June 2025

Currents at the Cove

Sunapee Cove Assisted Living & Memory Care 1250 Rt.11 Sunapee, NH 03782 603-763-0566

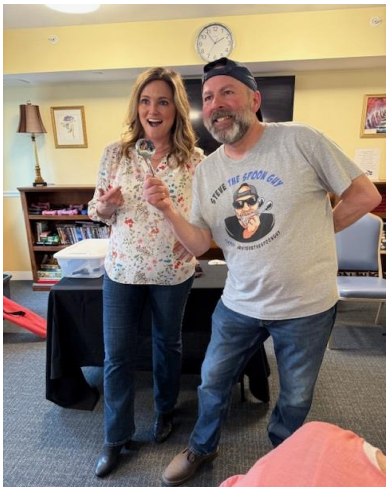
What's Happening in June

www.sunapeecove.com
go to website for full calendar

6/4 Trip to Sanctuary Farm
6/7 Surprise Entertainment
6/9 Boat Trip
6/10 Trip to Go Lightly Shop
6/10 Music w/Martha Mitchell
6/11 Music w/Second Wind
6/14 Music w/Sueanne Thayer
6/15 Celebrate Father's Day
6/16 Trip to Colonial Pharmacy
6/17 Music w/Gerry Grimo & East Bay Jazz Band
6/18 Boat Trip
6/20 NL Barn Playhouse Show
6/21 Music w/Moe Kennett
6/23 Boat Trip
6/25 Music w/Gerry Grimo & East Bay Jazz Band

New Hampshire Chronicle films at Sunapee Cove

Steve the "Spoon Guy" performs at Sunapee Cove. He is a talented performer and our residents really enjoy having him here. WMUR News channel decided to feature him on their evening news show New Hampshire Chronicle. They came to the Cove to film him performing.
A few weeks later we got the call the show was going to air. We decide to have a "viewing party" with cocktails and popcorn to enjoy the show. **Want to watch the show?**
https://www.wmur.com/article/chronicle-steve-the-spoon-guy-music-nh/64863473



Erin Fehlau news host & Steve the "Spoon Guy"

Residents enjoyed watching the show.

DIET FOR MIND HEALTH

Strawberry Spinach Salad with Grilled Steak

Servings:6 Prep Time: 15 min Cook time: 15 min
Total Time: 30 min

- 6 nice steak fillets, like New York strip, flank steak, strip steak, flat iron, or sirloin.
- ▢Coarse kosher salt & cracked black pepper
- ▢6 TBSP Olive oil, plus more to grease the grill
- ▢12 handfuls of baby spinach
- ▢12 TBSP toasted walnuts, *See notes
- ▢12 TBSP crumbled feta cheese
- ▢24 large strawberries, sliced or quartered
- ▢0.75 cup thinly sliced red onion
- ▢Dressing of your choice
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Step 1. Gently pat the steaks with paper towels to remove excess moisture. Brush a light coat of oil over the fillets, then season with a generous amount of coarse Kosher salt (about 1-1.5 teaspoons per pound) and freshly ground pepper (about 1/2 teaspoon per pound). Set aside and let the fillets come to room temperature.

Step 2. Heat a small dry pan (no oil or butter) over medium heat. Once the pan is hot, decrease the heat to low and add in 4 tablespoons of chopped walnuts. Let the walnuts toast, shaking the pan occasionally, until golden in color and aromatic. Remove from the heat and set aside.

Step 3. Heat a cast iron grill pan or skillet over medium-high heat on the stove (or an outdoor grill to 450–500°F). Grease up the pan or grates with olive oil or butter and add the steak to the pan. Add the steak and grill for 4-5 minutes per side, depending on the thickness.

Step 4. Place all of the ingredients for your strawberry spinach salad into a large mixing bowl except for the steak. Drizzle your dressing of choice.

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.

Reel Nostalgia

Every year on June 6, movie lovers celebrate Drive-In Movie Day, honoring the classic American pastime of outdoor cinema. This date marks the anniversary of the first-ever drive-in theater, which opened in Camden, New Jersey, in 1933. Invented by Richard Hollingshead, the drive-in provided families with an affordable and comfortable way to enjoy movies from their cars.

