

June 2022

Treemont Tattler

Treemont Retirement Community | 2501 Westerland Dr. Houston, TX 77063 | 713-783-6820



Celebrating June

Iced Tea Month

Covid Clinic: Booster Shots

June 9

Birthday Luncheon

June 14

Music w/ Shevon

June 15

Father's Day Happy Hour with Curtis

June 17

Father's Day

June 19

Iced Tea Social

June 22

June Bugs with Little Lights

Message From Your Activities Director

This month marks my two years at Treemont Retirement Community. It has been a wonderful journey from being under lock down, celebrating many birthdays, planning exciting and new events, and creating memories. I have met so many interesting, wise, and lively residents that have taught me so much about humanity and human nature. My favorite event was our Oktoberfest in September of 2020. The weather was perfect, the food was delicious, and the beer was flowing. I look forward to many more years and serving my community to the best of my abilities. With that being said, I encourage you to stay active in our community, participate in events and activities which will help you live independently for as long as possible. Some everyday things to consider:

Planning: Think about what you will need and want in the future, from the community resources to activities that interest you.

Engagement: Remain involved and contribute to your community with work, volunteer and civic participation opportunities.

Access: Make home improvement and modifications, use assistive technologies, and customize supports to help you better age in place.

Connection: Maintain social activities and relationships to combat social isolation and stay connected to your community.

Attention Bus Goers

Treemont strives to ensure safe and meaningful rides to shopping stores, banks runs, pharmacy pickups, and more. Our Treemont Driver has blocked out certain dates and times just for daily bus outings starting the first of June. As of now, we will honor those who have reserved times with our driver that are blocked for the daily outings. Please refer to the large Calendar to see updated Bus Outing Changes. Thank you for your understanding.

Happy Birthday Treemonters

- 1st Ramona Martin
- 2nd Sherry Roach
- 3rd Frances DiGregorio
- 4th Mary Pennington
- 8th Mary Guiloff-White
- 10th John Hatcher
- 11th June Maston
- 13th Patricia Rigsby
- Judy Shannette
- 14th Joan Kalupa
- 18th Sam Daher
- 21st Sarah Jackson
- 23rd William Abbott
- Donald Lane
- Fred Gebhardt
- 26th Harlan Talley
- Craig King
- 27th Davis Maberry
- William Holicek

Iced Tea Social

The summer is here and it's hot one! Cool off with some delicious iced tea with your friends and neighbors. We will be providing cold tea with your favorite sweeteners and lemon wedges to accompany your drink. Stop by the Back Lobby at 2:00pm on June 22nd. Socialize with your friends and neighbors then, afterwards, listen to music from our country singer Jon Dameron at 3:00pm in the same location. Sip and stroll by for a good time!



LA Fitness Partnership

Treemont is excited to partner with LA Fitness. LA Fitness is an extensive gym with a wide variety of equipment, personal training, fitness classes, an indoor pool, and more. Beat the heat and learn more about LA Fitness and their Senior Citizens pricing. Join them in the Auditorium on Tuesday, June 7th at 10:00am. In case you miss them in the morning, they will be tabling downstairs on the 7th in the Back Lobby from 11am-2pm. Hope you get your walking shoes ready!



Thank You Garden Club



Now that Summer has arrived, we will be taking a break from Garden Club. We hope to resume again this Fall as those months should bring us better weather to work in. Check out the back patio as luscious greenery has sprung. Rose will keep you updated when Garden Club resumes. Until then, all gardeners are invited to come and garden on their own time.

Movie Monday

June 6th: *Grown Ups*: A single man who drinks too much. A father with three daughters who he rarely sees. A guy who is overweight and unemployed. A hen-pecked househusband. A successful Hollywood agent married to a fashion designer. What do these five men have in common? They used to play for the same basketball team at school. Now their former coach has died, and they are reunited at his funeral. Will the group rediscover old bonds?



June 13th: *Life of Pi*: After deciding to sell their zoo in India and move to Canada, Santosh and Gita Patel board a freighter with their sons and a few remaining animals. Tragedy strikes when a terrible storm sinks the ship, leaving the Patels' teenage son, Pi (Suraj Sharma), as the only human survivor. However, Pi is not alone; a fearsome Bengal tiger has also found refuge aboard the lifeboat. As days turn into weeks and weeks drag into months, Pi and the tiger must learn to trust each other if both are to survive.

June 20th: *Notting Hill*: William Thacker (Hugh Grant) is a London bookstore owner whose humdrum existence is thrown into romantic turmoil when famous American actress Anna Scott (Julia Roberts) appears in his shop. A chance encounter over spilled orange juice leads to a kiss that blossoms into a full-blown affair. As the average bloke and glamorous movie star draw closer and closer together, they struggle to reconcile their radically different lifestyles in the name of love.

