



### **From the Directors Desk:**

Happy June! I can't believe it is already June! The flowers are looking fabulous, as well as the tomato plants. Thank you to everyone that helped plant them. The patio furniture is all out so get outside and relax and get some fresh air. I purchased a sunshade for the pergola, so we will be putting it on within a few weeks.

Window cleaning will be the last week of June, the dates are June 24th-28th. There will be a sign-up sheet by the housekeeping office. Make sure you sign under your housekeepers name. Please have everything moved from your windows and ledge.

Please do not put your personal garbage in our outside garbage cans by the C, O, and Bridge door. Your personal garbage needs to be put outside your door on garbage days.

I want to update you on severe weather/tornado alerts-In case of severe weather an announcement will be asked for you to go into your bathroom in your apartment and shut the door. If you are in another area when the tornado alert goes off(such as the dining room), please go to the community room, or stay away from windows. An ALL CLEAR will be given over the loud speaker when the warning is over.

I want to thank Bev Nusbaum's family for donating our new orange rocking chairs out in front of the building. This was much appreciated as I know a lot of you like to sit out front!

Happy Father's Day to all our dads. I know the kitchen has a great meal planned for you, as always. Have a fantastic June!

~Linsey





### **RAMONA SOMMERLOT**

Ramona was born on September 11, 1926 on a farm by Green Mountain. She went to school and graduated from there. She graduated from the Iowa State Teachers College at UNI, studying business and music, then taught at the Whitten school for 1 year. While teaching, she met Dick. They married on September 8, 1949, and were married for 70 years. She has 4 kids, Diana, Steven, David, and Roger, 19 grand kids, and 12 great grand kids. Ramona and Dick raised their kids and farmed south of Union for 69 years. She had a big garden, always canning and freezing the fruits and vegetables for winter. She taught piano lessons to more than 200 people for 37 years.

Each year after the hay was baled, they traveled to Minnesota to "tent" and backpack with their kids. Their daughter and her family lived in Ecuador for a few years, and Ramona & Dick went there for their 25th anniversary.

Ramona liked to crochet and quilt, making 6 large quilts, and 19 baby quilts for each of her grand kids. She went bird watching with her friends for 47 years, recognizing and keeping track of more than 550 birds. She was also fascinated with "tree stump tombstones" and learning about them. (You will need to ask her about that). Dick and Ramona were active in the Bethel Grove church, being on many committees and teaching Sunday school. She now streams sermons from the Union Community Church.

Ramona and Dick loved to square dance, here in Iowa, going to many nursing homes. They were Snowbirds for 27 years, living in TX during the winter months, and square danced there, also. While in Texas, they went on 9 bus trips into Mexico.

Dick and Ramona became part of the Embers family April 20, 2017. Dick passed away in 2018.



