

A Summer Poem

“Though May
did bring her
deepest grey

And June did
bring her
gloom,

I woke this
morn in a
glorious way

To Sunshine in
my room.”



July Outing's

Bubba Gumps – 7/1/22

Scherer Park Picnic – 7/8/22

Cheesecake Factory – 7/15/22

**Carson Mall Movie Theatre –
7/22/22**

**Orange County Fair Outing –
7/29/22**

Vista Voice

Vista Del Mar Senior Living | 3360 Magnolia Ave. Long Beach, CA 90806 | (562) 595 - 1559



July Birthday's!

Brenda Cole – 7/27/50

Shellie Eastman – 7/1/60

John Harris – 7/24/55

**Patricia Karamardian –
7/15/49**

George Lakes – 7/3/30

Eva Lucero – 7/15/34

Shirley McAnn – 7/25/38

**Delores Nachreiner –
7/2/45**

Jim Palmer – 7/16/51

Sybil Perlmutter – 7/30/35

Willie Russel – 7/27/47

Harold Tyler – 7/29/46

Barbara Burk – 7/1/42

Lorraine Flori – 7/30/48

Phyllis Kelly – 7/40/49

Sharon Ritums – 7/2/49

Community Matters!

Here at Vista, we have a large community of staff and volunteers that keep our community running like a well-oiled car. It is our duty and honor to make sure your loved ones get the best experience possible and have days filled with joy, laughter, and love. None of that is possible without our wonderful team, and the honor of serving our residents is an experience to remember with all of the unique personalities in our building! Below we would like to highlight some pillars of our community!

Chelsea Newman – Activities Director



While one of the newest members of our team, Chelsea has made her presence felt here instantly amongst our residents! Her authenticity and love for the ones in our building shows not only in her words, but through her actions. Rest assured, with Chelsea and the rest of the Activities team leading the charge, that there will not be a dull moment in your loved one's day.

If you know Rich, chances are the majority of time you have spent with her has been spent laughing your behind off. Rich is the light that keeps shining in a world full of craziness. Having a bad day? Come in to the building and chat with Rich for a bit. We can guarantee you that she will turn your frown upside down. Her success rate is off the charts!

Vista's Most Popular – Rich Osbourne



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.

Lottery Dreams

If you wake up feeling lucky on July 17, perhaps you should take a chance and play the lottery, for it is Lottery Day. The first record of a lottery comes from China's Han Dynasty, where proceeds are believed to have helped finance the construction of the Great Wall of China. Today, most lotteries are still government-run operations with proceeds used to fund municipal projects. Lotteries are a game of chance between the citizens and the state: the chance of a prize in return for much-needed revenue. All lotteries are longshots—the odds of winning are one-in-12 million—but payouts can be astronomical, with the average prize in the tens of millions of dollars. Furthermore, lottery tickets often cost just a dollar or two, making the risk fairly small for an average player. Lotteries played an important role in the American Revolution. Benjamin Franklin sponsored a lottery to purchase cannons to fight the British, and others were used to pave streets, construct wharves, and build churches and universities like Harvard and Yale. For many, the purchase of a lottery ticket allows them to dream of riches until the numbers are drawn and dreams are dashed.

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.

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.

Lord of Fantasy



On July 29, 1954, the first book of J.R.R. Tolkien's *The Lord of the Rings* trilogy, *The Fellowship of the Ring*, was published in London. It was a work that would lay a lasting foundation for fantasy literature. After the success of *The Hobbit* (1937), Tolkien's publishers begged him for more stories about the diminutive heroes. A notoriously slow writer, he did not even finish a draft of his story about a "new Hobbit" until 1949. The first volume was envisioned as two books: *The Ring Sets Out* and *The Ring Goes South*. His end products, *The Fellowship of the Ring*, *The Two Towers*, and *The Return of the King*, have sold more than 150 million copies, making them some of the bestselling books of all time. Countless books, the *Dungeons & Dragons* role-playing game, and video game franchises all have been inspired by Tolkien.