pounds) for every single person in America. With 13,000 doughnut shops lining America's streets, it should be easy to find one of your favorites on June 2, National Donut Day.

Doughnuts have been a beloved treat in America since the 17th century. It was the Dutch, settling in New Amsterdam (present-day New York), who first fried dough in oil. These first doughnuts were called *olykoeks*, or "oily cakes." Of course, these original olykoeks were more fried dough than doughnut and did not yet have their signature hole in the middle. We have to fast-forward almost 200 years until Elizabeth Gregory, the mother of a ship captain, created what we might recognize as the first true doughnut.

Gregory fried her dough with nutmeg, cinnamon, and lemon rind, ingredients undoubtedly borrowed from her son's cargo hold. She also added hazelnuts and walnuts to the doughy center, the spot that might be undercooked. Gregory thoughtfully called her new recipe a *doughnut*. It was her son, Captain Gregory, who made the doughnut round with a hole in its center. Some claim that the hole allowed the doughnut to be placed on the spoke of the ship's wheel, allowing the captain to steer with both hands. In an interview with the *Boston Post* newspaper, Captain Gregory recollected how he cut the first hole in a doughnut with the top of a round, tin pepper box.

Doughnuts did not become the beloved treat they are today until World War I, when Salvation Army volunteers brought doughnuts to American soldiers in the trenches to lift their spirits and remind them of home. And it wasn't until the first Dunkin' Donuts opened in Quincy, Massachusetts, in 1950 that the spelling changed from *doughnut* to *donut*. It was once spelled *donut* only in America, but we now find donuts (and doughnuts) as far away as Great Britain, Australia, and New Zealand.

Staff Birthdays

06/02 Amber Lopez
06/03 Laura Stevens
06/04 Rebecca Sly
06/13 Megan Brennan
06/14 Yolanda Munoz
06/16 Shawna Schey
06/22 Elias Pruner
06/22 Eric Spofford
06/24 Matthew Farmer

Resident Birthdays

Pat Carpenter 6/15
Lee Kregenow 6/18
Judy Hunter 6/26

Highschool reunion

As we talk about our children and Grand children graduating from High School, we don't want to forget our residents who have led our way through life graduating High School too. We will be having our own High School Reunion event for our Residents. We will be having live music with The Wind Jammers Band.



Monday, June 19th

6:30 pm

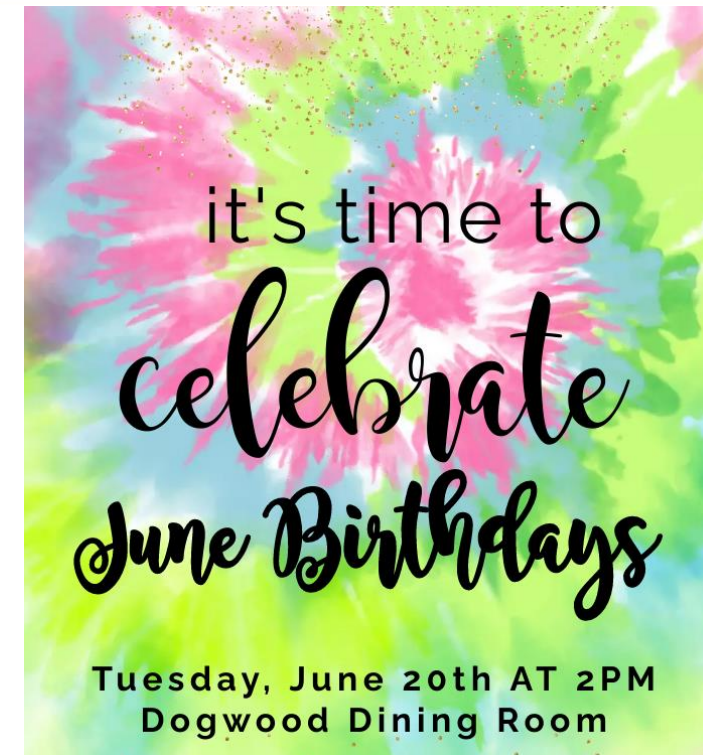
Lobby & Cedar Room

Coming in June

June 2 Hearing Aid Check
 June 12 Resident Council Meeting
 June 14 Covid Vaccine Clinic
 June 15 Truman Glick Park Picnic
 June 18 Father's Day Car Show
 June 19 High School Reunion Wind Jammers Band
 June 20 June Birthday Party
 June 29 Chef Talk

Zumba Gold Program

Zumba Gold is a lower-intensity version of the typical Zumba class (aerobic fitness exercise based on Latin American dance rhythms.) and was designed to meet the anatomical, physiological and psychological needs of seniors.



RESIDENT COUNCIL MEETING



Questions and concerns about

Life Enrichment
 Maintenance
 Housekeeping
 Nursing
 Front office
 Marketing

Monday, June 12th
 1:30 pm
 Dogwood Dining Room

All Residents welcome to attend

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Lip Sync Battle Photos

