Anything but Conventional

It’s the ultimate event for any fan of comics and entertainment, costume parties and celebrity sightings: July 19–23 is 2017’s Comic-Con International. This fan convention is the biggest of its kind in the world, and in many ways the fans provide the biggest show. People are encouraged to show up wearing elaborate costumes of their favorite comic book, television, film, or book characters. You’ll likely see the Incredible Hulk mingling with Jedi Knights, Harry Potter, and characters from the sitcom The Big Bang Theory. This eclectic mix is Comic-Con’s signature achievement, bringing fans of all ages and interests together to “geek out” over their favorite popular entertainment.

Self-described “geeks” have been flocking to San Diego for Comic-Con since 1970, when Shel Dorf, Richard Alf, Ken Krueger, Marvin Nelson, Mike Towry, Barry Alphonso, Bob Sourk, and Greg Bear founded the Golden State Comic Book Convention. The original event drew only 300 people, but it was a mecca for all things comic related. Over the years, the scope of the production grew along with the size of the convention crowds. While comic books still take center stage, the convention also features science fiction and fantasy film and television, video games, collectible card games, and cartoons. The spectacle of the convention now draws crowds as large as 167,000.

Attendees don’t just come to admire each other’s costumes; they attend seminars and panels featuring their favorite writers and artists. Comic book professionals offer hands-on workshops. Scholars present critical studies of the effect of comics on culture. Video game and entertainment companies show sneak previews of upcoming projects, often accompanied by big-name celebrities. Evenings feature awards ceremonies and a masquerade ball. For anyone interested in comic culture, Comic-Con is the event of the year, where attendees go “to see and be seen” in the getups of their favorite characters.
Beach Bombshell

At the turn of the 20th century, female beachgoers took great pains to show modesty and cover themselves up. They wore long beach gowns fitted with weights at the hems to keep the billowing edges underwater. When French designers first introduced the bikini to the world on July 5, 1946, scandal erupted across the beaches of the Riviera.

The concept of the bikini was designed in France during the first war-free summer after the end of World War II. With Europe liberated, designers strove to liberate beach fashion. Designer Jacques Heim conceived his scandalous “atom,” which he billed as “the world’s smallest bathing suit.” However, it is Louis Réard who cleverly dubbed his suit the bikini, after the infamous Bikini Atoll, the Pacific island site where America conducted its test of the atomic bomb. In a time when gorgeous women were referred to as “bombshells,” Réard wanted his skimpy new bathing suit design to explode the world of fashion. And explode it did. Models refused to wear it. Réard was forced to employ the services of Micheline Bernardini, an exotic dancer from the Casino de Paris. It was Bernardini who modeled the first bikini on July 5, 1946, at the Piscine Molitor. Over the next few years, the bikini became the trendy new look along the French Riviera, although Spain and Italy banned it from their beaches. America took an even harder line, formally charging women with indecency if they dared to wear the revealing suits in public.

As the ’50s wore on and families began their push into the suburbs, owning homes with private pools, women began to test bikinis in their own backyards. By the ’60s, spurred on by popular culture icons like Annette Funicello, the Beach Boys, and James Bond, the bikini had become both fashionable and a mode of liberation for women. While today the bikini may not be the bombshell it once was, it still holds more than a small note of scandal.

Walking Tall

Stand tall on July 27, Walk on Stilts Day. While stilt walking has long been associated with parades and circus clowns, stilts have more working-class origins. Fruit pickers, window washers, and drywallers all wear stilts on the job. In Sri Lanka, there are still fishermen. Men sit far from shore atop long sticks, dangling fishing lines into the water. While they do not make much money from their catch, they do make reasonable sums from the tourists who watch them fish in this curious manner. In the French village of Landes during the 19th century, shepherds used stilts to follow their flocks of sheep over swampy fields. In 1891, a Landes shepherd named Sylvain Domon stilt walked from Paris to Moscow in 58 days, ringing in an entirely new sport of stilt marathoning. Other stilt sports exist. In Belgium, locals have been stilt jousting in a tournament known as the Golden Stilt for 600 years. After a bout of jostling, prodding, butting, and knocking, the last person standing on stilts is declared the winner.

