

June 2024

The Periodical

Parsons House on Eagle Run | 14325 Eagle Run Dr. Omaha NE. 68164 | 402-498-9554



Celebrating June

National Doughnut Day

June 7

Nature Photography Day

June 15

International Day of Yoga

June 21

Day of the Seafarer

June 25

National Bingo Day

June 27

Mother Nature sure has been on a roll in the recent weeks! We've seen her wreak havoc on our city through tornados, thunderstorms, hail, flash flooding, and wicked winds. You name it and we've experienced it! We are so thankful everyone at Parsons House remained safe throughout the many weather warnings we've recently battled. Our thoughts are with those who have experienced loss as a result of the storms and hope nothing but the best in the rebuilding efforts sure to come throughout our community. With time this storm season shall pass and when it does, we hope to see the sun shine brightly through the clouds and the rainbow after the rain!

Speaking of sun shining brightly, June 20th marks the official "first day" of summer! Just the thought of consistent sunshine accompanied by an ice cold lemonade and a warm summer breeze brings a smile to my face. Summer time gives us the perfect excuse to get out of the building and enjoy the great outdoors. Trips to the park are a crowd favorite, as well as outdoor exercise classes and more. Summer sure is a great time to recharge after a long winter.

We look forward to the sunny days ahead and can't wait to make memories with you and your families! From all of us at Parsons House, here's to a fun-filled summer in 2024!

In the Company of Fairies



In his 1904 play *Peter Pan*, playwright Sir James Matthew Barrie wrote that when the first baby laughed, the laugh broke into a thousand pieces, and each piece became a fairy. Whether you find fairies nothing but foolish folklore or believe that fairies actually flutter about the woods and glens, International Fairy Day is June 24.

Indeed, many cultures believe that fairies do exist. In January 2014, residents of Iceland protested the building of a new road for fear that it might disturb the fairies and elves living among the rocks. A survey showed that 54 percent of Icelanders believe in fairies. The Icelandic Road Administration is so familiar with protestations regarding construction and fairies that they provide locals with a five-page document detailing precautions they take so as not to disturb these miniature mythical folk.

Perhaps Iceland's only rival in its belief of fairies is Ireland. Most people are familiar with Ireland's leprechauns guarding pots of gold at the end of rainbows, but fairies are just as common. Fairies, say the Irish, are fallen angels who were not as evil as Satan and so were not banished to hell but to Earth. Fairy culture is so pervasive in Ireland that a certain mushroom is called a fairy mushroom, a type of grass is called fairy flax, and the bells of the foxglove plant are called fairy bells. Fairy mounds, called raths, are believed to be magical fairy dwellings. Visitors to Ireland today can even take guided tours of these mysterious places.

Fairies have also become part of legend in Italy, Japan, and America, where children summon the tooth fairy by placing a lost tooth under their pillows. On average, a tooth in America is worth \$5.84, which is actually down from last year's average of \$6.23—still far less than a pot of gold.

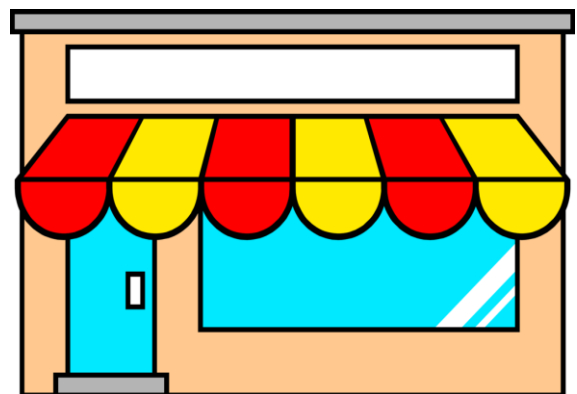
What do you think about fairies? Are they just the stuff of legends, or is there something more to the stories than we know?

Dare to Be Great

We double-dog dare you to celebrate Dare Day on June 1. While it would never be advisable to accept a dare to jump off the Brooklyn Bridge, it is always appropriate to dare to be great. President Theodore Roosevelt said, "Far better is it to dare mighty things, to win glorious triumphs, even though checkered by failure... than to rank with those poor spirits who neither enjoy nor suffer much, because they live in the gray twilight that knows not victory nor defeat."

The first step in daring to be great is to have a positive attitude and let go of any fear of failure. It may be true that society largely judges us on our outcomes, whether we succeed or fail at work or at home, when instead we should all be measured by the fortitude of our character. No matter the outcome of taking a risk, a dare, or an endeavor, as long as you stay self-confident and maintain self-love, then great things are possible.

Corner Store



The Corner Store will be open June 10th and June 24th

Strawberry Lemon Trifle



Directions

1. In a large bowl, mix cream cheese and yogurt. Add the milk, pudding mix and lemon zest; mix until smooth. In a blender, process 1/2 cup strawberries and grape juice until blended.
2. Cut cake into 1-in. cubes; place a third in a trifle bowl or 3-qt. serving bowl. Top with a third of the pudding mixture and half of the remaining strawberries. Add half of the strawberry sauce. Repeat all layers. Top with remaining cake and pudding mixture. If desired, garnish with whipped topping and additional strawberries. Cover and refrigerate for at least 2 hours.

