



Notable Quotable

"You know when you're young you think you will always be. As you become more fragile, you reflect and you realize how much comfort can come from the past."

~ Andy Griffith, born June 1, 1926



June Horoscopes and Birthdays

In astrology, those born between June 1-21 are Gemini's Twins. Geminis love conversation, and they're good at it, too! Witty, intellectual, curious, charming, and imaginative, they're the life of the party. If you were born between June 22-30, that makes you a Crab of Cancer. Crabs are nurturers, dedicated to their home and family. Gentle and kind, they love storytelling around the dinner table and enjoy traditions.

Celebrities born in June include: Andy Griffith – June 1, 1926
Morgan Freeman – June 1, 1937
Curtis Mayfield – June 3, 1942
Dean Martin – June 7, 1917
Joan Rivers – June 8, 1933
Gene Wilder – June 11, 1933
Burl Ives – June 14, 1909
Meryl Streep – June 22, 1949
June Carter Cash – June 23, 1929
Mel Brooks – June 28, 1926



Keep up with Desert Hills on our Facebook page

@deserthillsmemorycare

Like our page to stay up to date on our community.



Desert Hills Memory Care

June 2025

25818 Columbia street Hemet CA 92544
(951) 652-1837

"The difference between living and living well."



Celebrating June

Great Outdoors Month

Say Something Nice Day June 1

Turtle Races Day June 7

Yarn Bombing Day June 11

Old Time Fiddlers Week June 16-21

International Sushi Day June 18

Flip-Flop Day June 20

Lightning Safety Awareness Week June 22-28

Day of the Seafarer June 25



June Birthdays:

Staff:

Tammie M. 6/10

Leonor R. 6/23

Residents:

Lee S. 6/13

Bonnie B. 6/19

Jerrie W. 6/27

HAPPY Father's DAY

Father's Day, celebrated on the third Sunday in June in the United States, honors fathers and fatherhood. It was first observed in Spokane, Washington, in 1909, thanks to Sonora Smart Dodd, who wanted to honor her father. The holiday became a national holiday in 1972. It's a time for expressing appreciation for fathers through gifts, cards, and special outings.

Father's Day Fun Facts:

There are 1.5 billion fathers worldwide. 66.3 million of those father's are in the United States. Father's Day is the fifth-largest card-sending occasion in America with almost 100 million Father's Day cards sent each year. Only 50% of all Father's Day cards are purchased for dads.

Resident Spotlight:



For Resident Spotlight this Month we are recognizing Ruth. Ruth is always happy to help and always has a smile on her face.



Wellness For Men:

June is Men's Health Month—a time to cast aside being macho and embrace the advice medical science has to offer. The leading threat to men's health is cardiovascular disease. To combat this deadly disease, commonsense medical advice applies: exercise at least 30 minutes a day, eat fruits and vegetables, get your cholesterol checked, and stop smoking. Throughout the month of June, people will be wearing blue in

support of men's health issues. For you men out there, June may be just the time to try a new hobby or exercise, such as yoga, weightlifting, tai chi, golf, fishing, gardening, or woodworking. Even a daily walk can bring innumerable benefits to both mind and body. Activities that exercise the body also reduce stress and provide a social outlet. So while June 15 is Father's Day, it also may be a great day to schedule an appointment with a doctor.

Leader Ship Team:

Shannon Moore
Executive Director

Levina Dubose
Wellness Director

Shelby Walker
Business Office Manager

Darci Marquette
Community Relations Director

Daisy Ochoa
Life Enrichment Director

Jesus Lizarraga
Dining Service Director

Kelly Linn
Plant Operation Director

Staff Spotlight:



For Staff spotlight this month we are recognizing Hugo. Hugo's knowledge, experience and great personality continue to help us achieve excellence.

