

Mountain Vista View

Mountain Vista Senior Living | 4800 Tabor Street Wheat Ridge CO 80033 | (303) 421-4161 |



Celebrating June

Men's Health Month

Camping Month

Birthdays

Sujita A

Marian A

Dorothy N

Ronald P

Bonnie D

Genevieve L

Anniversaries

June 10

Family History Day

June 14

Father's Day

June 19

Make Music Day

June 21

Public Service Day

June 23

Summersgiving

June 25

"Happy Birthday to You" Day

June 27

Cycling Without Age



(Above: Residents enjoying a bike ride at Hudson Gardens)

We had such a great time enjoying the wind blowing in our hair during a bike ride outing at the end of May. We partnered up with an organization called Cycling Without Age to get some of our residents outdoors for a bike ride experience. These folks at Cycling Without Age are awesome and helped some of our residents get on to the trishaw bike safely and piloted the ride. The pilot, or driver, is seated on a standard bike seat with standard handlebars. The pilot also pedals the bicycle. The "passengers" are seated in a front bench-like seat that fits two people on the front of the bike. The goal of this experience is to bring the joy of riding a bike to those who may otherwise be unable to due to mobility or balance challenges that can sometimes come with age. What a great experience!

More May Fun



(Above: Residents showing off their sunflower paintings)

We got creative in May and participated in a guided art class. This was a huge hit and all participants enjoyed the opportunity to learn some new skills. The finished product was a vase with sunflowers in it. These decorative pieces are perfect for spring and summer time! We also stayed busy in May with a few outings. We did some shopping at Walmart and made a trip to a restaurant called Rib City. Residents had a lot of delicious options, including smoked turkey, baby back ribs, wine and delicious sides. This was so popular amongst residents that we elected to return in June! We will also be going to The Brass Armadillo and back to Walmart to do some shopping. Let us know if you would like to join!

Welcome Interns

We are so excited to welcome some new members of the team to Mountain Vista. We have an Internship Program that is part of our Volunteer Program. These Interns come to our community from a variety of organizations including Jefferson County Human Services, local schools and other entities. They are interested in pursuing a career in health care and need some hands-on experience under their belt. We welcome them to Mountain Vista to learn and provide assistance to staff and residents. You will see these folks here for the duration of summer and our hope is that their experience here will inspire them to join our team! Thank you for being here, interns!

A Day for Dad

The very first celebration of Father's Day was on June 19, 1910, at a YMCA in Spokane, Washington. Sonora Smart Dodd had watched her father single-handedly raise six children. After hearing a sermon about the virtues of Mother's Day, Dodd approached her pastor and suggested a comparable holiday for fathers. Her pastor agreed and set the date for the third Sunday in June.

Father's Day became an annual observance in Spokane, but once Dodd left home to attend school at the Art Institute of Chicago, the holiday was quickly forgotten. Upon her return to Spokane, Dodd embarked upon a crusade to recognize Father's Day on a national level. She sought the help of trade groups that would benefit from such a holiday: tie and tobacco pipe manufacturers. The New York Associated Men's Wear Retailers group even founded a Father's Day Council to promote the holiday. Decades passed, and members of the U.S. Congress resisted founding a national holiday. It wasn't until 1972 that President Richard Nixon made Father's Day a permanent national holiday by signing it into law.

You May Now Lick the Bride



It is well known that June is a popular month for weddings, but did you know that the second week in June is Pet Wedding Week, a week dedicated to the lasting union between animals?

This unique holiday was designed for pet owners who believe that their pets should be suitably paired and partnered into loving relationships for the purposes of companionship and breeding. There is even a National Pet Association of Ceremonies, a nationally recognized body of pet ceremony officiants, that will conduct official pet weddings. Like human weddings, costs can grow exponentially, with some paying thousands for catering, flowers, live music, and, of course, bridal gowns.

Marrying Traditions

Wedding bells will be ringing all through the month of June. After all, it is the most popular month for couples to be married. Some say it is because June's pleasant weather is best for a wedding, but this tradition has roots far deeper than any meteorologist could predict.



The month of June was named for the Roman goddess Juno, whose domain was marriage, childbirth, and family. As the patron goddess of Rome and all the Roman Empire, she was called *Regina*, or "Queen," and was part of a

powerful triumvirate of gods that included Jupiter, king of the gods, and Minerva, goddess of wisdom, justice, and military strategy. Of the three, Juno was worshipped as the protector of the empire, and particularly as a protector of women. Roman women went so far as to call their souls *junos*, believing that they each possessed a small bit of their beloved *Regina's* spirit. June, unsurprisingly, was considered the most auspicious month to be married.

