

# Mountain Vista View

Mountain Vista Senior Living | 4800 Tabor Street Wheat Ridge CO 80033 | 303-421-2161 |



## Celebrating June

### Birthdays

*Ken W  
Roger H  
Bill W  
Nancy M  
Leigh C  
Lori W  
Evan B*

### Iced Tea Day

*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*

## June is Here!

We've got a lot of great things to look forward to here in June. We continue to hold our 10 am Bible Study on Wednesdays and Card Players meet in the afternoon (1 pm). Please join us for a Sunday Service with Pastor Barry Hadley on Sunday June 5<sup>th</sup> at 2 pm.

BINGO this month will be on June 14 & 28 at 2 pm. Good luck!

Community Table food pick up will be at the Club House at 3 pm on Friday June 3<sup>rd</sup>. Come check out what kind of food items they have available-these are free!

On both Saturday June 4<sup>th</sup> & Saturday the 18<sup>th</sup> we will meet for \$1 Coffee and Donuts. The funds contribute to the purchase of these items.

We have a handful of June birthdays to celebrate together this month on June 23<sup>rd</sup> at noon. Lunch costs \$5 though if it is your birthday this month, you eat for free! If you would like to join us for this, you must sign up. We also are excited to attend a lunch outing to Malone's at 11 am on Thursday, June 9<sup>th</sup>. We have the large Mountain Vista van reserved for this outing. You must sign up in the Club House to participate.

Please attend our Resident Council meeting in the Club House on Tuesday June 21<sup>st</sup> at 10:15 am.

We have a community Yard Sale coming up in July. Please get with Sunny for details and if you would like to contribute! Thank you!

## Summer Travel Safety

Warmer weather & the ease of COVID restrictions has got many of us looking forward to getting out & about. Perhaps you have travel plans in the works, a long-awaited trip. Take some time to make some safety considerations before your departure. Be sure to inform a trusted friend or loved one of your itinerary for your trip & provide them a way to contact you while away. Inform your bank of your geographical location as to avoid cancellations. Make note of your bank info to call & cancel your credit card should it be lost or stolen. Be vigilant: tourists are often targets of theft in busy, crowded areas. Keep a close eye on your personal belongings. Inquire with hotel about safe areas you are interested in visiting within the city to get more information. They are more likely to be familiar with the area and give advice on what to avoid & what you will not want to miss. Enjoy the opportunity to travel if you are able. It would be good to break away from some of the isolation that has been experienced during COVID & it's always great to enjoy new experiences!

## Volunteers Needed

Mountain Vista's Nursing Home is seeking volunteers from Vista Village! Following the impact of COVID, we have been working hard to rebuild our communities with both staff & volunteers. We believe that residents of Vista Village have SO much to contribute to the community & we are hoping to build our relationship through our Volunteer Program. An up-to-date COVID vaccine record is required to volunteer at the Nursing Home. We currently are looking to fill the role of General Store shopkeeper. Schedule is flexible & other opportunities are available. Please contact Annie if you are interested in discussing volunteerism! [ALozano@abhomes.org](mailto:ALozano@abhomes.org) (303)520-6387

## Going Green

"Going Green" isn't a new concept to Vista Village residents. Earth Day started in April of 1970 with a focus on reducing the impact of smog on communities. The motivation behind Going Green is a consideration of our home (earth) & sustainability for the future. It is about being conscious about our own impact on the environment. This concept now encompasses more components in addition to reducing pollution. It also includes energy reduction. During summer months, we consume more energy & resources with vehicle fuel, cooling our homes & watering our yards. Please take into consideration that Colorado's warm & dry season is getting longer & hotter each year. Collectively, we can all do our small part to support the goals of "Going Green" & reduce the negative impact of climate change.

## COVID Resource

COVID restrictions have eased nationwide with the widespread availability of vaccines. However, variants and waves continue to impact our communities and safety precautions should continue to be considered. Seniors as especially vulnerable to COVID and we care about your health and wellbeing!

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/covid-by-county.html>

Here is a link that allows you to enter any county in the US to determine the rate of COVID. The site also has tips for what precautions are recommended for the infection rate. Stay safe!

## 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.

## 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.

## 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 (comediienne) – 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.