

# INSPIRATIONS MONTHLY

JUNE 2023

## LEADERSHIP TEAM

**Danielle Brown**  
Executive Director

**Kristy Davenport**  
Business Office Manager

**Rashad Holloman**  
Dining Services Director

**Angela Collier**  
Wellness Director

**Daryle Wright**  
Maintenance Director

**Debbie Wimsatt**  
Sales and Marketing

**Hannah Morrow**  
Life Enrichment Director

**Nichole Borden**  
Village Program Life  
Enrichment Director



## LETTER FROM OUR EXECUTIVE DIRECTOR

**Danielle Brown**

Greetings from Inspirations of Mount Washington!

We are thrilled to welcome you as family here at Inspirations of Mt. Washington community. I am excited to share our monthly newsletter with residents and families to showcase our amazing activities and culinary choices for residents each month. Our team of Directors are dedicated to our residents and families to ensure that each of you receive the best customer service and quality of living with us at Inspirations of Mt. Washington. Please know our door is always open and we welcome any comments or suggestions to make your day better.

## ~BIRTHDAYS~



### *JUNE BIRTHDAYS:*

06/01 NADINE CARRIER  
06/11 ANNA CASH  
06/12 NORMA SCHMITZ  
06/16 ADRIENNE LLOYD  
06/20 SUZANNE  
SALLINGER  
06/24 MARGERITE  
MCKENZIE



## JUNE

**FAR UP IN THE DEEP BLUE SKY,  
GREAT WHITE CLOUDS ARE FLOATING  
BY;  
ALL THE WORLD IS DRESSED IN GREEN;  
MANY HAPPY BIRDS ARE SEEN,  
ROSES BRIGHT AND SUNSHINE CLEAR  
SHOW THAT LOVELY JUNE IS HERE.**

**-F.G. SANDERS**

**James Thomson, Scottish poet (1700–48)**

## MAY ZODIAC SIGNS

Gemini  
(May 21–June 20)  
Cancer  
(June 21–July 22)





June is National Great Outdoors Month and whether that means hitting up some trails for a stroll in the woods or sipping some iced tea on your front porch, get outside this month!

Spending time outdoors, inhaling fresh air, soaking up the sunshine (with SPF of course!), and quite literally stopping to smell the flowers have benefits for mind and body. There are several studies that show that spending time in nature can reduce feelings of depression and anxiety, while also boosting attention, memory, and creativity! So, grab your sunhat and get outside this month - Dabble in the garden beds, stroll around your community grounds, play a game of corn hole, enjoy a meal



***Keep on  
the  
Sunny  
Side of  
Life!***

On June 5th of 2019, the US Senate officially designated June 2019 as 'Great Outdoors Month.'

'Great Outdoors Week' began under President Clinton in 1998 and has grown under the Bush, Obama, and Trump administrations into a month-long celebration of the outdoors. Since 2008, governors from across the country have joined in designating June as a month to celebrate the great outdoors and more than half the states have already proclaimed June 2019 as Great Outdoors Month!

This celebration brings not only health benefits, but social and economic benefits as well.

The Outdoor Recreation Jobs and Economic Impact Act of 2016 was enacted to analyze the outdoor recreation economy of the United States. The most recent report released in September 2018 showed that outdoor recreation contributed more than \$412 billion to the US economy in 2016. This comprises about 2.2% of total US GDP. The report also found that the outdoor recreation industry had faster growth than the overall economy in 2016 and



