

JUNE 2017

# Edgewood Vista

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## Celebrating June

**Skyscraper Month**

**International Men's Month**

**Camping Month**

**Milk Week**

*June 1-4*

**The Wicket World of  
Croquet Day**

*June 3*

**Corn on the Cob Day**

*June 11*

**Worldwide Day of Giving**

*June 15*

**Father's Day**

*June 18*

**Pink Flamingo Day**

*June 23*

**Day of the Seafarer**

*June 25*

## The Longest Day

The Longest Day is a team event to raise funds and awareness for the Alzheimer's Association. Held annually on the summer solstice. The duration of this sunrise-to-sunset event symbolizes the challenging journey of those living with the disease and their caregivers. This year, the Longest Day will take place on Wednesday, June 21<sup>st</sup>. Check out the events below, that will take place at Edgewood in honor of this day. We invite all of our residents, their families, and staff to come and join us in helping raise awareness in an effort to find a cure!

### Wednesday, June 21st

**10:00am** Onsite Walk to End Alzheimer's. We will meet at the Grandview entrance.

**10am-3pm** Glammie-Grannie Photos set up in the Board Room. Individual photos \$7 and Group Photos \$15.

Glammie-Grannie Photos is a photography service for the elderly at nursing homes, assisted living and other health care locations, designed to add sparkle and smiles, by taking photos of folks accessorized with hats, furs and jewelry. Seniors and their families cherish these moments and photos.

**11:00am-1:00pm** BBQ Fundraiser in the Coffee Shop. Tickets are \$5 and can be purchased in the Coffee Shop.

**2:00-3:00pm** Resident vs. Employee Bean Bag Tournament in the Grandview Dining Room

**3:00pm** Ice Cream Cone Fundraiser on Main Street. Ice Cream Cones are \$2.

**6:00pm** The Movie "The Notebook" in the Theater

## Free Hearing Aid Cleaning

Sheyenne Hearing Service will now be offering free hearing aid cleaning at Edgewood. The service will take place the 3<sup>rd</sup> Friday of every month at 10am, in the Edgewood Clinic. No appointments are required.

## Hospice Movie “Being Mortal”

You’re invited to a free screening and discussion of the PBS program “Being Mortal”, presented by Hospice of the Red River Valley. “Being Mortal” explores the hopes of patients and families facing terminal illness. The film investigates the practice of caring for the dying and explores the relationships between patients and their doctors. It follows a surgeon, Dr. Atul Gawande, as he shares stories from the people and families he encounters. When Dr. Gawande’s own father gets cancer, his search for answers about how to best care for the dying becomes a personal quest. You will be part of a national dialog taking place in our community that asks, *“Have you and your family had the tough conversations and planned ahead?”*

**Date & Time:** June 8, 2017 at 6:00 PM

**Location:** Edgewood Vista Theater

After the screening, you can participate in a guided conversation on how to take concrete steps to identify and communicate wishes about end-of-life goals and preferences. See this moving documentary, join the conversation and explore what matters to you. We hope to see you there!

## My Innerview Surveys

It’s that time of year again to let us know how we are doing, and we want to hear from you! Please take the time to fill-out your My Innerview surveys, as your participation leads to improvements in our community! All surveys need to be completed and in the mail by June 5<sup>th</sup>.



## NEW RESIDENTS

Please help us give a warm welcome the following new residents, to our community.

**Vicky Eid**, Apt. 208

**Hermelle Wilson**, Apt. 304

**Lois Rieniets**, Apt. 521

**Margaret Rogelstad**, Apt. 902

**Earl Flom**, Apt. 902

## Father’s Day Root Beer Floats

Join on us on Sunday, June 18th, at 2:30pm, to celebrate and honor your father, at our Root Beer Float Social. Grandview and Shoreline resident’s will hold their social in the Grandview Dining Room, and Glenn’s and Pearl’s Place residents in their respective dining rooms. We hope to see you all there!

## Safety Reminder

Just a reminder that outlet extension plugs and extension cords are not allowed in our community. Power strips can be used sparingly. Please contact our Environmental & Maintenance Director, Lydell at 701-365-4775, if you have any questions.



## Wounded Warriors Support

Over a year ago our Corporate Social Responsibility Project committee decided that we as a company we were going to support a veteran's themed organization, whose purpose is to support wounded veterans and their families, as our way to give back. Wounded Warrior Family Support is the organization we chose, and for the last year we have conducted fundraising events at all of our communities, home office, as well as hosted the "High Five Tour" at 7 of our communities. Fundraising wrapped up in May, and we are proud to say that Team Edgewood in Fargo raised a total of \$1,692, and throughout all of our Edgewood communities, we raised over \$17,000.00 for our wounded heroes and their families!! The "High Five Tour" which is Wounded Warrior Family Support's main fundraiser, brought in over \$521,000.00.

We want to thank all the communities and the AMAZING staff, residents, and families, that participated in raising money for this great cause, THANK YOU!!

We are very proud of the Edgewood Family, knowing the money raised has impacted a wounded hero's life and family in a great way!

## GROUP THINK Session

GROUP THINK organizes monthly conversations and explores questions about what constitutes a good life and how our community and nation facilitate the good life and for whom. For each conversation, we invite two people to talk together about the theme for the first 20 minutes, before transitioning to conversation within the room for 20 minutes, and concluding with table conversations during the final 20 minutes.

