

The Trumpeter

Asbury Towers Retirement Community

The Dancing Plague



On June 24, 1374, a strange plague broke out in the town of Aachen, Germany. People poured out of their houses and began to dance uncontrollably in the streets to music that no one could hear.

According to local reports, the dancers were unable to stop themselves. They danced until they collapsed in exhaustion. This was the first major outbreak of “dancing mania” to sweep through Europe.

Experts still do not know what caused this dancing mania. Some speculate that it may have been due to a poisonous fungus, ergot, that can grow on rye. Ergot poisoning can lead people to hallucinate and suffer spasms and delusions. It occurs mainly during the wet season, when conditions are rife for the growth of the fungus. However, not all the documented accounts of dancing mania correspond to those seasons.

Many historians believe dancing mania to be a form of mass hysteria brought on by extreme suffering. In 1374, the villagers of Aachen were living in the aftermath of a true plague, the Black Death that had swept through Europe. The pious villagers, suffering severe psychological distress as a result of disease, natural disasters, and famine, entered a mass trance state where they thought themselves punished by God. Indeed, the Christian martyr St. Vitus was widely known to be celebrated in dance. For this reason, some even called the dancing mania St. Vitus’ dance. To corroborate this theory, historians look to another dancing outbreak in 1518 in the city of Strasbourg. A woman named Frau Troffea began to dance and, by the end of the month, 400 others had joined her. City officials opened up a dance hall and hired musicians to help the dancers. Tragically, many danced until they died. The circumstances of the 1518 outbreak are eerily similar to the 1374 outbreak. The pious people of Strasbourg, too, were suffering the severe stresses of disease, flood, and famine.

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

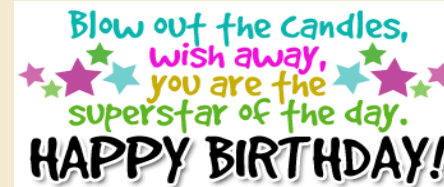
Mountain-Sized Measurements

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.



Celebrating June Birthdays Residents

- 04 Shawn Phillips
- 25 Della Decooman
- 25 Joyce Lively



Staff

- 02 Janet Hroch
- 07 Erin O’Conner
- 08 Anna Logan
- 15 Jennifer Horn
- 17 Sarah Miller
- 19 Amelia Clark
- 20 Tiffany Jones
- 24 Kris Beck
- 24 Ashley Malayer
- 28 Scott Dismukes

REHAB NEWS Submitted by: Therapy Department at Healthcare Therapy Services, Inc.



Managing Painful Arthritis with Exercise

Approximately 350 million people worldwide have arthritis. Arthritis is a condition defined by painful inflammation and stiffness of the joints. Exercise may be the last thing on a person’s mind when suffering from arthritis. But exercise is absolutely crucial. A person may think exercise will aggravate their joint pain and stiffness, but that’s not the case. Lack of exercise can actually make your joints even more painful and stiff.

EXERCISE CAN...

- Strengthen Muscles Around Joints
- Help Maintain Bone Strength
- Give You More Energy
- Help Control Your Weight
- Enhance Your Quality of Life
- Improve Your Balance

Keeping muscles and surrounding tissue strong is crucial to maintaining support for your bones. Not exercising weakens those supporting muscles, creating more stress on your joints.

Exercise is considered the most effective non-drug treatment for reducing pain and improving movement in patients.

How Therapy Can Help You!

Exercise is extremely important in managing arthritis symptoms, but it may be hard to get started and maintain an exercise program. Overcoming the hurdles of pain, exhaustion, or boredom can be difficult, especially on your own. A physical or occupational therapist can help you to overcome these hurdles and gain success in maintaining your exercise routine.