Underwater Music

Head south to the Florida Keys on July 7–8 for the annual Underwater Music Festival. Hundreds of boats converge at Looe Key for a sub-sea concert—the only one of its kind in the world. The lone living coral barrier reef in the United States is located there, and it is protected as part of the Florida Keys National Marine Sanctuary. Attendees dress in costume and lug their instruments to the sandy seafloor for a jam session, although the real music is piped underwater from boats at the surface via specially designed underwater speakers. While the concert is held in the name of big fun, the real takeaway is an appreciation of the Keys’ precious marine reefs. The bizarre event is designed to make lasting impressions of the reef and impart eco-sensitive diving practices.
Emojis for Everyone

If penned letters have become obsolete thanks to e-mail, will using words to send text messages become obsolete thanks to emoji? These playful little pictures, sent in place of words via messaging, are the current trend in digital communication. Enjoy this crash course in emojis in preparation for World Emoji Day on July 17.

The word *emoji* is a combination of two Japanese words: *e*, for “picture,” and *moji*, for “character.” This term existed long before cellular phones. During Japan’s Edo period, emoji were used to teach prayers to those who could not read and write.

The first modern emoji were developed in 1999 by Shigetaku Kurita, a young engineer at a Japanese telephone company. Kurita was charged with the task of creating a set of pictures that could be sent on what were the first Internet-connected mobile devices. The screens on these devices were very cheap and could display only a limited number of characters, making it difficult to send accurate messages using only words. Pictures could greatly enhance the phone’s ability to communicate. Kurita developed an original set of 176 icons, including a sun, a cloud, an umbrella for the weather, a martini glass for a bar, a lightbulb for a good idea, a bathroom sign, a “no smoking” sign, and a red circle with three lines for “hot spring.” All of these symbols were created with a mere grid of 12X12 pixels. These original emoji may look as foreign as Egyptian hieroglyphics today.

Today there are almost 2,000 different emojis available on cell phones and social media sites like Twitter and Facebook. Why are they so beloved? Because they put personality on a message. Scientists explain that people react to emoji the same way they react to a human face—with empathy. In this way, it seems we are hardwired for emoji. On World Emoji Day, celebrate the power of the emoji by sending your favorite icon, whether it is a yellow smiley face, heart, unicorn, or thumbs-up.

City of the Sun

On July 24, 1911, American explorer Hiram Bingham was led by an 11-year-old boy into the Andes mountains of Peru to discover the Incan city known as Machu Picchu, meaning “Old Peak.” Nestled at almost 8,000 feet above sea level in the clouds, this small city was built by hand around 1450 under the command of the Inca emperor Pachacutí. Bingham believed this to be the “Lost City of the Incas,” a refuge hidden from Spanish invaders who desired to wipe out the Inca civilization. Studies now show that Machu Picchu was not a hidden city at all, but a private summer estate of the emperor, and perhaps a religious pilgrimage destination for Incas believing it to be the twin birthplace of the sun and all of Inca civilization. Even if it is not the famed “Lost City,” Machu Picchu remains spectacular for its 200 stone structures linked by 3,000 stone steps over multiple levels. It remains one of the most awe-inspiring human achievements and draws 300,000 visitors each year. Interestingly, Vilcabamba, the true Lost City of the Incas and the last refuge of the Inca empire until 1572, was not discovered until 1976 and is considerably lesser known.

