

# July Column

## In the Fast Lane

With more than 200,000 drive-thru restaurants in America alone, it's easy to see how much people love picking up a meal at a window. Maybe it's because we're so busy that we don't have time to order our meals inside. Or maybe we're just a little lazy. If you're looking for an excuse to grab some fast food, look no further than July 24, Drive-Thru Day. Jack in the Box purports to have invented the first drive-thru in 1951 at its San Diego eatery. Others claim the drive-thru was conceived by two Texans, one a tobacco salesman and the other a doctor. They teamed up to open Kirby's Pig Stand drive-in restaurant in Dallas in 1921. Whether you drive-thru or drive-in, people have been eating in their cars ever since.

## Countdown to Paris

The upcoming Summer Olympics in Paris are generating anticipation worldwide as the city prepares to host this prestigious event for the third time in history. Paris offers a rich tapestry of culture, history, and modernity, making it an ideal setting for the Olympic Games. From its famous landmarks to its vibrant culinary scene, Paris promises a memorable and unique experience for visitors.

Paris is known for its extensive metro system. With over 300 stations spanning 16 lines, the Paris Metro is one of the busiest underground systems in the world. It will play a crucial role in transporting athletes and spectators to various Olympic venues across the city. Another notable aspect of Paris is its culinary scene. From croissants and baguettes to escargot and foie gras, Paris offers a gastronomic adventure for food enthusiasts. And let's not forget about the charming sidewalk cafés, perfect for people-watching and savoring a café au lait. Parisians are known for their passion for sports, particularly soccer, rugby, and tennis. The city boasts world-class stadiums like the Stade de France and Roland Garros, where fans gather to cheer on their favorite teams and athletes. The city is focused on ensuring that these topnotch facilities are safe and secure for the massive influx of visitors.

The Olympics provide an opportunity for athletes to showcase their skills and compete on a global stage. It's a chance for nations to come together in the spirit of sportsmanship and camaraderie. As the countdown to the Paris Olympics continues, excitement is building among sports enthusiasts worldwide. Whether you're a fan of track and field, swimming, or gymnastics, the 2024 Summer Games are sure to offer thrilling moments and unforgettable memories. Mark your calendars and get ready to witness the world's best athletes in action against the backdrop of beautiful Paris.

## A Sticky Celebration

Lollipop. Sucker. Lolly. Sticky pop. Whatever you call them, Lollipop Day falls on July 20. Scientists tell us that even early humans enjoyed these treats, licking and sucking on honey on a stick. The term "lollipops" wasn't used until 1931 when George Smith, owner of the Bradley Smith confectionary company, named a stick candy after his favorite racehorse, Lolly Pop. Some dispute this origin, however, because in England the word lolly means "tongue" and pop means "slap," so some think that the word lollipop, meaning "tongue slap," may have originated in England.

As to the invention of the lollipop itself, some say that in 1905 the McAviney Candy Company may have accidentally invented this hard candy on a stick. The process of boiling the candy required stirring with a stick. At the end of the day, the owner brought the candy-covered sticks home for his children. Three years later, he finally realized he was on to something and began marketing his "used candy sticks."

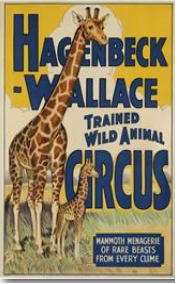


## Under the Big Top

Peru, Indiana, calls itself the Circus Capital of the World, and for good reason. For years it was the overwintering home to seven of the world's major circuses. After all those winters, the circus life rubbed off on the residents of Peru, and today they celebrate their Circus City Festival from July 15-20. Peru's famous circus history began when the successful businessman Colonel Ben Wallace decided to enter the circus business in 1882. He first purchased all the tents, poles, and costumes of a failing circus. He then traveled to Texas to buy some horses. Still unsatisfied, he bought other exotic animals in Chicago and hired a firm to build elaborate and ornate wagons. Wallace might have been new to the circus business, but he spared no expense in assembling the greatest animals and performers of the day. He called it Wallace and Co.'s Great World Menagerie, Grand International Mardi Gras, Highway Holiday Hidalgo, and Alliance of Novelties.

Sadly, in 1884, before he could take his wondrous show on the road, it suffered a horrible fire, and Wallace lost nearly his entire investment. Undaunted, he rebuilt his circus, and it quickly became one of the country's best-known acts. Each winter, upon Wallace's return to Peru, the various performers, workers, and animals joined him. It was a common sight to see elephants walking through town. Children raced to see lions and tigers bathing in the local river. Circus City was born.

Today, the children of Peru practice clowning and flying on the trapeze like other children practice playing baseball. Every July, this youth circus performs during the Circus City Festival. And after the lights go down on the big top, visitors can visit the International Circus Hall of Fame and Museum. Peru is the perfect place to run away and join the circus.