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div> <div>JUNE 2023</div> <div>Inspirations of Mount Washington</div> </div>				<div> <div>9:30am</div> <div>Watering The flowers</div> <div>1</div> </div> <div> <div>10:30am</div> <div>Coffee and News</div> </div> <div> <div>11:00am</div> <div>Exercise</div> </div> <div> <div>11:30am</div> <div>Table Talk</div> </div> <div> <div>1:00pm</div> <div>Card Games</div> </div> <div> <div>2:00pm</div> <div>Bingo</div> </div> <div> <div>3:30pm</div> <div>Music by Rob Brown</div> </div>	<div> <div>9:30am</div> <div>Watering The flowers</div> <div>2</div> </div> <div> <div>10:30am</div> <div>Coffee and News</div> </div> <div> <div>11:00am</div> <div>Exercise</div> </div> <div> <div>11:30am</div> <div>Table Talk</div> </div> <div> <div>12:00pm</div> <div>Lunch at Mark's Feed Store</div> </div> <div> <div>2:00pm</div> <div>Jumbo Jenga</div> </div> <div> <div>3:00pm</div> <div>Chair Yoga</div> </div> <div> <div>4:00pm</div> <div>Conversation Corner</div> </div>	<div> <div>9:30am</div> <div>Watering The flowers</div> <div>3</div> </div> <div> <div>10:30am</div> <div>Coffee and News</div> </div> <div> <div>11:00am</div> <div>Walking Group</div> </div> <div> <div>1:00pm</div> <div>Ambassador Meeting</div> </div> <div> <div>1:30pm</div> <div>Movie Matinee and Popcorn</div> </div>
<div> <div>9:30am</div> <div>Watering The flowers</div> <div>4</div> </div> <div> <div>10:00am</div> <div>Worship with First Baptist Church</div> </div> <div> <div>10:15am</div> <div>Catholic Communion</div> </div> <div> <div>11:00am</div> <div>Walkin' &amp; Rollin' Club</div> </div> <div> <div>1:00pm</div> <div>Fun Facts</div> </div> <div> <div>2:00pm</div> <div>Steal The Candy</div> </div> <div> <div>3:00pm</div> <div>Left Right Center</div> </div>	<div> <div>9:30am</div> <div>Watering The flowers</div> <div>5</div> </div> <div> <div>10:30am</div> <div>Coffee and News</div> </div> <div> <div>11:00am</div> <div>Exercise</div> </div> <div> <div>11:30am</div> <div>Table Talk</div> </div> <div> <div>1:00pm</div> <div>Painting Class</div> </div> <div> <div>2:00pm</div> <div>Bingo</div> </div> <div> <div>3:00pm</div> <div>Manicures</div> </div> <div> <div>4:00pm</div> <div>Big Connect Four</div> </div>	<div> <div>9:30am</div> <div>Watering The flowers</div> <div>6</div> </div> <div> <div>10:30am</div> <div>Coffee and News</div> </div> <div> <div>11:00am</div> <div>Exercise</div> </div> <div> <div>11:30am</div> <div>Table Talk</div> </div> <div> <div>1:00pm</div> <div>Manicures</div> </div> <div> <div>2:00pm</div> <div>Flower Pot Picture</div> </div> <div> <div>3:00pm</div> <div>Tuesday Tastings</div> </div> <div> <div>4:00pm</div> <div>Happy Hour</div> </div>	<div> <div>9:30am</div> <div>Watering The flowers</div> <div>7</div> </div> <div> <div>10:00am</div> <div>Kitchen Committee With Rashad</div> </div> <div> <div>10:30am</div> <div>Coffee and News</div> </div> <div> <div>11:00am</div> <div>Exercise</div> </div> <div> <div>1:00pm</div> <div>Beachball Volleyball</div> </div> <div> <div>2:00pm</div> <div>Homemade Lotion with Jennifer Turner from Soap Addiction</div> </div> <div> <div>3:00pm</div> <div>Chair Yoga</div> </div> <div> <div>4:00pm</div> <div>Ladies Circle</div> </div>	<div> <div>9:30am</div> <div>Watering The flowers</div> <div>8</div> </div> <div> <div>10:30am</div> <div>Coffee