

July 2022

Parkside Press

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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

Bastille Day: France

July 14

Ice Cream Day

July 17

Hemingway Lookalike Days

July 21–23

Day of the Cowboy

July 23

**International Day of
Friendship**

July 30

Resident of the Month



July's "Resident of The Month" is Sandra Starkey. Sandra has been at APV for a couple of months now and continues to bless us daily with her beautiful smile. Sandy has lived in Green Bay for many moons. Sandy is married to her wonderful husband Ron, whom she met at a convent. The funny part of that is that they are both Lutheran. In 1966 Sandy married Ron and they have been married for 55 glorious years and in that time, Sandra was an Elementary teacher of all ages, but her favorite ages were the 5th graders and 6th graders. If you ask Sandy on any given day, she'll tell you she has been married 55 years, but only happily for the last 15 years! Which is a running joke between the two Love Birds. Sandy and Ron have one son, Glen, who lives in California. The loving couple have spent some of their best adventures backpacking and traveling the wilderness... as they prefer to be outside in nature. Her 2 favorite activities at APV include exercise and Music. You'll always find Sandra in the front row when entertainment is in the building.

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.

Shining Star

Our 'Shining Star' for the month of July is.....drum roll please.....Tanya Day!!! Tanya is one of the most amazing caregivers you will ever meet!! APV is truly blessed to feel her uplifting spirit and compassion, on a daily basis. Tanya has been with Hillcrest at APV since November and her favorite hobbies consist of reading, gardening, DIY haircare, roller skating, surfing, and don't get me started on her mad dancing skills. Tanya is one of eight siblings and has been married for 23 years with one son, two daughters, and a dog. In 10 years, Tanya sees herself "in the thick of parenting"! Out of all the places Tanya has visited, one place in particular stands out, Zanzibar, Africa!! Zanzibar holds a special place in Tanya's heart and to date... has been her favorite place to visit. Zanzibar has beautiful beaches with great waves for surfing and it doesn't hurt that the people are just as nice as the scenery, according to Tanya. Summer is her favorite time of year! She loves the warmth of the sun and swimming and mentions, she might be part "Mermaid"! If she were to win the lottery she would vacation, as much as possible, and open up an Elephant Sanctuary! Thank you, Tanya for all that you do for the resident's and staff. We appreciate you more than you will ever know!

Lip Service



Countless women will rummage through their handbags looking for lipstick on July 29, Lipstick Day, but there was a time when lipstick was worn by both men and women. The first lipstick was worn by the ancient Sumerians 5,000 years ago. Crushed gemstones were applied to the lips and around the eyes of both sexes. Cleopatra, it is said, favored the color red and used the red pigments from crushed insects to color her lips. By the 1700s, red lipstick was a sign of witchcraft, and marriages could be annulled if a woman was proven to have worn red lipstick during courtship. It wasn't until 1884 that the first commercial lipstick was manufactured in Paris by the perfumer Guerlain, and it wasn't until the 1920s that wearing lipstick became socially acceptable.

Dog of the Month- German Shepherd



The German shepherd is a large-to-medium-sized sheep-herding dog with origins in Germany. They were first bred by Max von Stephanitz in 1899. These strong, reliable, smart, curious, industrious dogs are now a favorite for work with police, search-and rescue, military, and the disabled. They are the original breed to serve as guide dogs. German shepherds have muscular bodies and an excellent sense of smell, and are fast runners. They are generally easygoing but are also loyal and protective, making them ideal for the dual purposes of family pet and watchdog. Consistently ranking among the top breeds chosen as pets, they get along well with children but are not overly social. They are very active dogs that require a lot of exercise to satisfy their physical and mental health needs. German shepherds come in a variety of color combinations, including tan, black, silver, white, and gray

July Flower



The larkspur, also known as delphinium, is a lovely, tall plant with multiple flowers blooming from a single stalk. Its flowers range in color from deep purples to light pinks. The flower spikes can reach three to six feet tall. Larkspur blooms from early spring through late summer and attracts hummingbirds and bees. The name delphinium, Greek for dolphin, is due to the bottlenose shape of the petals. In Victorian times, the flower was a symbol of light-heartedness, fun, and happiness.

July Birthstone



July's birthstone, the ruby, is one of the rarest gems in the world. Rubies come in various shades of red, but those mined in Burma are the most expensive gem per carat in the world.

Because of their superior crimson color, Burmese rubies are called "pigeon's blood." In many Asian countries, the gems were laid beneath new buildings to bring good fortune. The stone is said to guard against attacks and attract friends. It is a symbol for devotion and is a traditional gift for those celebrating 15th or 40th anniversaries

News from the desk of the Life Enrichment Leads

Happy July! Summer is finally here! Our gardens are blossoming- the flowers are blooming and the vegetables are growing! This month we are offering a variety of activities which include, but are not limited to- bingo, crafts, happy hour, entertainment, spending time on the patio, and so much more. This month, the ice cream truck will be visiting on Wednesday the 20th. Please see Life Enrichment with any questions! Have a great month!

*“Summertime is always the
best of what might be.”
~ Charles Bowden*

July Birthdays

APV1

July 8th- William Rentmeester
July 11th- Sandra Starky
July 16th- Janet Verhagen
July 17th- Raymond Campbell
July 21st- Dorothy Robenhorst

APV2

July 12th- Viola Kaminski
July 12th- Roger Roffers
July 20th- Patricia Heim
July 29th- Margaret Larsen

“Our age is merely the number of years the
world has been enjoying us!”