Ingredients

- 4 ounces fat-free cream cheese, softened
- 1 cup fat-free vanilla yogurt
- 2 cups fat-free milk
- 1 package (3.4 ounces) instant lemon pudding mix
- 2 teaspoons grated lemon zest
- 2-1/2 cups sliced fresh strawberries, divided
- 1 tablespoon white grape juice or water
- 1 prepared angel food cake (12 ounces)
- Optional: Whipped topping and additional strawberries

Off the Beaten Path

The residents of Ainsworth, Nebraska, enjoy poking fun at themselves when they celebrate their annual Middle of Nowhere Festival each June. In fact, the sign at the edge of town welcoming visitors to Ainsworth proudly declares that you've entered the Middle of Nowhere. Incidentally, Ainsworth also calls itself Nebraska's Country Music Capital, and it will come as no surprise that the town theme song is an apt country tune called "In the Middle of Nowhere."

Residents of Ainsworth might be sorry to hear that analysts have mapped the actual middle of nowhere (in America, anyway) and found it to be either in Idaho, far northern Maine (although you would be close to Canada), the Grand Canyon, or the intersection of Oregon, Idaho, and Nevada. Each of these places is incredibly remote and far from any roads or highways leading back to civilization. So if you truly want to find a place where you can get away from the everyday hustle and bustle of society, then take your pick. Of course, once you have arrived in the middle of nowhere, then you must be somewhere, right?

A Firm Tradition



Don't underestimate the power of a handshake. Scientists have discovered that "a handshake preceding social interaction enhanced

the positive impact of approach." Furthermore, not just any old handshake will do. A firm, confident, and friendly handshake lays the foundation for a positive social experience.

The handshake likely originated as a gesture of peace. Two people would demonstrate that they held no weapons in their hands. Now if only the promoters of World and National Handshake Days could get together, shake hands, and agree on just one day to honor the handshake!

Inbox Insights



This might be good news or bad news depending on your relationship with your email inbox, but the second week of June is Email Week. No doubt about it, email has

forever transformed the way we communicate. The question is, has it transformed our communication for better or for worse?

Email truly is a communication miracle. It has shrunk space and time, making communication global and instantaneous. In both our personal and business lives, we can now keep in touch more easily, saving time and money in the process. (Just ask your postal carrier.)

Through email, we can correspond using more than just words. We share documents, pictures, videos, and music. Email allows us to work from home rather than commute to the office each day. It also enables us to reach hundreds of people at the click of a button. And thanks to smartphones and other mobile devices, we can access our email on the go—anytime, anywhere.

Yet studies show that most people can handle a maximum of only 50 work emails per day. Any more than that and they feel overwhelmed. In fact, many people feel “inbox anxiety,” a deep pressure to respond to every email they receive. When you consider that over 361 billion emails are sent around the world each day, that’s a lot of inboxes to clear!

This brings us to spam. No, we’re not referring to the canned meat product that has become a pop culture phenomenon; we’re talking about those junk emails flooding your inbox: advertisements, forwards, and even fraudulent scams. As much as 85 percent of all email falls into this category. Perhaps the best way to celebrate Email Week is to not read email at all. After all, some believe that email is passé, and that the communication of the future is texting and social media sites like Facebook, Instagram, and X.

June Birthdays

If you were born between June 1–21, you are a Twin of Gemini. Geminis make communicative and lively companions. Intellectual and imaginative, they are the ones to sit near at a party. Those born between June 22–30 are Crabs of Cancer. Crabs love family and nurturing others. They may be emotional, kind, and gentle, but they are never soft. Cancers are strong-willed and tenacious in their search for peace and homeyness.

Joanne L. 6/4
Ellen L. 6/8
Jo B. 6/12
Joey P. 6/9
Patricia L. 6/16
Pat E. 6/15
Edith O. 6/6
JoAnn M. 6/10
Bob C. 6/30
Velma S. 6/6
Sandy M. 6/29
Phyllis S. 6/4

Up and at 'Em!

Open your eyes, leap out of bed, and face another glorious new day! That’s the philosophy behind Upsy Daisy Day on June 8.



The first known record of the phrase *upsy daisy* is from an 1862 book by C. Clough Robinson entitled *The Dialect of Leeds and Its Neighbourhood*: “Upsa daisy! A common expression when a child, in play, is assisted in a spring leap from the ground.” While in this expression *daisy* is a cute way of saying *day*, it also gives us the image of a child lying down in a bed of daisies. Funny, then, how the flower name *daisy* also refers to the word *day*, as in *day’s eye*. A daisy closes its petals at night and then opens them in sunlight, exposing its yellow center like an eye opening. So, on June 8, leap out of bed, take a trip to the florist, and surround yourself with daisies.