Historical evidence suggests that June might have been a popular month for marriage even before the time of the Romans. The Celts celebrated their springtime fertility ritual of Beltane on the cross-quarter holiday of May 1. Cross-quarter days were astronomical holidays that fell between quarter days, the equinoxes and solstices. It was a Beltane tradition for young couples to pair and plan for a wedding on the next cross-quarter day, which would not arrive until August three months later. Impatient young couples, eager to wed, would often not wait until August and instead marry in mid-June on the following quarter day, the day of the summer solstice. In this way, June became a traditional month for marriage.

It might come as no surprise that the following springs often coincided with a baby boom for couples married the previous June. This only provided more evidence of spring's powerful fertility as Earth sprang back to life with its blooming flowers and leafing trees.

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The Strangest Plague



The German city of Aachen was reeling from the Black Death when another plague hit on June 24, 1374. Hundreds of people began to dance uncontrollably. Records from the period indicate that the dancing plague swept from Germany into the Low Countries and then to France. Thousands danced for days or even weeks, screaming of terrible visions, begging monks to save their souls. Many perished from exhaustion. Amazingly, this was neither the first nor the last time dancing mania had struck Europe.

The Germans of 1374 called the dancing plague *St. John's Dance*, believing that the dancers had been cursed by the saint. Modern-day scientists struggle to come up with a better explanation. One theory is that the townsfolk suffered from ergot poisoning. Ergot, a type of fungus found growing on stalks of rye, can lead to hallucinations and involuntary spasms. While the dancing plague occurred in locales where people consumed rye and possibly ergot, it also occurred in places where people would not have suffered from ergot poisoning.

The prevailing theory is that all those suffering from dancing mania suffered a sort of mass delusion. Throughout Europe, people were under inordinate amounts of psychological stress. Years of disease and famine, punctuated in Aachen by a horrible natural disaster, had stretched people to their breaking points. Psychologists note that high levels of mental stress can lead people to enter involuntary trances. Records from the era describe people entering such states: blind stares, extraordinary levels of endurance that allowed them to dance for days on sore feet, descriptions of vivid visions. But still, why a trance state of *dancing*? Psychologists believe that dancing wasn't contagious as a true disease but as a psychology. Knowledge of previous dancing outbreaks and the prevalence of beliefs such as spiritual curses led to more of the same. It might not just be a coincidence that by the mid-1600s dancing mania had abated, coinciding with a new rationalism that rejected belief in the supernatural.

June Birthdays

In astrology, those born June 1–21 are Twins of Gemini. Perhaps because twins are born with a companion, Geminis love to communicate with others. They are clever extroverts who can make persuasive arguments. Those born from June 22–30 are Crabs of Cancer. Crabs are very intuitive and sensitive to their environment. Their home is their sanctuary, and they are emotionally committed to family and loved ones.

Morgan Freeman (actor) – June 1, 1937
 Angelina Jolie (actress) – June 4, 1975
 Prince (musician) – June 7, 1958
 Joan Rivers (comedienne) – June 8, 1933
 Gene Wilder (actor) – June 11, 1933
 Burl Ives (singer) – June 14, 1909
 Venus Williams (tennis star) – June 17, 1980
 Phylicia Rashad (actress) – June 19, 1948
 Lionel Richie (singer) – June 20, 1949
 Wilma Rudolph (Olympian) – June 23, 1940
 Derek Jeter (baseball player) – June 26, 1974
 Kathy Bates (actress) – June 28, 1948

Juneteenth for All



June 19, better known as Juneteenth, was established as a federal holiday in 2021, but it has been observed as the date commemorating

the end of slavery in the United States since 1865. It was on June 19, 1865, that U.S. General Gordon Granger arrived in Galveston, Texas, with a force of federal troops to declare that “in accordance with a proclamation from the Executive of the United States, all slaves are free.” That proclamation was President Abraham Lincoln’s Emancipation Proclamation, which had been signed a full two-and-a-half years earlier. Texas had been considered a haven for slavery, as it had been spared from much of the Civil War’s fighting and the presence of Union troops. That all changed with General Granger’s arrival. Later that December, slavery was formally abolished in America with the adoption of the 13th Amendment.