

Dear Residents and Families,

Throughout this pandemic and quarantine period, it has become easy to lose our sense of time. One day blends into the next, and sometimes it's even hard to quickly recall which day of the week it is. What if all our days felt like this? Sadly, this is the experience of many of those with Alzheimer's and other brain diseases and disorders. We are supporting those who experience these challenges by taking part in initiatives with the Alzheimer's Association during June, Alzheimer's & Brain Awareness Month.

Tomorrow, June 20th, marks the summer solstice, which brings us the longest day of the year... filled with extra daylight. On this day, people from across the world will be "fighting the darkness of Alzheimer's" through an at-home or online fundraising activity of their choice. Whether creating a putt-putt course in the living room, starting a workout challenge on social media or hosting a trivia night via video conference, nearly any activity can be adjusted for physical distancing! Thrive Senior Living is excited to participate and wants to help our communities make the most of their days, while honoring those living with Alzheimer's. Thank you in advance for your support bringing awareness and attention to this disease and all those impacted by it. For more information, please visit: <https://www.alz.org/abam/overview.asp#takeActionBox>

In the spirit of making the most of our days, we are also excited to be celebrating our favorite men this Sunday. We have activities on tap and look forward to honoring all of our dads, papas, daddy-o's and grandpas. As a reminder, make sure to schedule your window visits and/or virtual visits for Father's Day. We hope our dads feel as special as they are on this memorable day.

And, we cannot let today pass by without acknowledging the significance of Juneteenth. It marks the day the last enslaved Americans in Galveston, Texas were freed in 1865, two years after Abraham Lincoln's Emancipation Proclamation. We believe in supporting and honoring our Black friends and neighbors. We hope you will join us today and every day in further work towards the acknowledgment and equality of all people regardless of age, ability, race, or gender.



With all our beloved dads, Juneteenth, Alzheimer's & Brain Awareness Month, and our community's continued clean bill of health, we have much to honor and to celebrate. We are grateful for each of you in our Thrive family. We are stronger together, and we will continue to embrace each other emotionally and socially until the day we can do so again physically.

Be well,
Tammy L. Marshall
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