June 27th: *The Red Baron*: Dashing flying ace Manfred von Richthofen proves a propaganda success above the Western Front, famed as 'The Red Baron'. However, over time the brutal realities of war and command bring him down to earth.

A Day for Dad

The very first celebration of Father's Day was on June 19, 1910, at a YMCA in Spokane, Washington. Sonora Smart Dodd had watched her father single-handedly raise six children. After hearing a sermon about the virtues of Mother's Day, Dodd approached her pastor and suggested a comparable holiday for fathers. Her pastor agreed and set the date for the third Sunday in June.

Father's Day became an annual observance in Spokane, but once Dodd left home to attend school at the Art Institute of Chicago, the holiday was quickly forgotten. Upon her return to Spokane, Dodd embarked upon a crusade to recognize Father's Day on a national level. She sought the help of trade groups that would benefit from such a holiday: tie and tobacco pipe manufacturers. The New York Associated Men's Wear Retailers group even founded a Father's Day Council to promote the holiday. Decades passed, and members of the U.S. Congress resisted founding a national holiday. It wasn't until 1972 that President Richard Nixon made Father's Day a permanent national holiday by signing it into law.

Covid Clinic for Booster Shots



Treemont is excited to provide Covid Booster Shots for residents provided by Pharmicare USA.

This will be held **Thursday, June 9th,**

2022 in our **Auditorium**. Time is to be determined. Please be sure to have your insurance card and Covid vaccine card on hand. If you have any questions or concern, or need to sign up; please contact Linda by Noon **Friday, June 3rd 2022**. She can be reach at the Senior Allegiance phone line: (713) 975-1519. We look forward to help keep our community healthy and safe.

The Strangest Plague



The German city of Aachen was reeling from the Black Death when another plague hit on June 24, 1374. Hundreds of people began to dance uncontrollably. Records from the period indicate that the dancing plague swept from Germany into the Low Countries and then to France. Thousands danced for days or even weeks, screaming of terrible visions, begging monks to save their souls. Many perished from exhaustion. Amazingly, this was neither the first nor the last time dancing mania had struck Europe.

The Germans of 1374 called the dancing plague *St. John's Dance*, believing that the dancers had been cursed by the saint. Modern-day scientists struggle to come up with a better explanation. One theory is that the townsfolk suffered from ergot poisoning. Ergot, a type of fungus found growing on stalks of rye, can lead to hallucinations and involuntary spasms. While the dancing plague occurred in locales where people consumed rye and possibly ergot, it also occurred in places where people would not have suffered from ergot poisoning.

The prevailing theory is that all those suffering from dancing mania suffered a sort of mass delusion. Throughout Europe, people were under inordinate amounts of psychological stress. Years of disease and famine, punctuated in Aachen by a horrible natural disaster, had stretched people to their breaking points. Psychologists note that high levels of mental stress can lead people to enter involuntary trances. Records from the era describe people entering such states: blind stares, extraordinary levels of endurance that allowed them to dance for days on sore feet, descriptions of vivid visions. But still, why a trance state of *dancing*? Psychologists believe that dancing wasn't contagious as a true disease but as a psychology. Knowledge of previous dancing outbreaks and the prevalence of beliefs such as spiritual curses led to more of the same. It might not just be a coincidence that by the mid-1600s dancing mania had abated, coinciding with a new rationalism that rejected belief in the supernatural.

June Bugs with Little Lights

Little Lights is a nonprofit organization that allows young families to give back to their community. Our Little Lights have visited on numerous occasions such as Valentine's Day and Earth Day. They will be back to visit again in hopes to find their "June Bugs." These June bugs are their works of arts and crafts that can be spotted and displayed all around the Back Lobby. The young children's goal is to find their work and count how many they can spot too! Join the children and their families on this fun day to spot June Bugs on Friday, June 24th at 10:00am in the Back Lobby. Get your glasses and walking shoes for some fun!



Adventure Outing

Join Rose and Harris County Precinct 3 for a bus trip! We will be dining at Lasagna House for lunch that serves up all Italian classic dishes. Afterwards we will be going to TJ Maxx to shop. We will be meeting in the Lobby at 11:00am on Friday, June 17th 2022. Please sign up at the front desk. Remember that our Harris County bus trips cannot have wheel chairs but walkers are acceptable. In order to ensure that our trips are not canceled, we must have a minimum of 15 people in order to go. If there are any cancellations please inform the front desk or Rose in advance. Until then, see you all soon!