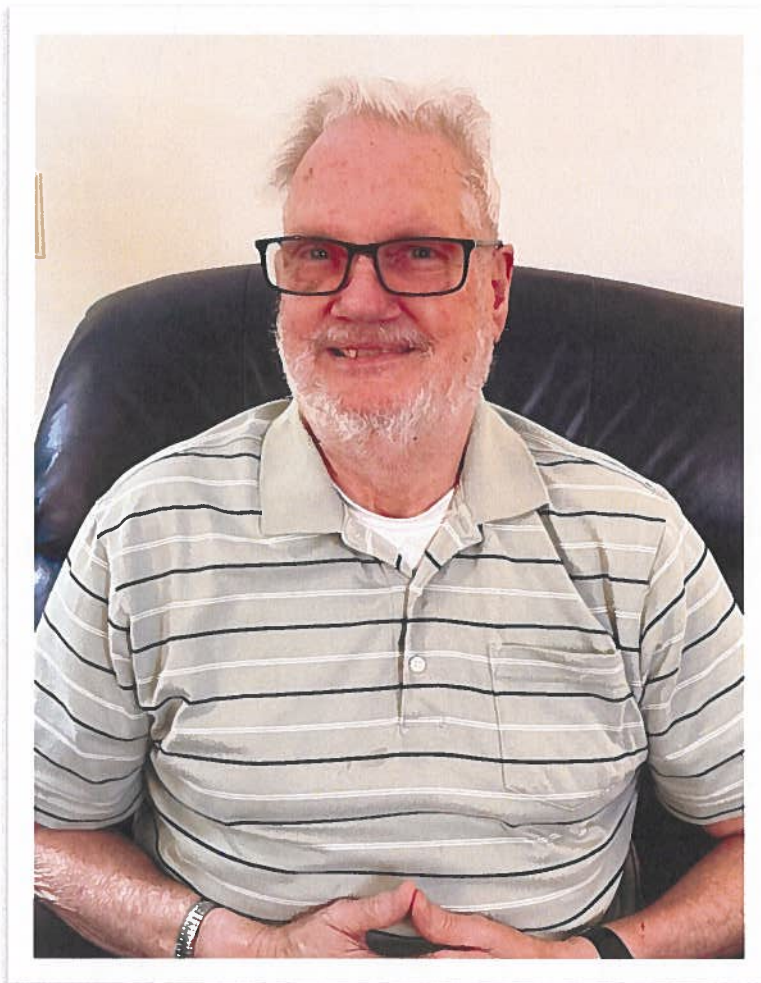
### **CARROLL MENTER**

Carroll was born September 5, 1940 in Marshalltown. He had 2 brothers and 1 sister, they went to country schools in Gilman and Haverhill. When he was 7 he found some ponies at the old fairgrounds, taking care of them and riding them til he was 16. At 17, he was contracted out as a horse jockey, to ride race horses from 1960-1965. While he didn't ride in the Kentucky Derby, he rode at many racetracks in Nebraska, Illinois, Kentucky, and Ohio. His best day while riding was August 30, 1960, when, during his apprenticeship, he rode 9 races in one day at the James C Ellis track in KY, having 5 winners, 2 second place, and 1 third place all on that one day. He also raced at the Oskaloosa, Eldora, Webster City, and Allison race tracks. Carroll rode in parades and county fairs, the Rose Parade and at Black Dirt Days in Conrad. He raised many Appaloosa horses. Carroll came back to Marshalltown in 1965, working at the Waterworks for 25 years til he retired in 1990. He enjoyed fixing up and painting stock cars.

He was married in 1961, they had 1 daughter, Patricia, they later divorced. In 1970 he married Connie, they had 3 daughters- Jodi, Trina, and Traci. Carroll has 5 grand kids and 9 great grand kids.

Carroll likes to read about war histories, especially WWII. He likes to make wood carvings and collect Indian artifacts. He liked to vacation in Wyoming, and has written memoirs of his life. Carroll loves to fish, but most of all, he loves being with his family.

Carroll moved here March 27, 2017.



### **JACQUE BLOCK**

Jacque was born April 17, 1943 in Buffalo, New York, graduating from there. He then went to Chicago to the Noody Bible Institute, studying Pastoral studies. He pastored 2 churches, then moved to Minneapolis working at the telephone company, installing phones in people's homes and retiring after 33 years at age 58.

Jacque has 3 children- Melody, Bethany, and Nathan. He has 15 grand kids and 10 great grand kids. His father was from Holland, and named Henry Henry Block. Jacque was named after a blind friend of his parents.

Jacque has been to 6 continents and has visited about 30 states. He has also been on 20 cruises. He likes to collect 1st day state cover stamps. Jacque is interested in any kind of map, and watches all news programs.

Jacque's kids wanted him to move here, and he moved in on January 6, 2024. His first dinner here, he met Dessa, a gab session ensued, and they have been good friends ever since.





### **ELEANOR ROWDEN**

Eleanor was born July 31, 1933 in Marshalltown. She went to Timbercreek #1 country school til 8th grade, then went to high school in Marshalltown, graduating when she was 16. She was raised with 1 brother, 1 sister, and 4 cousins. Eleanor started working at Kresgee department store, and the Odean theater selling tickets til graduating. She received a full scholarship to Drake studying business, then transferring to AIB. She worked at Fisher Controls in payroll, then they sent her to school for computers. She worked in the control center, retiring after 42 years.

