

June 2026

West Haven Happenings

Brillion West Haven | 220 Achievement Drive | (920) 756-1900 | assistedlivingbyhillcrest.com



Celebrating June

Music with Don

Bongers

June 1, 1:30p

Catholic Mass

June 11, 2p

Music with Tom

Kees

June 15, 1:30p

Francis at the

Piano

June 17, 1:30p

Birthday Bash

June 18, 1:30p

Resident/ Family

Picnic

June 23

Bingo Buck Store

June 24, 2p

Crafts with Bev

June 30, 10:15a

Resident of the Month

Dennis A. Dvorachek

Dennis was born November 4, 1945. He has 4 sisters and 1 brother. He grew up on the family farm on Oakwood Rd., Reedsville. He graduated from Reedsville High School in 1963, followed by attending college in Madison, getting a degree in Agronomy and Dairy Science. He did work for other companies, but he farmed on the home farm with his brother for 40 years. He has 4 children. One daughter, Amy Beth., and 3 sons, Matthew, Jason (deceased), and Nathan. His hobbies are spending time with his children, and grandchildren, which he has 13. Growing masterpiece roses and raising chicks to hens and giving away eggs. He is a member of the Holy Family Catholic Church. He taught confirmation classes and sang in the choir. Upon "retirement" he was the caretaker of Holy Family Church cemetery, cutting lawn. His favorite things about living at West Haven are that the people are friendly, the nurses really care, the food and cleaning service are good. Lots of activities and Church comes to me!



Crockpot Strawberry Raspberry Jam

2 cups crushed fresh strawberries
2 cups raspberries whole is fine
5 cups granulated sugar
4 ½ tbsp classic pectin

Prepare mason jars and lids by washing and sterilizing in boiling water or running through the setilization cycle on the dishwasher.

Prepare the strawberries and raspberries. Rinse with cool water. Slice strawberries into halves or quarters and then crush them with a potato masher. Crockpot jam cooks best the smaller the pieces are broken down beforehand.

Add sugar, pectin, strawberries and raspberries to the crockpot.

Set the crockpot on high and cook for 2-3 hours, stirring every 30 minutes.

When the sugar is completely dissolved throughout the entire mixture, the jam is done. Ladle jam into prepared jars, secure lids, and leave jars to set for 24 hours before storing in the freezer.

If, instead of storing in the freezer, you'd like to process the jars in a boiling water bath, they can be stored on the self for up to 1 year.

In Loving Memory....

Brillion West Haven would like to extend our deepest sympathy to the family and friends of Barbara Miller-Herzog and Sharon Puskda. They will truly be missed.

The Lucky Flip

The notion of making a decision based on the flip of a coin began with the invention of the metal coin itself, long before Flip a Coin Day was ever celebrated on June 1. In ancient Rome, coins bore the head of Julius Caesar on one side and a ship on the other. People would play *navia aut caput*, meaning “ship or head,” to decide matters small and large, even in criminal cases deciding guilt. If it landed on Caesar’s head, you won, believing that the emperor sided with you. Throughout history, coin flips have been used to make other important decisions. Wilbur Wright won a coin toss against his brother Orville to attempt the first flight at Kitty Hawk, though he didn’t get far. And two pioneers used a coin toss to decide the name of Portland, Oregon. The famous “Portland Penny” remains on display at the Oregon Historical Society Museum.



Employee of the Month Emersyn Olson

Emersyn has been employed with West Haven for 5 years. Her favorite part of her job is learning about the residents, the lives they lived with their families and how they were raised. Making them happy, laughing, feeling safe and loved. She is from Reedsville and went to Brillion High School. She has a younger brother. She has a yellow lab, Wrigley at home. She enjoys hanging out with friends, family and her boyfriend. Her hobbies are going to Bingo at Oneida with her grandma, spending time with her boyfriend, and having dinner dates with friends at new restaurants/music events. Her favorite sports teams are the Brewers and the Packers; she loves football the most. Her favorite food is Culvers, especially ice cream. In 10 years, she sees herself graduated from school, married with hopefully a family started and working in a medical field. She loves traveling close to Lambeau Field or Miller Park for games. She hopes to go to Hawaii or a country in Europe someday. If she won the lottery, she would help her parents, buy a new car, her dream house, and donate some to a charity in healthcare or in a field related to cancer.