Physical therapists evaluate your needs and teach you how to exercise appropriately for joint mobility, muscle strength and fitness. Physical therapists can also recommend exercises for you to do on your own. These exercises might include; range-of-motion exercises, aerobic exercise and strength training. Occupational therapists help by teaching you how to protect and reduce stress on your joints while exercising and performing daily tasks. **Talk with your doctor about the benefits of both physical and occupational therapy for your arthritis needs!**

ASBURY TOWERS STAFF

Executive Director

Rod Jackson
rjackson@asburytowers.com

Medical Director

Dr. John Savage

Director of Nursing

Audra Rose, RN, DON
arose@asburytowers.com

Assistant Director of Nursing
Nancy Richardson, RN, ADON
nrichardson@asburytowers.com

Business Office

Glee Brinkman
gbrinkman@asburytowers.com

Chaplain

Jim Stagers
jstagers@asburytowers.com

Community Relations

Vicki Jones Rice
vrice@asburytowers.com

Dining Services

Tony Hart
thart@asburytowers.com

Environmental Services

Ashley Dickerson
adickerson@asburytowers.com

Human Resources

Kris Beck
kbeck@asburytowers.com

Life Enrichment

Julie Dozier, QMCP
jdozier@asburytowers.com

Maintenance Supervisor

Darby King
dking@asburytowers.com

Social Services

Lisa Smith
lsmith@asburytowers.com

"What is one to say about June, the time of perfect young summer, the fulfillment of the promise of the earlier months, and with as yet no sign to remind one that its fresh young beauty will ever fade."

~ Gertrude Jekyll, author

Milk's Shaky History

June was declared Milk Month in 1937 as part of a campaign to help dairy producers sell excess milk produced during warm summer months when grazing was plentiful for dairy cows and milk production was at its peak. Dairies were keen to increase sales because the industry was grappling with significant change.

Where milk was once delivered daily door-to-door by milkmen, by the 1930s and '40s, home milk delivery was nearly obsolete. Thanks to the invention of home refrigeration, families were now able to store milk and perishable goods in their homes for long periods. Grocery stores, which had previously sold mostly dry goods, now had vast refrigerated sections that kept everything from milk to ice cream cold. The whistling milkman became a thing of the past, a piece of precious nostalgia.

Yet some modern families have embraced the return of daily milk delivery. Milkmen are once again making their rounds, delivering fresh milk in glass bottles. Not only is the milk fresh, often bottled and delivered within 24 hours, but the glass bottles are environmentally friendly, reducing the need for plastic jugs and paper cartons. Better yet, milkmen are also delivering fresh eggs, butter, cheese, and yogurt. If you're lucky, you can even receive chocolate or strawberry milk! Signing up for modern milk delivery is helping local farms flourish.

Despite these innovations, the future of dairy is a bit foggy. Anyone who has ventured into the milk aisle at the grocery store now sees several plant-based milk options: nut milk, coconut milk, and soy milk. Dairy executives might object to using the term *milk* to describe the white, milky, liquid that comes from crushing nuts into a paste and blending them with water, but such beverages have been drunk as "milk" for centuries by cultures around the globe. Many people who cannot enjoy dairy for health reasons are lucky to have these plant-based alternatives. Non-dairy milks can even be transformed into other dairy staples, such as butter, ice cream, and cheese. There's suddenly more to Dairy Month than ever before.

In memory of Sharon Sheridan:

Let's Scam the Scammers!

Hey, you guys – Did ya'll read about scammers in our last Trumpeter? Well, they're a bunch of low-down crooks, stealing money by lying con games; and they do it by phone mostly. They sound good. They're polite, and well-spoken. Sound like honest business men. Ya'll know to never give your Social Security number to anyone, ever, for any reason. These crooks can use it to ruin you!

Here's what to do if you get a soft-spoken call from one of these jerks: Either just hang up, or start asking him, or her, if they would like to buy one of your surprise products. Tell them to send 150.00 dollars, to receive one of our amazing items. Then they can pay the balance in 3 low payments of 75.00 each. Tell 'em you look forward to seeing their money promptly. And thank them for sending us their fast dime! Then say, "Have a nice day, Slick!"

God Bless Us Everyone!
Sharon Sheridan

Birthstone – Pearl

Pearls are finely polished beauties that come in various shapes and sizes. Traditionally, pearls are white or ivory, but they can also be found in pinks, purples, blacks, and golds. The pearl is very different from other birthstones, because it is not really a stone at all. Pearls are created by mollusks, such as clams or oysters. When a grain of sand finds its way inside the mollusk's shell, the mollusk seals off the irritant by coating it with nacre, or mother of pearl. After many coatings, it becomes rounded, and a pearl is born.



