

July 2024

Regency Park

Assisted Living & Memory Care | 8300 SW Barnes Rd Portland OR 92775 | 503-292-8444



Celebrating July

Cell Phone Courtesy Month

Women's Motorcycle Month

Ice Cream Month

Farriers Week

July 7-13

Zookeeper Week

July 21-27

Independence Day

July 4

World Kiss Day

July 6

Bastille Day

July 14

Caviar Day

July 18

Amelia Earhart Day

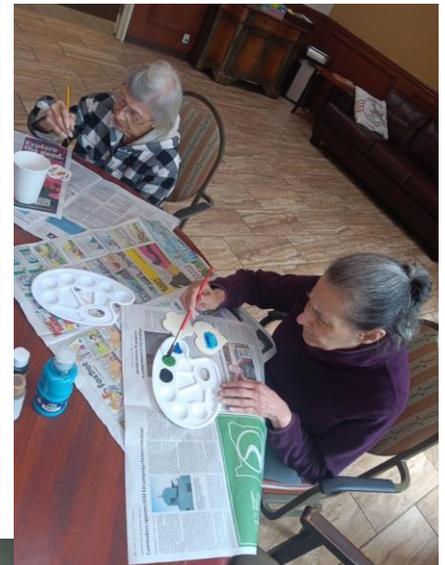
July 24

Talk in an Elevator Day

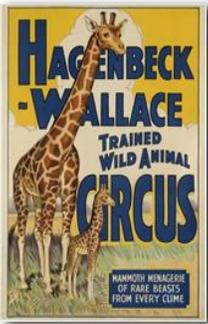
July 26

Rain Day

July 29



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.

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.

Famous Birthdays

- 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 (U.S. first lady) – July 28, 1929
- Buddy Guy (guitarist) – July 30, 1936
- J. K. Rowling (author) – July 31, 1965

Resident Birthdays

- Linda L. – July 6th
- Elizabeth N. – July 8th
- Brad S. – July 8th
- Bob M. – July 14th
- Dora K. – July 22nd
- Marian M. – July 26th

Staff Birthdays

- Carmelita T. – July 3rd
- Clementine U. – July 25th
- Maria R. – July 28th
- Matt B. – July 30th



Mallets and Madness

During July, in the green parks of Portland, Oregon, you might hear deep and resounding thuds, along with the dainty tinkling of teacups. If so, you may have discovered the strange world of Mondo Croquet. The rules of this backyard lawn game are almost identical to the original game from England, complete with period costumes and a picnic of tea and finger sandwiches. But instead of mallets, players wield sledgehammers, and in lieu of small croquet balls, they knock bowling balls through massive steel hoops. Sure, the occasional bowling ball cracks under the pressure, but players are allowed to continue their round using the biggest remaining piece. And there is one additional rule: once a player finishes a round, they are allowed to continue play with the sole purpose of knocking out other players' balls. If that doesn't sound fair, it should be noted that fairness isn't the purpose of the game. The goal of the game is to have fun, and when it comes to Mondo Croquet, the bigger the fun the better!

Protecting the Wild

The International Ranger Federation, a worldwide consortium of park rangers and uniformed conservationists, was founded on July 31, 1992. In 2007, July 31 was officially dedicated as World Ranger Day, a day to honor all the hardworking men and women who put their lives on the line to protect the world's wild places.



How should you celebrate? Visit a park and thank a ranger in person. Donate to your local park or conservation fund. Light a candle for the brave rangers who have died in the line of duty. After all, rangers have the responsibility of protecting over 100,000 parks and conservation areas worldwide. That's more than 10 percent of Earth's entire landmass!