Laced Up or Laid Back

The running boom began back in 1967, when William Bowerman published a book touting the benefits of a radical new exercise called jogging. By the next decade, over 25 million Americans, including Clint Eastwood, Farrah Fawcett, and President Jimmy Carter, called themselves runners. In the meantime, Bowerman had cofounded Nike, the world's foremost athletic shoe company. It's not too late to celebrate both Bowerman and the running craze. Buy a pair of Nikes and lace them up for Running Day on the first Wednesday in June.

Of course, running isn't for everyone. In 1979, W. T. Rabe founded World Sauntering Day on June 19 as a more leisurely alternative. *Sauntering* means "walking in a slow and relaxed way, often in no particular direction." Unlike joggers, whose aim is to huff and puff, log miles, sweat, and increase their heart rate, the point of sauntering is to stop moving so fast and enjoy the world. Lucky for Bowerman, both can be done in a comfortable pair of Nikes.

Recess Reclaimed



There is a saying that "All we really need to know, we learned in kindergarten." The founders of Recess at Work Day on June 18 seem to have taken this advice literally. Studies repeatedly show how recess in

elementary schools creates positive impacts in attendance and achievement. Might recess at work show similar benefits for adults? Dr. Stuart Brown, founder of the National Institute for Play, believes that adults need play just as much as children do. Play builds community, keeps the mind sharp, and keeps us close to the ones we love. Adults who do not play can suffer serious consequences. "Perseverance and joy in work is lessened and... life is much more laborious," Brown says. Perhaps more companies need to add recess to their list of employee benefits.

Olympic Origins



With the 2026 Milano Cortina Winter Olympics fresh in our minds, it seems an opportune time to celebrate the founder of the modern Olympic Games, Baron Pierre de Coubertin. On June 23, 1894, Coubertin created the International Olympic Committee, the group organizing and maintaining the integrity of the Olympic Games.

Before the 1800s, many societies did not see any need for organized athletics. Sports were widely considered to be an unimportant diversion. Born in Paris to a wealthy, aristocratic family, Coubertin was expected to head into politics or a command position in the military. Instead, he went to school and focused on education, particularly physical education and the role of sports in society.

Coubertin believed that engaging school children in sports would physically, morally, and socially strengthen generations of French citizens and make France a more powerful nation. With the country still reeling from its defeat in the Franco-Prussian War, Coubertin thought sports could keep the French better prepared for battle. Sporting events were also democratic. Regardless of background or upbringing, any athlete could be victorious on the playing field.

In Coubertin's mind, ancient Greece was the perfect model of a society that took sport seriously. The gymnasiums of Athens were places where people exercised both their bodies and minds. In 1889, Coubertin gathered a number of athletes and advisers with the purpose of reviving the ancient Olympic Games. While many countries sponsored their own Olympic-style games, the notion of a world games was novel. At the 1894 meeting of his newly formed International Olympic Committee, it was decided that amateur athletics should occur every four years and competition should be in modern sports rather than ancient ones. Two years later, the first modern Summer Olympics was held in Athens, Greece.

June Birthdays

In astrology, those born between June 1–21 are Gemini's Twins. The Twins represent energetic communication and interaction. Curious Gemini's love to collect and share information. Witty and intellectual, they attract many friends, mentors, and colleagues. Those born between June 22–30 are Crabs of Cancer. Kind and protective, Crabs love to nurture others. While they may be emotional, they are never soft. Cancers are tenacious in their pursuit of domestic harmony.

Carol E.	June 6
Rita W.	June 7
Robert S.	June 14
Jim J.	June 15
Esther K.	June 25
Bill M.	June 28

The Fabric of Freedom

June 14 is Flag Day in the United States, a day commemorating the adoption of the American flag by the Second Continental Congress in 1777. Known as "Old Glory," "Stars and Stripes," and the "Star-Spangled Banner," the flag has 13 horizontal red and white stripes symbolizing the original 13 colonies. The canton is the rectangle in the upper left corner. It's blue with 50 white stars representing the 50 states, alternating in numbers of six and five per row. Throughout America's history, there have been 27 flag designs, with the canton stars changing each time a state was added. Before the 48-star flag, canton designs had no official arrangement of stars. Sometimes they were in a circular pattern and other times in a star pattern. Since 1777, one thing hasn't changed: the American flag has always stood for freedom.