and News</div> </div> <div> <div>11:00am</div> <div>Exercise</div> </div> <div> <div>11:30am</div> <div>Table Talk</div> </div> <div> <div>1:00pm</div> <div>Coloring Circle</div> </div> <div> <div>2:00pm</div> <div>Bingo</div> </div> <div> <div>3:00pm</div> <div>Manicures</div> </div>	<div> <div>9:30am</div> <div>Watering The flowers</div> <div>9</div> </div> <div> <div>10:30am</div> <div>Coffee and News</div> </div> <div> <div>11:00am</div> <div>Exercise</div> </div> <div> <div>11:30am</div> <div>Table Talk</div> </div> <div> <div>12:00pm</div> <div>City Park Outing</div> </div> <div> <div>2:00pm</div> <div>Conversation Corner</div> </div> <div> <div>3:00pm</div> <div>Summer Sun Catchers</div> </div> <div> <div>4:00pm</div> <div>Chat Pack</div> </div>	<div> <div>9:30am</div> <div>Watering The flowers</div> <div>10</div> </div> <div> <div>10:30am</div> <div>Coffee and News</div> </div> <div> <div>11:00am</div> <div>Walking Group</div> </div> <div> <div>1:00pm</div> <div>Art Mandala</div> </div> <div> <div>2:00pm</div> <div>Zumba</div> </div> <div> <div>3:00pm</div> <div>Ball Toss</div> </div>
<div> <div>9:30am</div> <div>Watering The flowers</div> <div>11</div> </div> <div> <div>10:00am</div> <div>Worship with First Baptist Church</div> </div> <div> <div>10:15am</div> <div>Catholic Communion</div> </div> <div> <div>11:00am</div> <div>Walkin' &amp; Rollin' Club</div> </div> <div> <div>1:00pm</div> <div>Calvary Christian Center Worship</div> </div> <div> <div>2:30pm</div> <div>Sunday Sundays</div> </div>	<div> <div>9:30am</div> <div>Watering The flowers</div> <div>12</div> </div> <div> <div>10:30am</div> <div>Coffee and News</div> </div> <div> <div>11:00am</div> <div>Exercise</div> </div> <div> <div>11:30am</div> <div>Table Talk</div> </div> <div> <div>1:00pm</div> <div>Bingo</div> </div> <div> <div>2:00pm</div> <div>Alzheimer's Education</div> </div> <div> <div>3:30pm</div> <div>Manicures</div> </div> <div> <div>4:00pm</div> <div>SwatterBall</div> </div>	<div> <div>9:30am</div> <div>Watering The flowers</div> <div>13</div> </div> <div> <div>10:30am</div> <div>Coffee and News</div> </div> <div> <div>11:00am</div> <div>Exercise</div> </div> <div> <div>11:30am</div> <div>Table Talk</div> </div> <div> <div>1:00pm</div> <div>Manicures</div> </div> <div> <div>2:00pm</div> <div>Music by Ron Marks</div> </div> <div> <div>3:00pm</div> <div>Tuesday Tastings</div> </div> <div> <div>4:00pm</div> <div>Happy Hour</div> </div>	<div> <div>9:30am</div> <div>Watering The flowers</div> <div>14</div> </div> <div> <div>10:30am</div> <div>Coffee and News</div> </div> <div> <div>11:00am</div> <div>Exercise</div> </div> <div> <div>11:30am</div> <div>Table Talk</div> </div> <div> <div>1:00pm</div> <div>Walmart Shopping Trip</div> </div> <div> <div>2:00pm</div> <div>Rocking Chair Reminiscing</div> </div> <div> <div>3:00pm</div> <div>Flag Facts</div> </div> <div> <div>4:00pm</div> <div>Ladies Circle</div> </div>	<div> <div>9:30am</div> <div>Watering The flowers</div> <div>15</div> </div> <div> <div>10:30am</div> <div>Coffee and News</div> </div> <div> <div>11:00am</div> <div>Exercise</div> </div> <div> <div>11:30am</div> <div>Table Talk</div> </div> <div> <div>1:00pm</div> <div>Coloring Circle</div> </div> <div> <div>2:00pm</div> <div>Bingo</div> </div> <div> <div>3:00pm</div> <div>Manicures</div> </div>	