At their peak in the 1950s and 1960s, drive-in theaters numbered over 4,000 across the U.S. Though their popularity declined with the rise of indoor multiplexes, drive-ins have seen a resurgence, especially during the pandemic, when social distancing was necessary.

Drive-In Movie Day is a great excuse to relive the magic of watching a film under the stars. Whether you visit a classic venue or set up a backyard screen, it's a perfect way to enjoy cinema in a unique, nostalgic way!

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.

Kitchen Fails and Fixes

It may be time, on June 13, to face the fact that not everyone is a five-star or even four-star chef. Kitchen Klutzes Day is an opportunity to admit that mistakes do happen: starting the blender without the top on, forgetting that casserole in the oven until it's burned to a crisp, crying over an entire gallon of spilled milk. You could remedy these mishaps with a kitchen fan, a towel, and a fire extinguisher, or you could take some advice about how to avoid common kitchen mistakes.

The first, and perhaps best, piece of advice is to not just follow a recipe but to read it in its entirety before starting to cook. Check the recipe also to make sure you have all the ingredients on hand and prepped. This way you won't be left in the lurch when the recipe says "simmer for two hours" and your guests are at the door.

Second, don't overcook! If you're afraid that your meat is too rare or your scrambled eggs are too runny, the solution is not to cook them for an extra 10 minutes. Instead, a meat thermometer is the best tool for deciding whether meat is done to your liking. Also, many foods, such as scrambled eggs, continue to cook after they're taken out of the oven or the pan. It's often a good idea to let the food sit for a few minutes once it's done. Meat redistributes its juices. Rice needs to steam. Even brownies need to set. Resting time is as important as cooking time.

You've probably heard that too much salt is bad for our diets, and this is true. But salt is also one of the most important ingredients in any dish. It brings out all flavors—sweet, savory, or sour. Don't overdo the salt, but don't be afraid of it. Looking for another flavor boost? Use fresh herbs in addition to salt to perk up soups, eggs, meats, and breads.

Canine Coworkers

Though the Friday after Father's Day (June 20 this year) is widely celebrated as Take Your Dog to Work Day, not every workplace is welcoming to furry companions. Then again, large companies like Procter & Gamble, Amazon, and Google have more lax rules about allowing pets in the office. Why? Pets in the office can boost morale and lower stress. Bringing your dog—or cat, bird, fish, or hamster—makes many people healthier and happier at work.

Companies can make bringing animals to work easier by making work pet friendly. Grassy areas give dogs a place to relieve themselves. Some offices even provide special dog water fountains and free biscuits. Owners just have to remember to bring their leashes, treats, beds, and bowls. Of course, not every dog is meant for the workplace. Poorly trained or barking pooches might have to stay home. On the other hand, bringing your dog to the office might be good for its health

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.

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
Curtis Mayfield (singer) – June 3, 1942
Dean Martin (singer, actor) – June 7, 1917
Joan Rivers (comedian) – June 8, 1933
Gene Wilder (director) – June 11, 1933
Burl Ives (singer) – June 14, 1909
Meryl Streep (actress) – June 22, 1949
June Carter Cash (singer) – June 23, 1929
Mel Brooks (actor) – June 28, 1926

Journey of the Gods

One of the biggest Hindu festivals of India occurs every June in the heat of summer. During *Ratha Yatra*, the Hindu Lord Jagganath, along with his divine sister and brother, go on vacation. They leave their temple in the city of Orissa on India’s east coast and travel to the countryside. How they travel is a matter of great excitement. Locals build towering templelike chariots called *raths* for each of the gods, following very specific measurements. Massive wooden models of the three gods adorn the chariots, along with flowing fabric garments. Devotees pull the raths through the streets—to the delight of the thousands of visitors and pilgrims. When the British first observed the ritual, their descriptions in letters back home spawned the word *juggernaut*, which today *Webster* defines as “a massive inexorable force or movement.”