

July 2020

The Residence At North Ridge

5500 Boone Avenue North, New Hope, MN 55428 (763) 592-3000 TheResidenceAtNorthRidge.com

Baseball Is Back...

Root for the Home Team!

Wear your Twins ball cap, jersey or t-shirt for the upcoming Home Opener Series Against St. Louis



Celebrating July

Ice Cream Month

Parks & Recreation Month

Cell Phone Courtesy Month

Canada Day

July 1

Independence Day: U.S.

July 4

Collector Car Appreciation Day

July 10

World Emoji Day

July 17

Space Exploration Day

July 20

Tell an Old Joke Day

July 24

Support Public Education Day

July 30

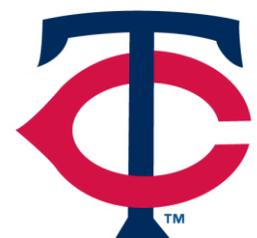


Tuesday,
July 28

Wednesday,
July 29

Thursday,
July 30

Friday,
July 31



Legends of the Wild West



The fourth Saturday of July is celebrated as the Day of the Cowboy. Even though the Wild West era in America ended in the early 20th century, cowboys still loom large in the mythology and ethos of America. But how many of the West's most compelling stories—those of cowboys

and Indians, outlaws and lawmen, shoot-outs, bank heists, and train robberies—are actually true?

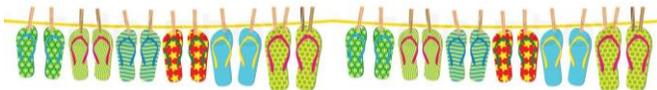
The story of the North American cowboy did not start in America at all but rather in Mexico. During Spain's colonization of Mexico during the 1500s, Spaniards flooded the dry northern grasslands with cows and sheep. Tending these herds were the first cowboys, called *vaqueros*, a Spanish word derived from *vaca*, meaning "cow." These *vaqueros* developed a ranching culture that stretched north into modern-day Texas and California. When Americans moved West, they adopted many iconic traits from *vaqueros*, such as cowboy hats, spurs, chaps, lariats and lassos, and ponchos.

We often refer to the "Wild" West, but it wasn't really that wild at all. In books and on film, cowboys are depicted in constant danger of being raided by Indians. In reality, the hundreds of thousands of people living on the frontier rarely clashed with Native Americans. Only a few hundred died in skirmishes. When it comes to outlaws and shoot-outs in the street, the numbers are even smaller. There is evidence of only eight bank robberies over the 40-year Wild West period. And the most famous shoot-out of all, the Gunfight at the O.K. Corral, lasted little more than 30 seconds and was not even at the O.K. Corral. Wyatt Earp, despite his reputation as a shoot-first type of lawman, had actually earned his renown for keeping peace without a gun. The Gunfight at the O.K. Corral was the first time he had ever been in a shoot-out, and his victims were likely the first he ever shot. Today's notions of the Wild West are largely the fictional creations found in books and movies. We enjoy this made-up history thanks to romanticized notions of rugged individualism and adventure.

Did
you
know?

4100 Activity Information Line

You can access the Activity Information Line at any time by dialing 4100 on your telephone. The 4100 line is a pre-recorded message containing information of the day. You can find out what's on the menu and hear what the weather forecast is. We'll share birthday greetings and some fun trivia for each day. It's also a great way find out about in-house events and other important updates. Why not give it a try? It's a fun, easy way to stay informed of what's happening here at The Residence at North Ridge. If you have any questions, please see Cindy in the Life Enrichment Department.



Friendly Reminder...

Please be sure to call the 65 "I'm OK" Line by 10:00 each morning. If your call is not received, the operator must then call you and make sure that all is well. Your cooperation is appreciated and helps our system run smoothly.



New Switchboard Hours

The switchboard, and our front desk, is now staffed from 6:30 AM to 8:00 PM.

A Fight for Women's Rights



On July 19, 1848, hundreds of women converged upon the Wesleyan Chapel in Seneca Falls, New York, to attend what was billed as the Women's Rights Convention. Organizer Elizabeth Cady Stanton had brought women together to fight for the social, civil, and religious rights of women.

Stanton was a well-educated woman who worked alongside her husband as an abolitionist. While attending an anti-slavery conference in London, Stanton met Lucretia Mott, and the two women discovered that they also shared a disgust for the unequal treatment of women in society. The two friends kept in touch, and eight years later they enjoyed the fruits of their labors: the convention in Seneca Falls.

Family Visits

Outdoor Family Visits are now available by appointment. If you would like to have visit with a friend or family member, call Cindy at 4003 to get on the schedule. Visitation appointments can be up to 30 minutes in duration.

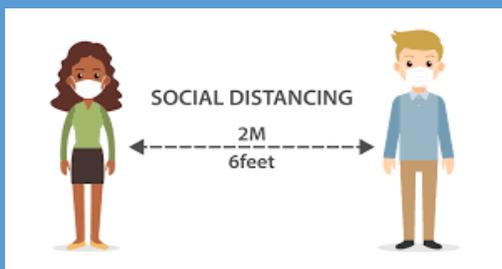
*Face masks are required for both you and your visitor and must be worn throughout the visit.