<div> <div>9:30am</div> <div>Watering The flowers</div> <div>16</div> </div> <div> <div>10:30am</div> <div>Coffee and News</div> </div> <div> <div>11:00am</div> <div>Exercise</div> </div> <div> <div>11:30am</div> <div>Table Talk</div> </div> <div> <div>2:00pm</div> <div>BINGO Store</div> </div> <div> <div>3:30pm</div> <div>Brite Light Butterfly Series #2</div> </div>	<div> <div>9:30am</div> <div>Watering The flowers</div> <div>17</div> </div> <div> <div>10:30am</div> <div>Coffee and News</div> </div> <div> <div>11:00am</div> <div>Walking Group</div> </div> <div> <div>1:00pm</div> <div>Card Games Crazy 8's</div> </div> <div> <div>2:00pm</div> <div>First Baptist Men's Choir</div> </div>
<div> <div>9:30am</div> <div>Watering The flowers</div> <div>18</div> </div> <div> <div>10:00am</div> <div>Worship with First Baptist Church</div> </div> <div> <div>10:15am</div> <div>Catholic Communion</div> </div> <div> <div>11:00am</div> <div>Walkin' &amp; Rollin' Club</div> </div> <div> <div>1:00pm</div> <div>Pass The Trash</div> </div> <div> <div>2:00pm</div> <div>Father's Day Dogs</div> </div> <div> <div>3:00pm</div> <div>Movie and Popcorn Father's Choice</div> </div>	<div> <div>9:30am</div> <div>Watering The flowers</div> <div>19</div> </div> <div> <div>10:30am</div> <div>Coffee and News</div> </div> <div> <div>11:00am</div> <div>Exercise</div> </div> <div> <div>11:30am</div> <div>Table Talk</div> </div> <div> <div>1:00pm</div> <div>Bingo</div> </div> <div> <div>2:00pm</div> <div>Bullitt Co Public Library</div> </div> <div> <div>3:00pm</div> <div>Flower Garden Painting</div> </div>	<div> <div>9:30am</div> <div>Watering The flowers</div> <div>20</div> </div> <div> <div>10:30am</div> <div>Coffee and News</div> </div> <div> <div>11:00am</div> <div>Exercise</div> </div> <div> <div>11:30am</div> <div>Table Talk</div> </div> <div> <div>2:00pm</div> <div>Start of Summer Social</div> </div> <div> <div>3:00pm</div> <div>Rocking Chair Reminiscing</div> </div> <div> <div>4:00pm</div> <div>Happy Hour</div> </div>	<div> <div>9:30am</div> <div>Watering The flowers</div> <div>21</div> </div> <div> <div>10:30am</div> <div>Coffee and News</div> </div> <div> <div>11:00am</div> <div>Exercise</div> </div> <div> <div>11:30am</div> <div>Table Talk</div> </div> <div> <div>12:00pm</div> <div>lunch at Applebee's</div> </div> <div> <div>3:00pm</div> <div>Manicures</div> </div> <div> <div>4:00pm</div> <div>Ladies Circle</div> </div>	<div> <div>9:30am</div> <div>Watering The flowers</div> <div>22</div> </div> <div> <div>10:30am</div> <div>Coffee and News</div> </div> <div> <div>11:00am</div> <div>Exercise</div> </div> <div> <div>11:30am</div> <div>Table Talk</div> </div> <div> <div>1:00pm</div> <div>Coloring Circle</div> </div> <div> <div>2:00pm</div> <div>Bingo</div> </div> <div> <div>3:30pm</div> <div>DJ Doug Hill WYOU Radio</div> </div>	<div> <div>9:30am</div> <div>Watering The flowers</div> <div>23</div> </div> <div> <div>10:30am</div> <div>Coffee and News</div> </div> <div> <div>11:00am</div> <div>Exercise</div> </div> <div> <div>11:30am</div> <div>Table Talk</div> </div> <div> <div>1:00pm</div> <div>Activity Planning Meeting</div> </div> <div> <div>2:00pm</div> <div>End of Life Planning-McFarland Troutman Funeral Home</div> </div> <div> <div>3:00pm</div> <div>Conversation Corner</div> </div> <div> <div>4:00pm</div> <div>Money Ball</div> </div>	<div> <div>9:30am</div> <div>Watering The flowers</div> <div>24</div> </div> <div> <div>10:30am</div> <div>Coffee and News</div> </div> <div> <div>11:00am</div> <div>Walking Group</div> </div> <div> <div>1:30pm</div> <div>Arts &amp; Crafts By INSPIRATIONS</div> </div> <div> <div>2:00pm</div> <div>Music by Doug Pinson</div> </div> <div> <div>3:00pm</div> <div>Corn Hole</div> </div>
