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Celebrating July

Deli Sandwich Month

World Watercolor Month

Parks & Recreation Month

Canada Day

July 1

Tour de France Begins

July 1

Independence Day (U.S.)

July 4

Ventriloquism Week

July 13–16

Ice Cream Day

July 17

Day of the Cowboy

July 23

**International Day of
Friendship**

July 30

Dates to Remember

Summerfest Yard Sale

Fundraiser:

**Ice Cream Cart,
Sale, Music**

August 10 & 11



Bombs Bursting in Air

It is common on July summer nights to hear the far-off crackle and boom of fireworks, but no holiday boasts a more grandiose display of fireworks than America's Independence Day celebrations on July 4.

Setting off fireworks to celebrate Independence Day is a tradition that dates all the way back to America's Declaration of Independence in 1776. On July 1 of that year, the Continental Congress convened in Philadelphia to debate whether the colonies should declare independence from Britain. In the midst of their debate, news suddenly arrived that British ships had entered New York Harbor. The delegates' sense of urgency increased, and on July 2 they voted in favor of independence.

John Adams, representative of Massachusetts, sensed the significance of the decision. He wrote to his wife, Abigail: "The Second Day of July 1776, will be the most memorable Epocha, in the History of America... It ought to be solemnized with Pomp and Parade, with Shews, Games, Sports, Guns, Bells, Bonfires and Illuminations from one End of this Continent to the other." Adams may have been off by two days, but his vision of future Independence Day celebrations was spot on. Cities would commemorate the day just as Adams had predicted. In Philadelphia on July 4, 1777, a cannon was fired 13 times to honor the 13 original colonies, and 13 fireworks were shot into the air.

Those early fireworks looked very different from those we enjoy today. Many offered nothing more than a fountain of monochromatic sparks or a loud explosion. It wasn't until the 1830s that Italian inventors added metal salts like strontium and barium to the incendiary mixtures, finally giving fireworks a palette of color. At last, crowds could "Ooh!" and "Ahh!" as the night sky was lit up in glittering shades of red, white, and blue. Other innovations in fireworks are on the way. Quiet fireworks, those without the loud explosions, have been tested in Europe. There are even daytime fireworks with vivid colors that stand out against a sunlit sky.

Just Hanging Around



What better way to relax on a hot July day than to swing freely in a hammock while sipping on an ice-cold drink or reading a book? If you've never "hung out" in a hammock, why not try it on July 22, Hammock Day?

Christopher Columbus discovered more than a "New World" in 1492; he also discovered hammocks. On October 17, 1492, he recorded in his journal that "people were sleeping in nets between the trees." These people were the Taino of the Greater Antilles. The Taino fished with nets called *hamaca*. The woven cotton slings were also used as hanging seats, beds, or sacks. The Europeans would eventually turn the word *hamaca* into the word *hammock* and bring hundreds of them back to Europe. Sailors, used to sleeping on the hard, filthy wood floors of sailing ships, quickly adopted the hanging beds as a modicum of comfort. The Taino did not have comfort in mind when they invented their *hamaca*. Sleeping high off the jungle floor protected vulnerable sleepers from venomous insects and reptiles. Hopefully, such dangers don't exist if you enjoy a hammock in your own backyard.

Many hammock lovers tout the restorative benefits of sleeping in a hammock. A study in Switzerland concluded that sleeping in a bed that rocks gently offers a deeper and more restive sleep. Hammocks can replicate this rhythmic motion. Others swear that sleeping in a hammock reduces back pain. A relaxing nap in a hammock might reduce overall tension, which might relieve some back pain. Doctors are skeptical, but if snoozing in a hammock reduces stress, then why not go for it?

Cotton hammocks are easy to find in stores and soft to snooze in, but many modern hammocks are made of lightweight nylon, a fabric sometimes called parachute. This nylon is often strong enough to hold 400 pounds or more, making hammocks a hanging bed built for two. Any way you hang them, hammocks are symbols of summer relaxation.



Edith Zimmer.....4th

Delores Lee.....9th

Rosealee Ward.....9th

Robert Sheridan.....11th

Marvin Bergman.....19th

Mary Ann Meerman.....25th

Ruth Bailard.....30th

Best wishes to Martha Orbeck as she transfers to another Baruch facility: Cambridge Manor! We'll miss you Martha. God Bless You!



Edith & Carl Zimmer

Jo Kilpatrick

We are so glad that you are here!

Pilgrims at the Peak



On the last Sunday in July, tens of thousands of pilgrims climb Ireland's Croagh Patrick to honor the revered patron saint of Ireland. This tradition, known as Reek Sunday, has occurred for 1,500 years and pre-dates both St. Patrick and Christianity. Some

historians believe that climbing the mountain was part of a pagan ritual associated with *Lughnasadh*, the Gaelic festival marking the start of the harvest season. One legend tells of how St. Patrick went to the mountain to convert a pagan king to Catholicism. Patrick battled the king's mother, a demon in disguise, and cast her into a lake far below, successfully converting the king.

St. Patrick is believed to have spent 40 days atop the mountain in the year 441, fasting and praying. A church has been located on its summit since the fifth century. In 1905, a new chapel was built atop Croagh Patrick, and on Reek Sunday, a mass is held and pilgrims are given the opportunity to have their confessions heard.

For some pilgrims, penance is done long before they reach the top. The most devout make the climb barefoot, suffering each nick and scrape from the rocky trail as a form of penance. Others perform rounding rituals, where they walk "sunwise" around special features of the mountain. It is seven times around a cairn marked as the grave of St. Benan, St. Patrick's most devoted disciple, known as the Psalmsinger for his beautiful singing voice; seven times around three ancient burial cairns known as Mary's cemetery; seven around a patch of rock at the summit called Patrick's bed, where the saint is believed to have slept during his 40 days; and 15 times around the summit itself.

All that extra walking makes a demanding hike even more difficult. The mountain stands over 2,500 feet high, and the route is steep and rocky. Each year, pilgrims need rescuing, but still they climb. For some, the climb is a religious rite. For others, it is an Irish rite of passage.

Walk the Plant

First, we were told that we should talk or sing to our houseplants to help them grow. Now we're told that we have to take them for a walk on Take Your Houseplant for a Walk Day on July 27? While it is true that a study conducted by the UK's Royal Horticultural Society demonstrated that women's voices helped tomato plants grow at a faster rate than men's voices, there has not yet been a conclusive study to declare that plants enjoy going on walks with their owners. But don't let that stop you!

This day isn't just a day to take your houseplant for a walk but to shower your houseplants with attention. They've been indoors for many months and might like a bit of sunlight and fresh air. Moreover, houseplants need a good dusting. Dusty leaves inhibit photosynthesis, and a plant's health could suffer. Furthermore, walking outside with your houseplant will benefit you, too. Gardening has long been proven to be a stress reducer. So, too, is taking a walk with your houseplant.



We will sadly miss...

Lucille O'Bradovich and Patricia VanderMolen who recently passed away. Our thoughts and prayers are with their families and friends.



FIESTA PICNIC FUN!!!!



Leadership Team

Connie Clauson
Chief Operating Officer

Kelly Miller
Regional Operations Director

Lindsey Braun
Administrator

Andrea Steffes
Life Enrichment & Volunteer Director

Gary Lutz
Food Service Director

John Lutz
Maintenance Director

Nancy Brewer
Business Manager

Tara Frazier
Staffing Director