What's Happening in July

Performances:

Bill Beach 7/11 @2:00pm
 Steve West 7/26 @3:00pm
 Charles and The Angels 7/30 @3:00pm



Classes:

Hospice 101 by Gentiva 7/2 @ 1pm
 Classic Club with Terry 7/8 @11am
 Trolley Talk with Richard 7/15 @tbd
 Art Therapy with Joyce 7/24 @11am
 (MC) Music Therapy 7/3 & 7/17 @9:30am
 (MC) Chair Yoga twice a week @9:30am
 (see calendar for dates)

Meetings:

All residents welcome to attend meetings

Activities Meeting 7/09 @11am
 Chefs Chat 7/15 @2:30pm
 Town Hall Meeting 7/24 @11am
 Men's Group Luncheon 7/14 @11:30am

Do you need a ride?

Regency Park offers transportation by appointments within a 10-mile radius. Rides are available Monday-Thursday 9:30-4:00pm. Please keep in mind that all transportation is subject to staff availability. Driver will drop off and return when contacted for pickup. Transportation services outside 10-mile radius cost \$30 per hour. Transportation along with staff assistance to medical appointments cost \$30 with a one hour minimum. The staff escort will assist resident into the building and either attend the appointment per request or wait in the lobby. Services will be provided by utilizing the car ONLY at this time. If wheelchair transport is needed transportation will need to be booked with an outside agent. Concierge can provide contact information. Please scheduled with the concierge at least 72 hours in advance. We will do our very best to get you where you need to be. Thank you!

A Canned Classic



Over the past 87 years, Spam—Hormel’s renowned meat product in a can—has transformed from a mere food into a worldwide pop culture phenomenon. On July 5, 1937, it was first introduced to the world as Hormel Spiced Meat, but

shortly thereafter, Ken Daigneau entered the name *Spam* into a naming contest and won \$100 for his efforts. Since then, over nine billion cans of Spam have been sold.

Spam was popular from the moment of its inception. Within one year of its introduction, 18 percent of all American households were enjoying the canned meat. However, it was during World War II that Spam really took off, as it was part of American army rations. Perhaps it is thanks to those American soldiers that the biggest consumers of Spam are residents of tiny islands that served as American military outposts: Guam, Hawaii, and the Northern Mariana Islands. The average Guamanian eats 16 cans of Spam a year. Spam is incorporated into family recipes, eaten at restaurants, and can even be found on burgers at McDonald’s and Burger King. Spam is so popular in Hawaii that it is called “The Hawaiian Steak,” and other canned meats, such as Armour Treet, are not nearly as popular.

Why has Spam become such a celebrated piece of Americana? Was it the now-famous 1970 sketch by Britain’s comedy troupe Monty Python that launched Spam to international stardom? Or is it the curiosity surrounding the meaning of its name or the mystery of its ingredients? We may never know why Spam has become so popular, but the Smithsonian has taken the lead in immortalizing it. Two cans of Spam, one bearing the original packaging and another with an updated design, have been added to the museum’s exhaustive collection. It may satisfy Spam’s devoted followers to know that their favorite canned meat product is a work of art.

Regency Park Leadership Team

Amanda Sanchez, Executive Director

AmandaS@cascadeliving.com

Roger Greene, Business Office Manager

RogerG@cascadeliving.com

Martha Messele, RN, Memory Care Nurse

MarthaM@cascadeliving.com

Tara Bryson, RN, Assisted Living Nurse

Tarabr@cascadeliving.com

Darian McGroven, Associate Wellness Director

DarianM@cascadeliving.com

Hikmet Sedjeiu, Resident Service Coordinator

Hikmets@cascadeliving.com

Katie Velazquez, Community Relations Director

KatieV@cascadeliving.com

Tara Allen, Community Relations Director

TaraA@cascadeliving.com

Steve Mathews, Move-in Coordinator

StevenM@cascadeliving.com

Julio Lluvias, Plant Operations Director

Juliol@cascadeliving.com

Robert Kutschke, Dining Services Director

RobertK@cascadeliving.com

Brianna Seamster, Life Enrichment Director

BriannaS@cascadeliving.com

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.