<div> <div>9:30am</div> <div>Watering The flowers</div> <div>25</div> </div> <div> <div>10:00am</div> <div>Worship with First Baptist Church</div> </div> <div> <div>10:15am</div> <div>Catholic Communion</div> </div> <div> <div>11:00am</div> <div>Walkin' &amp; Rollin' Club</div> </div> <div> <div>1:00pm</div> <div>Rocking Chair Reminiscing</div> </div> <div> <div>2:00pm</div> <div>Vision Valley Baptist Church</div> </div> <div> <div>3:00pm</div> <div>Movie and Popcorn</div> </div>	<div> <div>9:30am</div> <div>Watering The flowers</div> <div>26</div> </div> <div> <div>10:30am</div> <div>Coffee and News</div> </div> <div> <div>11:00am</div> <div>Exercise</div> </div> <div> <div>11:30am</div> <div>Table Talk</div> </div> <div> <div>1:00pm</div> <div>Cards- Old Maid</div> </div> <div> <div>2:00pm</div> <div>Bingo</div> </div> <div> <div>3:00pm</div> <div>Manicures</div> </div> <div> <div>4:00pm</div> <div>DIY Sugar Scrub</div> </div>	<div> <div>9:30am</div> <div>Watering The flowers</div> <div>27</div> </div> <div> <div>10:30am</div> <div>Coffee and News</div> </div> <div> <div>11:00am</div> <div>Exercise</div> </div> <div> <div>11:30am</div> <div>Table Talk</div> </div> <div> <div>1:00pm</div> <div>Manicures</div> </div> <div> <div>2:00pm</div> <div>Discovery Series with Morgan</div> </div> <div> <div>3:00pm</div> <div>Tuesday Tastings</div> </div> <div> <div>4:00pm</div> <div>Happy Hour</div> </div>	<div> <div>9:30am</div> <div>Watering The flowers</div> <div>28</div> </div> <div> <div>10:30am</div> <div>Coffee and News</div> </div> <div> <div>11:00am</div> <div>Exercise</div> </div> <div> <div>11:30am</div> <div>Table Talk</div> </div> <div> <div>12:00pm</div> <div>lunch at Outback Steak</div> </div> <div> <div>2:30pm</div> <div>Left Right Center</div> </div> <div> <div>3:00pm</div> <div>Patriotic Gnome Craft</div> </div> <div> <div>4:00pm</div> <div>Ladies Circle</div> </div>	<div> <div>9:30am</div> <div>Watering The flowers</div> <div>29</div> </div> <div> <div>10:30am</div> <div>Coffee and News</div> </div> <div> <div>11:00am</div> <div>Exercise</div> </div> <div> <div>11:30am</div> <div>Table Talk</div> </div> <div> <div>1:00pm</div> <div>Coloring Circle</div> </div> <div> <div>2:00pm</div> <div>Throwback Thursday</div> </div> <div> <div>3:00pm</div> <div>Brite Light Butterfly Series #3</div> </div>	<div> <div>9:30am</div> <div>Watering The flowers</div> <div>30</div> </div> <div> <div>10:30am</div> <div>Coffee and News</div> </div> <div> <div>11:00am</div> <div>Exercise</div> </div> <div> <div>11:30am</div> <div>Table Talk</div> </div> <div> <div>1:00pm</div> <div>Puzzle Games</div> </div> <div> <div>2:00pm</div> <div>Birthday Bash with Felicity Burkhead</div> </div> <div> <div>3:00pm</div> <div>Resident Council Meeting</div> </div> <div> <div>4:00pm</div> <div>What's in the Bag</div> </div>	