Eleanor and David married and had 4 children- Eileen, Robert, Jeanine, and Lisa. They have 12 grand kids and 10 great grand kids. David also worked at Fishers, then Borden dairy as a relief worker, and delivering milk to the Tama, Vining, Chelsea, Green Mountain, and Marshalltown areas. He also worked at Breed gas station. David passed away March 30, 2017.

She and David traveled to all 50 states. She has relatives in Ireland, and has visited there 4 times, taking each of her kids with them at different times. She still keeps in touch with some of those cousins.

Eleanor likes to read-not the fluff stuff-and do cross word puzzles. She also belongs to the Congregational church. She moved here April 27, 2017, likes visiting with others, or enjoying her peace and quiet with her puzzles and books.

# HAPPY BIRTHDAY!

## June



Lillian Hineman	6/3
Norma Doty	6/3
Patricia Preece	6/4
Lori Piel	6/5
Carolyn Hatle	6/11
Londell Johnson	6/19
Lloyd Preston	6/19
John Turini	6/22
Earl Best	6/28

### Employee's Birthday!

Linsey Karsjen	06/09 (OLD)
----------------	-------------

### Anniversary's

Steve & JoAnn Castell <b>Happy 40th!</b>	06/01/84
Ken & Maria Hazen	6/5/65

### Birthday Party, Friday, June 7th

**2:30 PM in the Community Room—we ask the birthday people to arrive a little earlier in order to get your seat and balloon!**

## Regular Weekly Activities

### Monday

**Medical Appointments Van Runs Sam-11 am**

8:00AM Exercise in the Pool

6:30PM Game Night in The Perk Coffee Shop

**Medical Appointments Van Runs Sam-11 am**

### Tuesday



10:00AM Exercise Class in the Community Room

**1:30 PM Alternating grocery stores**

**June 4 - Walmart**

**June 11 - Fareway**

**June 18 - Hy-Vee**

**June 25 - Fareway**

### Wednesday

**Medical Appointments Van Runs Sam-11 am**

8:00AM Exercise in the Pool

10:00AM Play 500 in The Perk Coffee Shop

10:15 AM Catholic Communion 1st Wednesday of the month

10:00 AM Lutheran Communion 2nd Wednesday

12:50 PM Bible Study on 3rd floor in game room

2:45 PM Bags in the Community Room

**1:30 PM Jeopardy-every 2nd Wednesday! (PERK)**

**1:30 PM Education, followed by Blood Pressure--  
3rd Wednesday (PERK) (Pam Wells-Hospice)**

**Medical Appointments Van Runs Sam- 11am**

### Thursday

10:00AM Exercise Class in the Community Room

### Friday

**No Medical Appointments**

8:00AM Exercise in the Pool

9:30AM Kings in the Corner( Perk)

6:00PM Movie in the Theater







**Lori Piel**  
**Apartment**  
**220**





JUNE DINNER						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						Asian Beef Rice Snap Peas/ Cinn Roll
2	3	4	5	6	7	8
Ribs Mac & Cheese Mixed Veggies Pie	Burnt Ends Red Potatoes Greens Assorted Desserts	Chicken Cheesy Potatoes Corn Chocolate Chip Brownies	Tilapia Au gratins Carrots Cookies	Swedish Meatballs Potatoes/Gravy Veggies Pumpkin Bar	Liver & Onions Potatoes/Gravy Veggies Ice Cream	Chicken Kiev Seasoned Potatoes Veggies Assorted Donuts
9	10	11	12	13	14	15
HawgWings Loaded Potatoes Green Beans Pie	Hobo Pack Roll Assorted Desserts	Buttered Cod Scalloped Potatoes Veggies Strawberry Short Pie	Cubed Steak Onions Potatoes/Gravy Cookies	Creamed Chicken Over Biscuit Cake	Ranch Pork Chop Zucchini Blend Baked Potato Turnover	Taco Salad Rice Cinnamon & Sugar Churro
16	17	18	19	20	21	22
Father's Day Meal  Happy Father's Day	Ham Balls Sweet Potatoes Stuffing/Gravy Assorted Desserts	Dorothy State Resident Meal	Salisbury Steak Potatoes/Gravy Veggies Cookies	Salmon Patties Seasoned Potatoes Veggies Ice Cream	Pork on a Stick Squash Twice Baked Pot Cake	Broccoli Stuffed Chicken Potatoes/Gravy Veggies Rice Krispie Treat
23	24	25	26	27	28	29
Brisket/Gravy Red Potatoes Corn Pie	Catfish Rice Veggies Assorted Desserts	Country Fried Chicken Potatoes/Gravy Chocolate lasagna	Spaghetti Spinach Garlic Bread Cookies	Meatloaf Scalloped Potatoes Green Beans/Flip	Pork Chop/Gravy Mixed Veggies Stuffing Cake	Pepper Steak Rice Crisp
30						
Baked Chicken Potatoes/Gravy Carrots/ Pie				Dorothy State Resident Meal June 18th		