*A social distance of 6 feet must be maintained between you and your visitor, as well.

*There is a limit of 3 people per visit, this could be a combination of 1 resident and 2 visitors or 2 residents and 1 visitor.

*** We want to stress that family visits are allowed by appointment only.**

Please see Cindy with any questions.

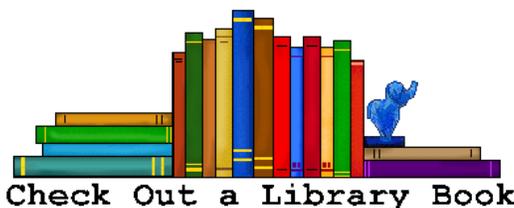


Library Books

We have a wonderful collection of library books on loan from The Hennepin County Outreach Program. These are all newly released titles in large print format.

The books are available for you to check out from the Book Nook in the Activity Room. We just received a shipment of new books earlier this month. If you're a bookworm, you won't want to miss this opportunity!

Another option for reading material is our very own North Ridge Library. The library is located on the 4th floor, take a right as you exit the elevator. These books are loaned out on the Honor System. Please return your book as soon as you finished with it to assure that there is a good selection of reading material for everyone to choose from. Any questions please see Cindy in the Life Enrichment Department.



Voting Update

Just a reminder, due to the Covid 19 pandemic, the City of New Hope will not be using North Ridge as a polling location.

Voters are encouraged to vote by mail via Absentee Ballot. This pertains to both the Primary Election on 8/11 and the General Election on 11/03. Applications for your Absentee Ballot were placed in your in-house mailboxes earlier this month. Fill out the application and submit on-line at www.mnvotes.org or see Cindy for assistance. You are encouraged to fill out your application as soon as possible. Ballots must be returned by election day to be counted.



The World in Watercolor

July is World Watercolor Month, which gives us 31 days to appreciate this amazing painting medium. The term *watercolor* refers to how the paint is made. The earliest watercolor artists made their paints from natural pigments found in vegetables or minerals. Then, as now, the pigments were suspended in a water-based solution. Once the liquid paint is applied to a surface, the water begins to evaporate, leaving behind the colored pigments. The cave paintings of paleolithic Europe and manuscripts of ancient Egypt and the Middle Ages were all done in watercolors. Watercolors may very well be considered humanity's first artistic medium!



The golden age of watercolor emerged during the mid-18th to mid-19th-century in Britain. Amongst the British upper class, watercolor painting

was part of an aristocratic education. Mapmakers, geologists, military officers, and engineers all need watercolorists to depict landscapes or notable sites. The medium soon turned from the professional to the private, with well-to-do travelers painting scenes of their favorite pastoral getaways: rivers, valleys, seaside cliffs, old castles, and churches. Watercolor soon became England's unofficial national art form. Some of the most notable watercolorists rose to prominence during this era—Joseph Mallord William (J.M.W.) Turner, Paul Sandby, and Thomas Girtin—and their works spurred an international hunger for watercolor paintings.

Today, thanks to the availability of inexpensive watercolor sets, anyone can try their hand at watercolor painting. For those in need of inspiration, Doodlewash (the masterminds behind World Watercolor Day) has provided a list of 31 painting prompts, one for each day of the month. Past prompts have included such varied subjects as “sunny sky,” “window view,” “monochromatic,” and “fruits.” Of course, the best advice is to paint what you love most. All throughout July, express yourself through watercolor.

July Birthdays

In astrology, those born between July 1–22 are Cancer's Crabs. Crabs care deeply about their family and home. After all, they carry one on their backs! Guided by their hearts, Crabs are sympathetic and loyal friends and imaginative collaborators. Those born between July 23–31 are Leo's Lions, the zodiac's natural-born leaders. Dramatic, confident, and humorous, Leos are adept at rallying people to a common cause and finding creative solutions in the trickiest of situations.

Princess Diana (royal) – July 1, 1961
Bill Withers (musician) – July 4, 1938
Della Reese (singer) – July 6, 1931
Tom Hanks (actor) – July 9, 1956
Mavis Staples (singer) – July 10, 1939
Andrew Wyeth (painter) – July 12, 1917
Nelson Mandela (president) – July 18, 1918
Ernest Hemingway (writer) – July 21, 1899
Jennifer Lopez (singer) – July 24, 1969
Peggy Fleming (ice skater) – July 27, 1948
Wesley Snipes (actor) – July 31, 1962

North Ridge Birthdays

Herb Scheelk- July 2
Esther Holgate- July 3
Joyce Roufs- July 3
Janie Burke- July 8
Rose Coniglio- July 8
Phyllis Watkins- July 10
Linda Douglas- July 12
Maxine Bratten- July 16
Carmen VanDusen- July 17
Jerry Kellman-- July 18
Harry Look- July 20
Joe Sheats- July 22