# 30 Holidays

## To Celebrate In JUNE



6/1	Flip a Coin Day
6/2	National Rocky Road Day
6/3	National Egg Day
6/4	Hug Your Cat Day
6/5	World Environment Day
6/6	National Yo-Yo Day
6/7	National Chocolate Ice Cream Day
6/8	Best Friends Day
6/9	National Strawberry-Rhubarb Pie Day
6/10	National Ballpoint Pen Day
6/11	National Corn on the Cob Day
6/12	Red Rose Day
6/13	National Kitchen Klutzes of America Day
6/14	Monkey Around Day
6/15	Smile Power Day
6/16	National Fudge Day
6/17	Eat Your Veggies Day
6/18	International Picnic Day
6/19	National Martini Day
6/20	Ice Cream Soda Day
6/21	International Yoga Day
6/22	National Chocolate Éclair Day
6/23	National Pink Day
6/24	Swim a Lap Day
6/25	Take My Children to Work Day
6/26	Beauticians' Day
6/27	Sunglasses Day
6/28	Paul Bunyan Day
6/29	Camera Day
6/30	Social Media Day

# June Entertainment

*June 1st Rob Brown*

*June 7th Jennifer Turner*

*June 13th Ron Marks*

*June 22nd DJ Dean Hill*

*June 24th Doug Pinson*

*June 27th Discovery Series  
with Morgan*

# **JUNE 2023**

## *Holidays & Observances*



*Thursday June 1<sup>st</sup>*  
**Dinosaur Day**



*Saturday June 3<sup>rd</sup>*  
**Bicycle Day**



*Tuesday June 6<sup>th</sup>*  
**Eyewear Day**



*Sunday June 11<sup>th</sup>*  
**Corn on the Cob Day**



*Wednesday June 14<sup>th</sup>*  
**Blood Donor Day**



*Saturday June 17<sup>th</sup>*  
**World Day to Combat  
Desertification and Drought**



*Monday June 19<sup>th</sup>*  
**Take Your Cat to Work Day**



*Wednesday June 21<sup>st</sup>*  
**Seashell Day**



*Tuesday June 27<sup>th</sup>*  
**Bingo Day**



*Thursday June 29<sup>th</sup>*  
**Handshake Day**

# CITY PARK PICNIC

**JUNE 12TH @12P**

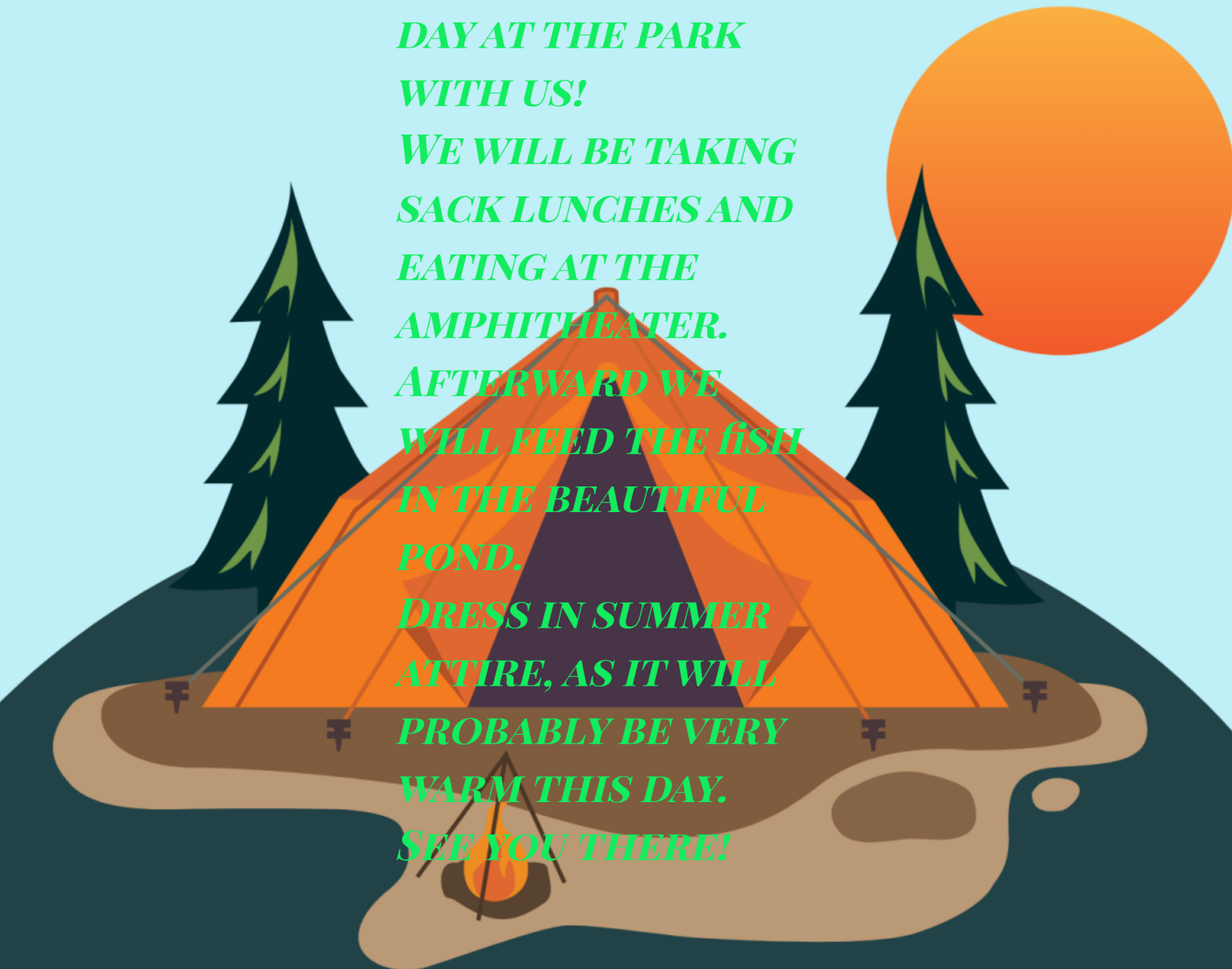
*COME ENJOY A NICE  
DAY AT THE PARK  
WITH US!*