## The Art of Being Bored

July is not the month to sit around twiddling your thumbs: it's Anti-Boredom Month. But wait! Before you decide to spice up your life by taking up a new hobby or moving across the country, take some advice from scientists who tell us that boredom is actually a good thing. Boredom affects everyone. Even the Greek philosopher Socrates battled boredom. Contrary to popular belief, boredom does not come from being tired or lacking energy. In fact, one of the prerequisites of boredom is that you are focused and want to pay attention. Boredom arises from not having anything to focus on or pay attention to. Bored people actually crave activities to engage their minds and bodies.

Boredom also affects us when we feel trapped. For example, if you are stuck in an airport waiting for your delayed flight, you might become bored. Ditto if you are in a doctor's waiting room for an hour and have read all the magazines. Normally we react to unpleasant situations by changing them, but if you are stuck and cannot change your situation, then you are more likely to become bored.

The good news is that boredom doesn't equal laziness. Research suggests that being bored can actually lead to more creativity. Boredom promotes daydreaming, and daydreams give our imaginations the freedom to explore new ideas.

So perhaps the best way to combat boredom is to first accept being bored. Then allow the creative juices to flow. And remember, no matter what task you choose, the process is often far more fulfilling than the goal. So be sure to devote time and attention to the details along the way. Still feeling restless? One other way to jumpstart your attention is to seek others. Nothing may be more stimulating than performing even the most familiar tasks with someone new. After all, being bored together is better than being bored alone.



## Resident Highlight

Here at Royalton, we like to shine a spotlight on our beloved residents, whether they are one of our valued "Helping Hands" volunteers, or even those who just make our community a brighter place with their amazing personalities. This month we would like to honor Paula Barnes!



Paula was born in Billings Montana to Gerard and Hilda Smith, along with siblings Nathalie and Gerard Jr. She remembers helping with the dishes being her chore, and her favorite memory as a child was going to the park with family and playing on the Mary-go-round. The family moved to Boise Idaho where Paula attended high school, Boise Jr. College, and the university of Idaho, before a 1-year stint at St. Lukes Hospital, studying laboratory science. Her favorite class though was environmental studies. She completed a medical science degree, which she used as a Lab technician; she also spent hundreds of hours volunteering at Milwaukie Providence Hospital. Paula married Harold Barns in 1951 and lived happily with him for 53 years before his passing. Together they had five children, Lisa, Steve, David, Rich, and Robert. Whom have cumulatively given her five grandchildren and four great grandchildren. Paula used to enjoy playing Bridge, went dancing with friends and attended family reunions throughout the west. She likes Jazz, Rock, and Pop music, and is currently passionate about wine tasting with family, watching the Mariners in the Spring, and the Trail Blazers in the fall. Paula always has family stopping by, and goes on many of our outings, occasionally plays bingo or joins in karaoke, and loves to chat! Thank you, Paula, for being such a special part of our community!



## Looking Back on May

### Employee of the Month



Cameron Diaz

What a June! We definitely made up for lost time on outings. Every week we went somewhere fabulous! A picnic at Trillium Lake, Seaside for lunch at Moe's, Scouter's Mountain for a BBQ, And Nordic NW Troll Trail for a short hike. We also added two Country Drives and Shopping trips on Fridays! We went impromptu to West Moreland Park for a "Community Walk" and a couple residents scouted out a new place to go for next month with Angela, called Rogerson Clematis Garden in West Linn. Can't wait to take the group there! Angela added some fun activities to the Memory Care calendar for Mondays, where she can personally lead the group in Karaoke, patio games, watercolors, and of course Ice Cream Social! Mid-June we had a Family Bingo Night, always a great success! We stayed so busy I don't have enough space to write it all. On to July!



# What's Happening?



Opening Ceremony is July 26<sup>th</sup> 2024  
Stream Live on Peacock or watch on NBC  
10:30am-2:15pm

## Where are we Going?

7/3 Korean War  
Memorial Picnic



7/10 Bigfoot Museum  
& Lunch at Sammy's  
Burgers & Shakes

7/17 Bonneville Fish  
Hatchery



Herman the Sturgeon

7/24 Rogerson  
Clematis Garden



7/31 Intl' Rose Test  
Garden

Join us Fridays on our Country Drives!

## July Birthdays

Those born between July 1–22 are Crabs of Cancer. Crabs love family and nurturing others. They may be emotional, kind, and gentle but are never soft. Cancers are strong-willed and tenacious in their search for peace and homeyness. If you were born between July 22–31, you are a Leo, the Lion. Creative and ambitious with magnetic personalities, Leos enjoy the spotlight. Warm, loving, and kind, they make loyal and honorable friends.

- Princess Diana (British royalty) – July 1, 1961
- Neil Simon (playwright) – July 4, 1927
- David McCullough (author) – July 7, 1933
- Marty Feldman (actor) – July 8, 1934
- Milton Berle (actor) – July 12, 1908
- Bess Meyerson (model) – July 16, 1924
- Sandra Bullock (actress) – July 26, 1964
- Jackie Kennedy (first lady) – July 28, 1929
- Buddy Guy (guitarist) – July 30, 1936
- J. K. Rowling (author) – July 31, 1965

## Solo Transportation

Have somewhere to go? Transportation is available by appointment! Please see Angela to schedule your outing; Availability is subject to the needs of the business and on a first come basis.

