

JUNE 2018

The Treemont Tattler

TREEMONT RETIREMENT COMMUNITY • 2501 WESTERLAND DR HOUSTON TX 77063 • 713-783-6820



Celebrating June

Town Hall Meeting

Weds, Jun 6 @ 1:45pm

Greatest Generation Luncheon

Tues, Jun 12 @ 12pm

June Birthday Dinner

Weds, Jun 13 @ 5pm

Shabbat Celebration

Sat, Jun 9 @ 2:30pm

Father's Day Polka Party

Sat, Jun 16: 6:30-8:30pm

Professional Chess Lesson

Sun, Jun 17 @ 2pm

50's Ice Cream Social

Tues, Jun 19: 3:00-4:30pm

Taste of Italy

Fri, Jun 22 @ 11am

Afternoon Tea

Thurs, Jun 28 @ 3pm

Bush Library Bus Trip

Fri, Jun 29: 9:30-5pm

Elvis' Tribute to Veterans

Sat, Jun 30 @ 3:30pm

A Message from your Activity Director

Dear Treemonters:

May was quite a busy month - thank you for coming out and getting involved! I hope you enjoyed the parties, new entertainers, cultural programs, & Community Health Fair.

There will be plenty more opportunities to get out and about this month. The **Old Fashioned Ice Cream Social** will feature ice cream floats, 50's décor, and live music by Bobby Socks & Doo Wop. **The Polka Party** will offer refreshments, live music, and a chance to show off those moves you learned in Ballroom Dancing!

Many of you have expressed an interest in nutrition & so we are delighted to welcome Nutrition Professor Martica Heaner, PhD, to Treemont on June 8th for a special showing of the documentary 'Forks over Knives', followed by a **Nutrition Q&A Session** with Dr. Heaner. Every participant will also get a copy of the Treemont dining menus with Dr. Heaner's recommended choices outlined for each meal.

Many of you have also mentioned that you would like a forum to voice your suggestions on ways to improve life at Treemont. You asked and we've scheduled! We'll be having the **Town Hall Meeting** on Wednesday, June 6th at 1:45pm. Be sure to come by and hear the great suggestions from your friends & neighbors.

Finally, we will have several students from Strake Jesuit here to assist with **Technology Help** in June. Please watch for flyers advertising the dates and sign up at the front desk if you need help with your phone, tablet, or computer.

Wishing you a wonderful month,
Nikki Andress

What's New at Treemont?

We've added a few new things to the June calendar... here's a look at some programs you might like to check out!

Our **Virtual Trip** to France in May was a success, so we'll be continuing on in our travels this month – to Italy! This culturally-focused program will introduce you to the history, geography, language, food & music of this iconic nation. The programs will be held on Fridays at 11am.

The TED Talk features short videos of exceptional speakers discussing every topic imaginable. We watch the video and follow it with a group discussion. This month's TED Talk is by an exceptionally humorous speaker, Ken Robinson on the topic of creativity.

June will see the addition of two new fitness classes: a **Chair Aerobics** class (Thursdays at 2:30pm), and **Fitness with Melissa**, (Saturdays at 9am). Both programs will be held in the Activity Room and will feature a variety of exercises set to music. Why pay for a monthly gym membership? You can be taught by professional instructors right here at Treemont.

Newer movies were the request of many, as was an after-dinner activity, so we've created **New Movie Monday**, where we'll show recently released films at 6:30pm in the Theater. Popcorn will be served!

Laughter Yoga was a part of Treemont life for over 4 years, and while we'll never be able to replace it, we've found something pretty darn close! **Therapy Thursday** – to be held Thursdays at 10am - will be led by volunteer Kira and feature a rotation of art, music, and movement therapies. There will even be days with guided meditation!

Saturdays at 11am will feature **Sound & Expression**, a creative outlet for your emotions. Each week will feature a different activity to help relieve stress and improve well-being. Have fun and leave feeling relaxed with this great weekly program, also led by Kira.

Fields of Joy

The first Saturday in June has been designated Prairie Day to recognize the vast grassland ecosystem that is vital to our planet. The Great Plains of North America once stretched from the Canadian prairies of Manitoba, Saskatchewan, and Alberta, throughout America's Midwest, all the way into northern Mexico. The chief component of the prairie is the tall undulating grass with a deep root system capable of withstanding everything from drought to torrential rain. This 170 million-acre ecosystem was one of the most fertile habitats on the planet, supporting a diverse array of plants, birds, insects, and iconic animals such as the bison. Alas, only one percent of this habitat remains. The prairie has largely been converted to farmland, becoming North America's "breadbasket." The South American *pampas* and Russian *steppe* have suffered similar fates, but as in North America, preservation efforts are building.

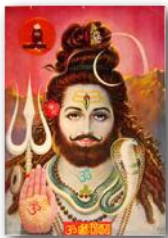
Jouett's Ride

Most Americans are familiar with Paul Revere's famous ride, warning American colonists that "the British are coming!" Yet almost nobody knows of John "Jack" Jouett. Well, Jouett's story needs to be known in time for Jack Jouett Day on June 4.



In 1781, almost six years after Revere's ride, with America still in the grips of the Revolutionary War, Jouett was at a Virginia tavern when he spotted British Lt. Colonel Banastre Tarleton with 250 British troops. The British regiment aimed to march on Charlottesville, the relocated home of Virginia's General Assembly, where they would capture Patrick Henry and Richard Henry Lee, and Virginia governor Thomas Jefferson at his nearby Monticello estate. Jouett wasted no time racing the 40 miles to Monticello. He arrived in the early hours of June 4, giving Jefferson enough time to escape, and he then raced on to Charlottesville to alert the lawmakers of the approaching soldiers. For his efforts, Jouett was dubbed "the Paul Revere of the South."