The Sound of Silence

July 10 is a holiday that does not require any hullabaloo or merrymaking, for it is Silence Day. On July 10, 1925, the Indian spiritual leader Meher Baba began his 45-year-long vow of silence. On this day, we are challenged to maintain 24 hours of silence. Meher Baba believed that humankind had become deaf to God’s teachings of humility, purity, and truth. His life of silence was a powerful reminder to all to remember God’s teachings. Meher Baba himself believed that he was the Avatar, or God in human form. He practiced his spirituality by silently praying, fasting, and working with lepers, the poor, and the mentally ill. Meher Baba, through silence, left a loud and clear message about the importance of goodwill and peace toward all.
Hot Diggity Dog

Estimates suggest that over seven billion hot dogs are eaten between Memorial Day and Labor Day, with prime hot dog eating taking place smack dab in the middle of summer. No wonder July has been declared Hot Dog Month.

The hot dog may be more American than apple pie, but its origins are distinctly German and Austrian, hence the names frankfurter, after the German city of Frankfurt, and weiner, for the Austrian city of Vienna. Immigrant butchers from these two countries made their own sausages, and vendors hawked the meats from carts along busy city sidewalks. When exactly did the term hot dog replace frankfurter and weiner? No one knows for sure. According to some reports, it was common slang for college students to use the term dog to describe sausage meat of uncertain origin. It was less than complimentary to call a hot sausage a hot dog, but the name stuck.

When exactly did the hot dog become America’s iconic food, synonymous with summer, baseball games, and the everyman? Historians look to Coney Island, the so-called “working man’s Riviera,” for the answer. At the turn of the 20th century, Coney Island had it all: a racetrack, the beach, amusement parks, music, glittering lights…and Nathan Handwerker. A Polish immigrant, Handwerker saved up enough money to open his own hot dog stand. When a newly constructed subway increased traffic to Coney Island, Handwerker was ready to cater to the thousands of visitors with his low-cost hot dogs. His stand, Nathan’s, sold 50,000 dogs each day and grew into a massive hot dog empire. The hot dog is such an icon of American culinary history that different parts of the country lay claim to unique dogs, but the Chicago dog reigns supreme: an all-beef dog topped with minced raw onion, relish, pickled peppers, a spear of pickle, sliced tomatoes, celery salt, and yellow mustard on a poppy seed bun. This July, no matter how you eat it, take a bite of an American tradition.

July Birthdays

In astrology, those born between July 1–22 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. Those born between July 23–31 are Leo’s Lions. Lions are the “kings” of the zodiac: dramatic, ambitious, confident, and hard to resist. Leos are also generous and loyal, putting both their family and friends first.

Dan Aykroyd (actor) – July 1, 1952
Neil Simon (playwright) – July 4, 1927
Jerry Vale (singer) – July 8, 1930
Giorgio Armani (designer) – July 11, 1934
Linda Ronstadt (singer) – July 15, 1946
James Cagney (actor) – July 17, 1899
Sir Edmund Hillary (explorer) – July 20, 1919
Amelia Earhart (aviator) – July 24, 1897
Estelle Getty (actress) – July 25, 1923
Jim Davis (cartoonist) – July 28, 1945
Arnold Schwarzenegger (actor) – July 30, 1947

Feeling Bullish

Most everyone has heard of Pamplona’s notorious Encierro, or “Running of the Bulls.” Lesser known is the Running of the Bulls in New Orleans on July 8. As in Pamplona, brave souls wearing white shirts and red bandanas run through the streets, but instead of bulls, they are pursued by the RollerBulls, roller derby skaters with horned helmets and plastic bats. Around 400 skaters from roller derby teams from across the world chase 18,000 joyous runners down Convention Boulevard. The festival concludes the next day with a Hemingway-themed celebration featuring readings, skits, and a look-alike contest. This is all courtesy of Hemingway’s 1926 novel The Sun Also Rises, which famously depicts Pamplona’s Running of the Bulls.
RESIDENT BANKING NEEDS

The business office is open Monday through Friday, 8:00am – 4:00pm

Resident banking is available from 8am – 4:00pm seven days a week.

For after hours banking when the business office is closed please see the front desk receptionist. Residents can retrieve up to $50.00 per day.

