

Row Your Boat



Some of the best natural places in the world are accessible only by boat, and few boats are better suited for adventuring than canoes. Perhaps this is why canoes get a holiday all to themselves. June 26 is Canoe Day.

Although there is some evidence that canoes originated north of Japan in Siberia (where the Amur River empties into the sea), they are generally considered native to North America. The word *canoe* comes from the word *kenu*, which means “dugout.” The Indigenous peoples of the Caribbean islands fashioned canoes by hollowing out massive tree trunks. In this way, people could travel from island to island.

Indigenous North Americans are responsible for the most popular and recognized version of the canoe. These first canoes were built out of wooden ribs covered with the bark of birch trees. Birch bark was light, smooth, waterproof when sealed with pine resin, very resilient, and abundant. The design has changed little since those early days. Canoes are still the best way to explore the many lakes, rivers, and waterways of North America. Early French-Canadian fur traders found canoes so invaluable to daily life that they founded the first canoe factory in Quebec in the year 1750, even employing local tribespeople in construction. Some canoes were up to 40 feet long, capable of carrying 12 people and 6,000 pounds. These were the perfect vehicles for venturing into the vast new world of North America.

Today a canoe is most likely used for a placid trip down a stream or along a lakeshore. If you want to hearken back to how the pioneers traveled in the days of yore, a canoe might be the best way to do it. However, since we can outfit modern canoes with backrests, cushioned seats, and other amenities, our trips may be a bit more comfortable than those of the pioneers.

June 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 often 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 upholding traditions. Celebrities born in June include:

- Andy Griffith (actor) – June 1, 1926
- Morgan Freeman (actor) – June 1, 1937
- Dean Martin (singer, actor) – June 7, 1917
- Burl Ives (singer) – June 14, 1909
- June Carter Cash (singer) – June 23, 1929
- Mel Brooks (actor) – June 28, 1926

Resident Birthdays

- Roberta Severo – June 3rd
- Judy Shaw – June 27th

Employee of The Month



COMMUNITY NEWS

Chantilly Heights | 3925 Downs Drive, Chantilly, VA 20151 703-810-3992



Celebrating June

Fireworks Safety Month

Women’s Golf Month

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



CHANTILLY HEIGHTS LLC.
MEMORY CARE

Guardians of the Garden



Wellness Wins for Men



Is it the doughnuts? The BBQ? The beer? When it comes to the proverbial battle of the sexes, women are winning in the health arena. Unfortunately, many men put their health last. But June is Men’s Health Month—a time to cast aside being macho and embrace the advice medical science has to offer.

Lucky for men, the top threats to their health aren’t secret. The leading threat to men’s health is cardiovascular disease—the hardening of arteries that often leads to strokes or heart attacks. To combat this deadly disease, commonsense medical advice applies: exercise at least 30 minutes a day, eat more fruits and vegetables, get your cholesterol checked, and stop smoking. Quitting smoking will also reduce the chance of lung cancer, another leading threat to men.

Another cancer that affects many men as they age is prostate cancer. Luckily, most prostate cancers are slow-growing and unlikely to spread... if caught early. Perhaps one of the most important decisions a man can make is to regularly visit a doctor for checkups. Amazingly, women are 100 percent more likely to visit a doctor for an annual checkup than men. Visiting a doctor is truly the first, and easiest, step in improving a man’s health.

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. And men don’t just ignore physical ailments; they often ignore mental or psychological ailments, too. Activities that exercise the body also reduce stress and provide a social outlet. June 15 is Father’s Day, but it may also be a great day to schedule a doctor’s appointment.

The Battle between the Heart and the Head

CHANTILLY HEIGHTS
MEMORY CARE

Thursday, June 26th
6:00 PM - 7:00 PM

Chantilly Heights will be gifting a limited number of copies of Mary’s new book, *The Heart Remembers - Touching Lessons from the Dementia Journey*, to those who RSVP.

Presented by:
Mary Underwood
(CDP, CADDCT, BS)

Mary Underwood will share guidance and strategies on how to:

- Balance knowledge and emotion when navigating the dementia journey
- Support loved ones with empathy, patience, and practical tools
- Understand the heart’s role in memory care and emotional resilience
- Build stronger connections through compassionate communication
- Care for yourself while caring for someone with dementia

This event is **FREE!**
RSVP Required to receive the webinar link and reserve your book.

RSVP by June 24 to
Michelle Mindock,
Admissions Director
703-810-3992 or
mmindock@chantillyheights.com

Cool Sips, Hot Days



Not that you need an excuse to enjoy a cool, refreshing glass of iced tea, but June 10 is Iced Tea Day. You can enjoy it with a slice of lemon or sweetened with sugar or honey. Looking for a new take on tea?

You can jazz it up with a sprig of mint, thyme, or lemongrass, or freeze it to make iced-tea pops.

Unwilling to play second fiddle to any drink, lemonade enjoys its own holiday on June 21. Lemonade Day is not just for sipping lemonade but also for starting up lemonade stands and celebrating the entrepreneurial spirit. Perhaps the next big thing to hit stands this June will be the Arnold Palmer, that perfectly refreshing mix of iced tea *and* lemonade.



MEMORIAL DAY PROGRAM



Memory Café

Living Diversity Animal Program

CHANTILLY HEIGHTS
MEMORY CARE

Thursday
26 June, 2025
2:30 PM - 4:00 PM

Join us for an engaging and educational animal show presented by Leesburg Animal Park! Residents and their families will meet unique creatures up close and learn about their incredible traits—from camouflage to special survival skills. This interactive program features live demonstrations and fun facts, offering a fascinating look at how these animals thrive in their natural habitats and why they play such an important role in our planet’s ecosystems.

This event is **FREE!** **RSVP Required** for New & Returning Families.

RSVP by June 24th to **Michelle Mindock**, Admissions Director
703-810-3992 or mmindock@chantillyheights.com

Rustic Roots



Ready to rough it? The last Sunday in June is Log Cabin Day. Time to unplug, decompress, turn off the electricity, and forgo running water. The beauty

of a log cabin is that you actually get to live inside of nature. Logs are cut and stacked on top of one another. Notches are cut at the corners to allow logs to overlap, and the structures are made weathertight with moss, dirt, or other soft forest material stuffed into the gaps and joints. No nails needed. Germans, Scandinavians, Russians, and Ukrainians all have a long history building with logs. Often the logs were used beyond just building houses—for barns, saunas, and bathhouses. Best of all, these structures are so soundly built that many still stand and can be visited today.