Putting the “Why” in Yoga



The practice of yoga is now so commonplace worldwide that the United Nations declared June 21 International Yoga Day. The date is significant, for the summer solstice is used to determine the date when Shiva, the *Adiyogi*, or the first yogi, began sharing his deep knowledge of yoga to seven disciples. And no, Shiva did not hold the first yoga class involving bending and breathing in a Himalayan mountaintop. Shiva, seeing that these seven were now worthy of his teaching after years of mental and spiritual preparation, began to impart his yogic science, which is a balance between the body and mind, a harmony between man and nature, an ultimate realization of the purpose of human existence on the earthly plane—in other words, truly deep stuff. These seven disciples took their seven aspects of yoga to the world, and it is for this reason that there are today seven forms of yoga.

For many students, regardless of which of the seven forms they practice, yoga is merely a type of exercise. While exercise fads come and go, yoga maintains its staying power. After all, it has been practiced for 5,000 years. Spiritual fulfillment aside, yoga is an excellent fitness regimen, for it improves strength and balance, tones muscles, burns calories, and reduces stress. For those who wish to look a little deeper, yoga also offers spiritual fulfillment.

Yoga is not a religion. It has no gods. It requires no faith. Yoga is more like a philosophy coupled with physical practice and meditation. As a philosophy, the first yogis used yoga as a means to achieve immortality. They believed they could use yoga practice to control the physical molecules of their own bodies and prevent aging and death. Yoga practice could also grant access to the immortal soul, that transcendental state of bliss and harmony. In these ways, yoga is considered a means to make us humans live to our utmost potential, to become the greatest versions of ourselves, physically, mentally, spiritually, and emotionally... not a bad goal.

Seeing What's Right

When Helen Keller was born on June 27, 1880, no one knew she would grow into a famous advocate of the blind and deaf. Her life story, nonetheless, has inspired countless people. Keller was not born deaf or blind. She lost these senses after contracting a childhood fever. She lived an isolated and frustrating childhood, imposed on her by her inability to communicate. It was a teacher, Anne Sullivan, who broke through this barrier. For 49 years, Sullivan and Keller worked as teacher and pupil. Keller became the first deaf and blind person to earn a college degree, thanks to Sullivan and friendships with author Mark Twain and oil executive Henry H. Rogers. Keller became an educator, lecturer, and activist, promoting political and social equality for women and the disabled. She helped found the American Civil Liberties Union in 1920. Helen Keller is often presented as one of the best examples of the triumph of the human will and spirit. Despite her many perceived disabilities, she dedicated her life to the betterment of others.

Tale of the Tape



June 14–16 heralds Duct Tape Days, and it is no coincidence that this celebration aligns with Father's Day on June 17. After all, duct tape is Dad's most versatile tool.

Duct tape was originally invented by Johnson & Johnson during World War II as a cloth-based waterproof tape used to seal ammunition boxes. It wasn't a man who invented it, but the mother of two Navy sailors, who believed so much in her idea she wrote a letter to President Franklin Delano Roosevelt touting her invention. The rest is history, and men have been obsessed with duct tape ever since. After all, duct tape can be used for everything from taping ducts to curing warts, removing pet hair, mending tubes of toothpaste, plugging leaky canoes, and catching insects. Of course, women use it, too. Some innovators have even gone so far as to create duct tape wallets, shoes, and dresses. Look no further for the perfect Father's Day gift.

June Birthdays at Treemont

- 1st EVELYN E.
RAMONA M.
- 2nd HAROLD M.
SHERRY R.
- 3rd FRANCES D.
- 8th MARY G.
- 9th MARTIN S.
- 10th JOHN H.
- 13th PATRICIA R.
- 16th WALTER N.
- 19th CLAIRE G.
HELEN S.
- 21st SARAH J.
- 22nd SUE N.
- 23rd MARJORIE C.
WILLIAM A.
- 26th ANNA S.
MARY B.
- 28th CHARLES D.

Happy Birthday

**Your Birthday Dinner will be held
on Weds, Jun 13 @ 5pm in the
Green Room. RSVP to Myra &
come enjoy your steak,
champagne, & cake!**

June Babies

In astrology, those born between June 1–20 are Gemini's Twins. They 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 Crabs of Cancer. Guided by their hearts, Crabs are deeply emotional and nurturing. They create deep bonds and comfortable homes and are always willing to welcome people into their circle.

Jerry Mathers (actor) – June 2, 1948
Anderson Cooper (journalist) – June 3, 1967
Prince (musician) – June 7, 1958
Cole Porter (composer) – June 9, 1891
Gene Wilder (actor) – June 11, 1933
Donald Trump (president) – June 14, 1946
George Mallory (explorer) – June 18, 1886
Brian Wilson (musician) – June 20, 1942
John Dillinger (bank robber) – June 22, 1903
George Orwell (writer) – June 25, 1903
Richard Rodgers (composer) – June 28, 1902

The King Is Born



On June 5, 1956, a young and charismatic musician named Elvis Presley appeared on *The Milton Berle Show*. While this was not Elvis' first television appearance, and not even his first appearance with "Uncle Miltie," his rendition of *Hound Dog* became at once both famous and infamous. Before this performance, Elvis was often captured on camera playing his guitar from the waist up. However, for *Hound Dog*, the 21-year-old Elvis threw aside his guitar so that America could watch him gyrate his body from head to toe. For these scandalous gyrations, he was dubbed "Elvis the pelvis" and panned by critics as gross and inappropriate. The publicity for this performance put Elvis into the spotlight and launched his career into orbit to become the "King of Rock 'n' Roll."