Flower – Rose

The rose, the flower for the month of June, represents beauty and perfection. Its name comes from the Latin word rose, which means "red." It's one of the earliest flowers known to man. In fact, Nebuchadnezzar, the king of Babylonia around 560 BC, used roses to decorate his home. In modern floral tradition, red symbolizes love. White symbolizes innocence, dark pink reflects gratitude, yellow is the rose for friendship, and peach represents appreciation, sincerity, and the timely closing of a deal.



June Food Committee will meet on June 12th
at 10:30 a.m.
Everyone is welcome to attend!



Special Days

- World Bicycle Day**
June 3
- Best Friends Day**
June 8
- Flag Day (U.S.)**
June 14
- Juneteenth**
June 19
- Father's Day**
June 19
- First Day of Summer in the Northern Hemisphere**
June 20

The Deep Blue Sea

When you consider the massive size and global influences of the oceans on our planet, you realize that there is much to celebrate in June during Oceans Month. It is a commonly cited statistic that 71% of Earth's surface is ocean. It is less known that anywhere from 50–80% of all life on Earth is found under the ocean's surface. After all, the ocean constitutes 99% of Earth's living space and, amazingly, humans have explored only 10% of these vast depths. Some say that we know more about the moon than these uncharted reaches.

The majority of the ocean is the "deep sea," a cold, dark, and pressurized area 1,000 meters below the surface. Light cannot penetrate to these depths, yet this part of the ocean is home to an abundance of life. The fish and organisms that live here depend on the organic matter that sinks down from above, falling like a life-giving snow. Many deep-sea fish are bioluminescent, which means that they can create light with their bodies. Deep-sea fish also conserve as much energy as possible and do not move much, lying in wait for their food rather than hunting for it. The deep sea is a harsh environment where only the most perfectly adapted organisms can survive. Humans have only ventured to these reaches in advanced submarines.

Yet it is not impossible to witness these amazing creatures up close. June is also Aquarium Month, and aquariums have finally developed technologies that mimic deep-sea habitats. Scientists have created the "abyss box," a tank that mimics the punishing conditions of the deep sea: absence of light, harsh cold, and crushing pressure the likes of carrying the weight of a jumbo jet. The tiny, highly pressurized tank has six-inch-thick walls, holds only five gallons of water, and weighs 1,300 pounds. In it we can now see deep-sea crabs and shrimp, angler fish, and other mysterious creatures of the deep

What's New at Asbury

After some Resident's approached me, I have created this new column that will have any new information or changes that might be of interest to residents. If you would like to see anything special posted, please contact Julie at Extension 117 or 765-630-8817, and my email is jdozier@asburytowers.com.

Thank you
Julie

1. If you receive a new insurance card, please give a copy to the front business office.
2. If you plan to leave for an extended period, please let your nurse know so they can prepare any medication or items you might need. Also please let them know at least a few days ahead of time.

More to come next month!



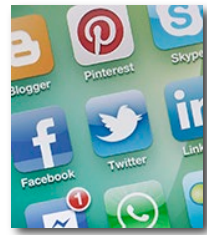
June Events Highlighted

- 02 Donut Day in Main at 2pm
- 05 Joyride Out N About leaving lobby at 1pm
- 06 Walmart Shopping Trip leaving lobby at 10 am
- 06 Root Beer Floats in Main at 2pm
- 09 Doug DeBaun in Main at 1pm
- 09 Strawberry Day in Main at 2pm
- 12 Food Committee meeting at 10:30 am
- 12 Joyride Out N About leaving lobby at 1pm
- 13 Dollar Tree Trip leaving lobby at 10am
- 13 Crafty Fingers w/ Lori at 1pm in Art Room
- 14 Taste of Asbury in Main at 2pm
- 15 Lannie Ferguson in Main at 1pm
- 15 June Birthday Party in Main at 2pm
- 16 Father's Day Social in Main at 2pm
- 20 Walmart Shopping Trip leaving lobby at 10am
- 21 Dan Brush performing in Main at 1pm
- 21 Ice Cream Sundaes in Main at 2pm
- 22 Lunch to Benjamin's Restaurant at 10am
- 22 Rainforest Café in Main at 2pm
- 23 Pink Flamingo Social in Main at 2pm
- 26 Joyride Out N About leaving lobby at 1pm
- 27 Dollar General Trip leaving lobby at 10 am
- 27 Bingo in Main at 6pm
- 29 Tropical Getaway in Main at 2pm
- 30 Wonaklicious Party in Main at 2pm

