

VILLAGE VOICE

Hilltop Senior Living ♦ 25900 Euclid Ave

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June 2019

Check out these highlights from
last month's events
Muffins w/Mom, Pizza w/Jim
and Senior Prom



The Magnificent Abyss

June is World Ocean Month, a time to celebrate everything in and under the sea. What would our world be without the ocean? The ocean produces over half of the air we breathe. Covering 70% of the planet's surface, the ocean's currents distribute heat all around the globe, regulating both the world's climate and weather patterns. And although 95% of the ocean remains unexplored, it is home to over two million different species, including the largest animal ever known to have existed on Earth.

The blue whale, capable of growing to almost 100 feet long and weighing in at 190 tons, is larger by far than any dinosaur that ever walked the earth. This massive creature relies on one of the ocean's smallest animals for its chief food source. The blue whale eats krill, those tiny two-inch-long, shrimp-like crustaceans that swarm by the tens of thousands. That the world's largest animal should rely on one of the smallest should not come as a surprise, for this is just another example of Earth's great symbiosis. Whether on land or in the sea, all organisms are interdependent on each other for their survival.

The vast diversity of life in our oceans is astounding. Large and charismatic animals such as whales, sharks, dolphins, rays, walrus, and seals get the lion's share of attention. Tourist hotspots such as reefs, beaches, and lagoons along the coasts draw visitors. But the mystery of the ocean lies in its vast depths. Humans are most familiar with the upper ocean, perhaps the top 500 feet. What is astounding is that the average depth of the ocean is over 13,000 feet deep. That's as high as the peaks of the Rocky Mountains! So, what mysteries lie at those unplumbed depths? Scientists have discovered sea anemones and upside-down swimming fish under ice sheets, coral reefs off Greenland, and new species of shrimp and sponges near underwater sea vents. Who is to say that mermaids do not exist, given the fact that so many parts of the ocean have been unexplored?

Celebrating June Birthday's

Jim P. June 4th

Mellonee B. June 5th

Thomas B. June 6th

Alice V. June 8th

Zanda B. June 9th

Josephine C. June 10th

Katie H. June 10th

Mary K. June 12th

Olivet W. June 14th

Jamil R. June 8th

Dorothy B. June 20th

Ronald H. June 21st

Carey Y. June 22nd

Pamela F. June 22nd

Lovie J. June 24th



The Spirit of Yoga

You don't need to bend over backward to celebrate International Day of Yoga on June 21.

In 2015, the United Nations decided to create a day honoring this ancient Indian practice devoted to uniting body, mind, and spirit.



As yoga has grown in popularity, most people have understood its practice as a series of stretches ranging from the easy to the physically challenging. In many ways, yoga is a vigorous form of physical activity that demands athleticism and flexibility. Yoga,

however, is much more than physical exercise. As one of its most famous practitioners, B. K. S. Iyengar, stated, "Yoga cultivates the way of maintaining a balanced attitude in day-to-day life." It is this balance of mind that makes yoga a spiritual as well as physical exercise.

Yoga was developed 5,000 years ago by mystics seeking harmony between their body and spirit as a way of achieving divine enlightenment. So while yoga may be practiced today as merely a physical exercise, this is just one side of the practice. Yoga also touches the soul.

Yoga postures, or poses, require focused attention and intention. Slow, careful breathing and an inward focus akin to meditation help yoga practitioners clear their minds of worry and become present in the now. These practitioners shed their daily worries the way a snake sheds its skin and become energized. Some even feel a greater sense of creativity, insight, imagination, and intuition. These are the gifts that yoga can give to our spirits, while our bodies enjoy the gifts of endurance, flexibility, and stamina.

Not everyone is interested in yoga as a spiritual practice, though. Luckily, there is no penalty for those who wish to use yoga solely as exercise. The yogi and spiritual guide Amit Ray perhaps defined yoga best when he stated, "Yoga means addition—addition of energy, strength, and beauty to body, mind, and soul." For these reasons, everyone should add this holiday to their calendars.