# June Supper

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						<b>Subs Chips</b>
2	3	4	5	6	7	8
<b>Loaded Chicken Tomato Soup</b>	<b>Waffles Strawberries Smokies</b>	<b>Sloppy Joe Veggie Soup</b>	<b>Brat Burger Chips</b>	<b>Ham &amp; Bean Soup Summer Sausage Cheese</b>	<b>Cheese Ravioli Meat Sauce Garlic Bread</b>	<b>Tater Tot Casserole Roll</b>
9	10	11	12	13	14	15
<b>Roast Beef Salad Cauliflower &amp; Cheese Soup</b>	<b>Omelette Potato Cake Sausage</b>	<b>Hot Ham &amp; Cheese Chicken Noodle Soup</b>	<b>Fish Sandwich Fries</b>	<b>Club Wrap Minestrone Soup</b>	<b>Meatball Sub Chips</b>	<b>Chef Salad</b>
16	17	18	19	20	21	22
<b>Egg Salad Corn Chowder</b>	<b>Breakfast Quiche Tri Tater</b>	<b>Beef &amp; Cheddar Potato Soup</b>	<b>Crispy Chicken Fries</b>	<b>Mini Beef Burger California Medley Soup</b>	<b>Manicotti Meat Sauce Breadstick</b>	<b>Goulash Roll</b>
23	24	25	26	27	28	29
<b>Turkey Sandwich Veggie Beef Soup</b>	<b>Sausage Skillet Toast</b>	<b>Slider Wisconsin Cheese Soup</b>	<b>Pulled Pork Potato Salad</b>	<b>Chicken Philly Slider &amp; Soup</b>	<b>Chicken Strips Fries</b>	<b>Maid Rite Chips</b>
30						
<b>Sandwich Italian Wedding Soup</b>						



# June 2024 Activities

June 4 <sup>th</sup> , Tuesday, Root beer Floats	2:00 PM	Perk
June 7 <sup>th</sup> , Friday, Birthdays	2:30 PM	Community Room <i>Birthday people come a few minutes early!</i>
June 10 <sup>th</sup> , Monday, Foot Clinic	Sign up at Front Desk	Salon
June 11 <sup>th</sup> , Tuesday, Dave Gray	1:00 PM	Community Room
June 12 <sup>th</sup> , Wednesday, Jeopardy	1:30 PM	Perk
June 13 <sup>th</sup> , Thursday, Bingo (Cyndee)	2:00 PM	Community Room
June 14 <sup>th</sup> , Friday, Montour Bakery	9:00 AM	Lobby, sign up.
June 17 <sup>th</sup> , Monday, Casino (signup)	1:00 PM	Lobby, sign up.
June 18 <sup>th</sup> , Tuesday, Cards w/ JoAnn	2:00 PM	Perk
June 19 <sup>th</sup> , Education & Blood Pressure with Pam Wells, Hospice	1:30 PM	Perk
June 20 <sup>th</sup> , Thursday, Bingo w/Bruni	1:00 PM	Perk
June 20 <sup>th</sup> , Thursday, Albion Dollar Store	1:15 PM	Sign up at the front desk.
June 25 <sup>th</sup> , Tuesday, Rolls and Coffee	9:30 AM	Perk
June 25 <sup>th</sup> , Tuesday, Craft	1:30 PM	Community Room, Sign up at the front desk.
June 27 <sup>th</sup> , Thursday, Happy Hour with Bickford.	2:00 PM	Perk