*WE WILL BE TAKING  
SACK LUNCHES AND  
EATING AT THE  
AMPHITHEATER.*

*AFTERWARD WE  
WILL FEED THE FISH  
IN THE BEAUTIFUL  
POND.*

*DRESS IN SUMMER  
ATTIRE, AS IT WILL  
PROBABLY BE VERY  
WARM THIS DAY.  
SEE YOU THERE!*

**CITY PARK**



# UPCOMING EVENTS

**Friday June 2nd**

**We will enjoy a BBQ lunch out at Mark's Feed Store!**

**Friday June 9th**

**Will be a fun filled day at the Mt.Washington Park. Lunch at the WesBanco Amphitheater**

**Wednesday June 14th**

**Walmart Shopping Trip to pickup all your must haves**

**Wednesday June 21st**

**Come out and have lunch with your Friends at Applebee's**

**Wednesday June 28th**

**Going on a walkabout to get lunch at Outback Steakhouse**

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## HELLO JUNE

**Joy finds you  
when you**

**Understand  
your value  
and**

**Nourish your  
need**

**Even when it  
feels hard**

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## **INTRODUCING LIFE LOOP AND connections PORTAL**

### **LIFELOOP CONNECTIONS BENEFITS**

**REGISTER FOR  
COMMUNITY  
ACTIVITIES**

**SHARE SPECIAL  
MOMENTS WITH  
PHOTOS &  
MESSAGES**

**STAY IN TOUCH  
WITH YOUR  
LOVED ONE  
RECEIVE WEEKLY  
UPDATES FROM  
THE COMMUNITY**

**REQUEST WORK  
REQUESTS &  
TRANSPORTATION  
IF OFFERED BY  
YOUR  
COMMUNITY**

**Lifeloop is a new system that was introduced to our life Enrichment Teams in January. It is a wonderful way to communicate between staff, family members and residents.**

**The LifeLoop Connections Portal allows family members to gain access to their loved ones life here in the community. You are able to share photos and messages, get weekly updates on activities and track what they are participating in.**

**If you are interested in learning more about LifeLoop and want to be sent an invite for your loved ones portal let our Life Enrichment Director know.**

**We will soon be setting up a family night for anyone who wants to be walked through the process of using LifeLoop.**



## Volunteer Activities

One on One Resident Chats

Lead Bible Studies

Lead BINGO

Tag along on Outings in the Community

Speakers/Education

Crafts

Host a Party



**If you are looking for an opportunity to volunteer in our community, please reach out to Hannah Morrow, Life Enrichment Director at (502) 538-3172.**