From: Kim Drake, RD, LDN, NHA

Please see Priscilla Atoke in the Business Office to open a “resident account.” Check deposits for resident fund accounts should be made in the name of the resident. We cannot accept checks made payable to “Transitions” for resident account deposits. Please make checks payable to the resident to open an account.

Please visit the Business Office to make sure we have correct and current billing information. Resident bills are sent out around the 5th of each month. If you have not received a bill, please contact the Business Office.

Thank you for your cooperation!

Priscilla Atoke, Business Office Manager
Jennifer Shower-Whisler, Medicaid Specialist
410-795-1100 ext. 4202 & 4203

Notaries

Jenifer Shower-Whisler
Business Office
Monday – Friday
9:00am – 4:00pm

Jennifer Haines
Receptionist Hours
Monday – Friday
4:00pm – 8:00pm

(Every other)
Saturday
8:00 – 4:00pm
(Every other)
Sunday
8:00 – 4:00pm
KIM DRAKE, RD, LDN, NHA – Administrator

ALICIA MELTON, RN, BSN – Director of Nursing

MARJORIE SIMPSON, PhD, CRNP – Vice President, Nurse Practitioner Services

SANDY SOYKE – Regional Marketing/Clinical Liaison
KRISTEN ALLEN – Admissions Coordinator

GENIENE McCALLUM, RN - 1st Floor Unit Manager
SHEILA DONNOR, RN - 2nd Floor Unit Manager
DEBBIE GRIGSBY, LPN – 3rd Floor Unit Manager

NYLA FUNDERBURK, MS, CCC-SLP – Speech Language Pathologist
Director of Rehabilitation Services

LISA TIMMONS – Director of Human Resources

MICHELLE MOORE, LCSW-C – Director of Social Work
MARISA COOKE, LGSW – Social Work (1st & 3rd Floors)

TEENA WILKERSON, RD, CSG, LDN – Dietitian

PAOOL CARDENAS – Maintenance Director

LES BARNETT, CDM - Food Service Manager

CARLOS SHARP - Laundry & Housekeeping Supervisor

PRISCILLA ATOKE - Business Office Manager
JENIFER SHOWER-WHISLER - Medicaid Specialist

Life Enrichment Director

DONNA BARNETT, AC-BC, ADC/MC, CDP, Editor “Sunbeams”
JULY BIRTHDAY CLUB CELEBRATION

JULY 20, 2017
11:30am
1st Floor Dining Room

Entertainment by:
Melissa Christianson

Family Council Meeting

JULY 16th
2:00 PM
3rd Floor Dining Room

A note from:
Bonnie & Rich Hobson

Dear Family Members,

We would like you to please consider attending Family Council meetings. It is held the 3rd Sunday of each month.

We welcome your ideas for activities or entertainment for our residents. We could use your help with the activities and serving ice cream sundaes to everyone!

This meeting is open for all family members!

Thank you.

Rich and Bonnie Hobson
PLEASE FIND THE
ANNUAL STATE SURVEY RESULTS IN THE FRONT LOBBY NEAR THE
VISITOR SIGN-IN BOOK

You can request a birthday card for people who are
80 or older. Send your request to:

THE WHITEHOUSE
Attn: Greetings Office
1600 Pennsylvania Avenue NW
Washington, DC 20500
www.whitehouse.gov/contact/presidential-greetings-request
“Special Greetings” are sent for individuals 100 years or older
K-PETS will visit Transitions Healthcare at Sykesville residents every 3rd Thursday each month.

JULY 20th, 2017
1:00 – 2:00 PM

Attention!
Residents
& Families

TO CALL RESIDENT PHONE LINE
Dial - 410-549-3350

Please Note:
You will need to dial an extension. The extension will consist of the room # you are trying to reach and then the bed.

For example: You are trying to reach room 201, Bed A. The extension will be 2011.