Edgewood will be holding a GROUP THINK session on Monday, June 5<sup>th</sup> at 6pm in the Grandview Dining Room. We encourage everyone to attend this new and fun event!

## Heart of a Champion

On June 9, 1973, Secretariat secured his place in sports history by winning the Belmont Stakes and completing the elusive Triple Crown. And Secretariat did not just win—the horse won by a record 31 lengths. Jockey Ron Turcotte claims to have lost control of the horse and insists that Secretariat powered himself to the astounding victory. Some consider Secretariat one of the greatest athletes of all time. The sports television network ESPN ranks the horse 35th on its list of greatest athletes, ahead of baseball great Mickey Mantle and basketball superstar Julius "Dr. J" Erving. What made Secretariat the "Horse of the Century"? After he died, an autopsy revealed that Secretariat's heart was twice the size of the average horse's, weighing an estimated 22 pounds. Many speculate that it was this physical abnormality that propelled Secretariat to greatness. It is fitting that Secretariat had such a big heart. By all accounts he was not only a champion but also gentlemanly amongst other horses and playful with his handlers. If Secretariat's heart was big, then the hearts of his fans, too, must have swelled with pride at his sprint for the Triple Crown.

## Old Maid to Order



It began as a prank on June 4, 1948, when Marion Richards secretly distributed greeting cards and bouquets to all the unmarried women age 30 and over at her workplace.

When her colleagues asked her what was going on, she told them it was Old Maid's Day. That same night, married women and younger women threw Richards and her "old maid" friends a surprise party. Richards was declared the holiday's founder, and Dora McCracken was elected secretary and historian. It did not take long before Old Maid's Day was being celebrated in communities across the country. June may be the month of weddings, white lace, and bouquets, but Old Maid's Day celebrates the single woman with a holiday of her own.

## Social Media Matters



Social media. It is a powerful force that is redefining humanity's communication and sense of interdependence. In this sense, every day is Social Media Day, but its holiday is celebrated on June 30.

Social media begins with the Internet. Thanks to our wirelessly connected world, people are now able to access the Internet wherever they go, through their cell phones, computers, and other electronic devices. About 20% of our time online is spent visiting social media sites such as Facebook, Twitter, LinkedIn, YouTube, Pinterest, Instagram, Reddit, Snapchat, and others. Some of these sites allow us to share pictures and videos. Others allow us to share personal comments and opinions. Some are used for professional networking. Some are dedicated to shopping, cooking, or other hobbies. The point of social media is to connect people. Groups that used to be out of contact due to distance or isolation can now be connected via the Internet. People can now find each other, share, and collaborate faster than ever before in history, and the effects this new connectedness has on human culture are substantial.

Once upon a time, members of obscure subcultures stuck to their small groups. Today, any member of one of these subcultures can become part of a massive community at the click of a button. Artists separated by continents can collaborate. Unknown individuals can become overnight Internet sensations. Inventors and entrepreneurs no longer need storefronts to sell their unique products to the masses.

Experts warn that social media is a double-edged sword. It is a powerful force for connection, but it can also be damaging, especially to young people. Social media platforms are rife with adolescent pitfalls: aggression, sex, drugs, and bullying. Perhaps Social Media Day on June 30 should be a day to encourage teens (and remind adults) to wield the power of social media wisely.

## June Birthdays

In astrology, those born between June 1–20 are Twins of Gemini. Twins have two distinct and alluring sides to their personality: sociable and ready for fun, or serious and thoughtful. Sometimes they feel as if one half is missing, so they forever seek new friends. Those born between June 21–30 are Cancer's Crabs. Kind and protective, Crabs love to nurture others. While they may be emotional, they are never soft. Cancers are tenacious in their pursuit of harmony at home and in the workplace.

Marilyn Monroe (actress) – June 1, 1926  
Allen Ginsberg (poet) – June 3, 1926  
Tom Jones (singer) – June 7, 1940  
Jacques Cousteau (explorer) – June 11, 1910  
Venus Williams (tennis pro) – June 17, 1980  
Roger Ebert (film critic) – June 18, 1942  
Chet Atkins (guitarist) – June 20, 1924  
Meryl Streep (actress) – June 22, 1949  
Pearl S. Buck (writer) – June 26, 1892  
Mel Brooks (actor) – June 28, 1926  
Mike Tyson (boxer) – June 30, 1966

## Mountain-Sized Measurements

Mount Everest gets all the press as the world's tallest mountain, but Mount Chimborazo in the Andes in Ecuador may be larger, depending on your perspective. We should all be open to this



possibility on June 3, Chimborazo Day. Measured from sea level, the height of Mount Everest is 29,029 feet, while Mount Chimborazo is 20,549 feet. However, when measured from the center of Earth, Chimborazo is actually farther away. How can this be? Earth is not perfectly round; our planet bulges at the equator. Since Chimborazo lies near the equator on this bulge, it is 3,967.1 miles from the center of Earth. Everest, which does not sit near the equator, is 3,965.8 miles from Earth's center, a little over a mile shorter by distance. Which mountain is bigger? You decide.