## UPDATE TO OUTINGS!!!

We have changed the schedule!  
Wednesday mornings will now take us on trips that get us off the bus. See your calendar for Location and departure times.  
New to transportation:  
Group shopping trips with Steve are now on Fridays at 10AM, see calendar for location.  
Country Drives will be Fridays at 1PM for AL and 3PM for MC.  
Be sure to sign up for your seat with the Concierge for all outings!

**Dementia Caregiver Support Group Returns**  
Join Cher in the Library on the third Tuesday of each month at 11AM.

Have a SAFE and HAPPY  
4<sup>th</sup> of July!!!

### Musical Performances

AL Music  
Robert Richter 7/4  
Mike Oxburrow 7/11  
Monte & Hank 7/16  
Ted Horwitz 7/18

### MC Music

Music We Remember 7/1

### Chef Talk

(previously Food Committee)  
Join Lance in the Dining room on 7/26 at 1pm to give us your feedback on food quality and suggestions.

**Memory Care July Family Event**  
July 13<sup>th</sup> 1:30PM  
Watch your mailbox for your invitation!



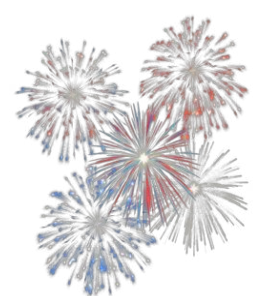
July 13<sup>th</sup>  
1:30PM  
Join your loved one for family fun and Ice Cream Sundaes!

## Corny Corner



## Good Friends Make Good Neighbors Referral Program

When a Royalton Place resident or family member refers a potential new resident to our community and that person moves in, the referring resident will receive a one-time \$4,000 credit applied to their base rent.  
In order to qualify the names of the person making the referral and the prospective resident must be given to the Executive Director or the Community Relations Director prior to the inquiry or tour.  
The new resident must reside at Royalton Place for a minimum of 90-days before the credit is applied.



***Celebrating July***

- Trip: Korean War Memorial Picnic 7/3
- Independence Day 7/4
- Trip: Bigfoot Museum & Lunch Out 7/10
- Old Men's Society 7/13
- Dementia Caregiver Support Group 7/16
- Trip: Bonneville Fish Hatchery 7/17
- Resident Council 7/23
- Trip: Rogerson Clematis Garden 7/24
- Chef Talk with Lance 7/26
- Summer Olympics Begin 7/26
- Trip: Intl' Rose Test Garden 7/31

July 2024

# Royalton Place *Times*

Published by Royalton Place

ASSISTED LIVING • MEMORY CARE



***July Word Find***

C	D	C	O	L	O	N	Y	F	D	H	E	<b>Words</b>
O	E	C	S	T	A	T	E	R	H	C	A	Independence
N	C	O	U	N	T	R	Y	E	N	F	B	Freedom
G	L	P	S	T	R	I	P	E	S	A	A	Fireworks
R	A	E	T	R	E	D	D	L	M	R	Barbecue	
E	R	A	A	E	T	N	A	O	O	I	B	America
S	A	C	R	S	E	J	T	M	V	Y	E	Stars
S	T	E	S	P	A	T	R	I	O	T	C	Stripes
F	I	R	E	W	O	R	K	S	S	T	U	Patriot
H	O	D	L	I	B	E	R	T	Y	A	E	Country
I	N	W	A	M	E	R	I	C	A	R	U	Declaration
D	B	L	U	E	U	N	I	T	E	D	N	United

**Management Team:**

- Kayla Knight – Executive Director
- Tiffany Villa – Business Office Manager
- Skip Hansen – Community Relations Director
- Jennifer Theisen – Community Relations Director
- Cher Huppunen LPN – Wellness Nurse
- Emily Keller LPN – Associate Wellness Director
- Kim Haddock – Resident Services Director
- Angela Dionne – Life Enrichment Director
- Lance Chess – Dining Services Director
- Ron Fredrickson – Plant Operations Director

***July Birthdays & Anniversaries***

**Resident Birthdays**

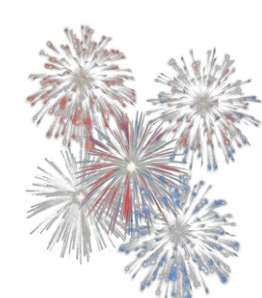
Per Jarnberg	7/6
David Helms	7/7
David Simecek	7/14
George Fox	7/20
Lois Phillips	7/23
Geri Hendricks	7/28

**Associate Birthdays**

Sonja (Wren) Waltermire	7/7
Bella Hone	7/11
Lexxi Reid	7/13
Stephanie Guzman	7/21

**Associate Anniversaries**

Julianna Reichling	7/11 (1 year)
Calvin Carter	7/14 (2 years)
Alicia Jones-Sullivan	7/19 (1 year)



*"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness."*

-From the Declaration of Independence

**See Calendar for several new resident inspired activities!**

**And don't forget to voice your opinions at the Activity Planning Meeting and Resident Council!**