Thank you!
Red Hat Society Meeting

Red Hat Club

July 21, 2017 – 2:00 pm
1st Floor Dining Room
Transitions Healthcare at Sykesville
“RED HOT MAMAS!”

Motto: “RED HATTERS MATTER”
The Red Hat Society’s primary purpose is social interaction and bonding among women.

LEADER
Jonda Summerhill, Life Enrichment Assistant

MEN’S CLUB MEETING

July 18, 2017
11:30 am
Outside (Weather Permitting)
Leader: ANDREW OBLOY, Life Enrichment Assistant
Reminder: To all family members and patient representatives

It is SUMMER cleaning time at Transitions Healthcare at Sykesville! Please take some time when you visit to clean out your loved ones drawers and closets.

Please take out heavy seasonal clothes out of the closet, clothes that no longer fit, or clothes that the resident no longer wants to wear to your home for storage. If permission is given, staff can be assigned to clean out the closet and store the items. However, storage is very limited.

Please call the facility, 410-795-1100 and speak to Social Worker; or when you visit talk to the charge nurse to advise us what your wishes are at this time.

Thank you!
Donna Barnett, ADC

Just a Reminder!
July 4th is a Tuesday this year. There will be no Catholic Mass on July 4th. The usual Mass will resume on Tuesday, July 11th.

Happy July 4th
June Birthday Club Celebration
Volunteer Luncheon
Volunteer Luncheon
Thank you
Bradley, Burger King
Manager,
For the discount!

Delicious Whoppers!
Transitions Healthcare at Sykesville gladly meets all your grooming needs!

Saturday
10 a.m. – 2:00 pm
Walk-Ins Welcome!

Prices are reasonable and within the same rate as in the community.

A “Resident Account” may be set up with the Business Office
Monday – Friday
8:00 am – 4:00 pm

For more information or to set up appointments for your beauty/barber shop needs, please call Donna Barnett, Life Enrichment Director at 410-795-1100 ext. 4107 or send an email to: dbarnett@transitionshealthcarellc.com
BELLY DANCING
Sympathy is Expressed for…

Charles (Dan) Woolridge
Margaret Libertini
William (Willie Jo) Josephson

Our Refuge and Strength
By-Helen Steiner Rice

The Lord is our salvation and our strength in every fight, our Redeemer and Protector, our eternal guiding light.

He has promised to sustain us, He’s our refuge from all harms, and underneath this refuge are His everlasting arms.

Resident Council Meeting

July 27th
2:00 pm
Game Room

The officers of the Transitions Healthcare at Sykesville would like you to become active in our facility. Your participation in Resident Council is very important! Please take an hour of your day, one day each month and attend.

MEET THE RESIDENT COUNCIL OFFICERS

Matthew Tiffany, President
(Room 109B)

Rhea Shifflet, Vice President
(Room 103A)

Jackie Maize, Social Secretary
(Room 110B)

Robert Richardson, Chaplain
(Room 107A)
The Dietary Department offers choices and variety of foods for your enjoyment. Of course, we always encourage residents to come to the 1st floor dining room for fine dining.

**Lunch is served at 11:30 am and dinner 4:30 pm.**

In addition to the daily entrees, there is always an alternate menu for every meal. **Varieties of sandwiches are available, as well as freshly made salad with choice of dressings and delicious homemade soups. When none of those items sound appealing, you can also pre-order a fresh hamburger or grilled cheese.**

The hamburger / cheeseburger or grilled cheese MUST be ordered ahead of time by calling the kitchen to place your order. **Call extension 4147**, where a friendly dietary staff member will answer your call and take your order.

**Your order for lunch must be called to the kitchen by 10:00 am and for dinner by 2:00 pm.**

A loved one may dine with you for lunch or dinner any day! The cost of that meal is $2.00 per person (pay for the visitors, not the resident!)

Transitions Healthcare at Sykesville hopes you take advantage of this offer and join us in the 1st floor dining room for lunch and dinner.

**Thank you in advance!**