For more information for Activities please see your Calendar or Channel 2 on your tv. As always please call Julie at Extension 117 or 765-630-8817 for any questions you might have.



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.

Extrasensory Perception

June 24 will find us tasting, seeing, hearing, smelling, and touching on Celebration of the Senses Day. The concept of the five senses was made popular by the Greek philosopher Aristotle, who believed that these senses are what give our brain information about the world around us. Yet, if we define a sense as something that informs us of the world around us, scientists insist that there are far more than just five senses. Scientists categorize balance, pain, proprioception (knowing where our hands and feet are even with our eyes closed), our sense of hot and cold, our sense of hunger or fullness after a meal, and our perception of the passing time to be distinct senses in and of themselves. And then there are the more "magical" senses. Some people claim the ability to "feel" the emotions of others. Others "see" future events. Still others "hear" the thoughts in other people's heads. While there is no scientific evidence to corroborate these senses, no one is exactly sure to what limits the human senses can stretch.

Say Sooie!



Sooo-ie! June 14 is Pig Callers Day. While the University of Arkansas has all but trademarked their "Woo Pig Sooie" cheer to encourage their beloved Razorbacks, do real pig farmers call "sooie" to their pigs? True hog calling sounds as you'd expect: grunts and squeals. Calls are varied and depend on your strategy. Male calls lure males who want to fight for territory. Female calls are used to lure a mate. Piglet distress calls are meant to alert adult pigs. So why has "sooie" become the default pig call of choice? Perhaps it comes from the word *sow*, which is the term for a female pig. Or maybe it comes from the word *suidae*, which is the Latin classification for the scientific family of pigs. No doubt about it, hog calling competitions are often more about fun than accuracy, so "sooie" it is!

Everything's Coming Up Roses

Roses have long been grown for their beauty and fragrance. But roses have also been used as powerful symbols for ages. Perhaps it is because of their dual nature: the dangerous thorns and the beautiful flower. This June, Rose Month, take the time to contemplate the symbolism of the rose. Both the ancient Egyptians and Greeks considered the rose a symbol of silence and secrecy. The Latin phrase *sub rosa*, or "under the rose," denotes secrecy and confidentiality. Roses adorned the ceilings of dining halls in ancient Rome. Anything said under the influence of wine was considered to be kept confidential. Similarly, roses were hung from the ceilings of council chambers, a reminder of secrecy for all those present. Later, Christianity adopted the symbol. Confessionals were adorned with roses, symbolic promises that conversations would remain secret. Roses have also been used as emblems by secret societies like the Rosicrucians and royal houses such as Tudor, Lancaster, and York.



Red roses are also symbols of love, beauty, and virtue. We must again look to ancient Greece, where the red rose was connected to Aphrodite, the Greek goddess of love. When Aphrodite's true love, Adonis, was injured by a wild boar, she mixed his blood with her tears to create the red rose, an enduring symbol of their love. Later, the rose became a symbol of the Virgin Mary in Christianity. It was believed that roses in the Garden of Eden were thornless, but after the fall of Adam and Eve they grew thorns. Thorns came to represent Original Sin. Mary, born of the Immaculate Conception and without Original Sin, came to be known as the "rose without thorns." While the rose symbolizes the paradise of Eden, its thorns symbolize suffering and grief.

Over the years, the color of a rose has come to have different meanings. Red roses are for love and passion; pink are for gratitude; yellow are for friendship; and white are for spirituality and purity. Any way you color it, roses have long been powerful messengers.

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.