In the Name of the Father

Fathers, thank mothers for the creation of Father's Day. It was a woman named Sonora Smart Dodd, one of six children raised by her widower father, who lobbied to create a father's equivalent to Mother's Day. Dodd took her cause to churches, shopkeepers, the YMCA, and local government officials until finally, on June 19, 1910, Washington state celebrated the first Father's Day. Over the years, the holiday gained traction, and in 1924, President Calvin Coolidge urged all states to adopt Father's Day as a holiday. But this was not without controversy. Throughout the 1920s and '30s, groups attempted to squash both Mother's and Father's Day. They argued instead for one holiday, Parents' Day, for, as one advocate said, "both parents should be loved and respected together." It wasn't until 1972 that Richard Nixon, in the middle of his presidential re-election campaign, signed a proclamation making Father's Day a federally recognized holiday—58 years after Mother's Day was made official.

Operation Overlord



Operation Overlord, the invasion most familiarly known as D-Day, commenced on the morning of June 6, 1944. Forces of Nazi Germany held the beaches of France's Normandy coastline. Allied forces numbering 156,000 American, British, and Canadian troops landed

en masse to retake the beaches. D-Day has been called the largest amphibious assault in history, and its success was largely due to both the heroism of the Allied soldiers and months of planning. General Dwight D. Eisenhower enacted a masterful plan of deception that left the Germans unaware of where the Allies would strike. Fake radio transmissions detailed the movement of a phantom army. Even fake supplies and equipment were routed to misleading locations. Within a week, despite heavy losses, the beaches were within Allied control. It was the beginning of the end of the war in Europe.

Friendly Reminder

Hilltop is proud to offer dining services seven days a week to our residents and their guest. We want to ensure that your dining experience is always the absolute best, and this includes getting the meal option of your choice. To ensure that you receive your requested meal, we ask that **ALL MEAL ORDERS** are received 24 hours in advance.

That 70's Party



In April we partied to the sounds of the 1950s, well this month we'll boogie to the sounds of the 1970s! Join us on Friday, May 21st at 2:00 pm for "That 70's Party"!

Don't forget your bellbottoms, big collars, jump suits and of course afros!

Next Level Therapy

Hilltop is proud to announce its partnership with Next Level Therapy. Beginning this month, Hilltop will have its very own Outpatient Therapy Center.

The benefits of therapy are endless, and we are excited to provide this benefit to our residents. Join us on Tuesday, June 18th at 2:00 pm to meet the Next Level staff and learn about the fantastic benefits of Physical and Occupational Therapy.

June Events

- **Friday, June 7th-Trip to the Movies!**
see the Front Desk for movies and showtimes
- **Monday June 10th -Trip to Great Cleveland Aquarium and Lunch at Nautica Grill**
- **Tuesday June 11th -Donuts w/Dad-PDR**
As Father's Day approaches we'll share donuts, games and our favorite memories of Fatherhood memories.
Residents can bring one guest for this event
- **Thursday June 13th Midday Game: Head's Up! -MDR**
- **Tuesday, June 18th Join us as we welcome Next Level Therapy to the Village, come and learn about the therapy benefits now available to Hilltop residents.**
- **Friday, June 21st 70's Party! -MDR**
- **Friday, June 21st Post Office on Wheels visit 3:40-4:00pm**
- **Monday, June 24th Community BINGO and BBQ-Main Patio**
- **Tuesday, June 25th Entertainment-MDR**
- **Friday, June 28th Happy Hour w/entertainment by the S. Gibson Duo**
- **Sunday, June 30th Midday Entertainment w/Dan Elish-MDR**

Village Reminders

- Village Health Center- Dr. Rosenfield is in the Health Center at Hilltop on the first and third Monday of every month. If you would like to make an appointment, please call 216-721-6900
- Fitness with Caren- Every Friday at 1:30pm sessions will alternate from PDR to the 900DR.
- Podiatrist Dr. Kelly Whaley will be here on Friday February 15th at 1:00pm. If you would like to make an appointment, please call 216-229-0292.
- Village Beauty Shop-Van, our hairstylist, is here every Thursday. If you would like an appointment, please call the Front Desk call: 216-261-8383