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# The Bailis Bugle

July 2010



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**SUSAN BAILIS ASSISTED LIVING COMMUNITY ~ 352 Massachusetts Avenue, Boston Ma. 02115**

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**Editor: April Thomas ~ Resident Life Director**

## Reflections From Resident Life

### **Celebrating July**

**Picnic Month**

**Recreation & Parks Month\***

**Anti-Boredom Month**

**Canada Day**

*July 1*

**U.S.: Independence Day**

*July 4*

**Hop-a-Park Day &  
Clerihew Day**

*July 10*

**France: Bastille Day**

*July 14*

**Cow Appreciation Day**

*July 17*

**Ugly Truck Day**

*July 20*

**Hammock Day**

*July 22*

**Cheesecake Day\***

*July 30*



2<sup>nd</sup> Annual Anniversary Party, luau style! This year is sure to outdo the last two years.

Well, folks, it looks like it's that time of year again and we are "doing-it-up" BAILIS STYLE! We've got the tiki torches lit, the charcoal is hot and the lobsters are jump'n! You know what I'm talking about: the Susan Bailis Assisted Living Community's

If you have been an avid reader of my article, then you know, when I say Susan Bailis gives a party, we give with all of our hearts; from food and entertainment, to decorations and spirit! As my late father would say, in a southern drawl, "We put our foot in it." This year we've had to accommodate a few changes due to the economy. We look at these cut backs as a challenge and by the grace of God we have not had to compromise how we serve our residents, families and guests. This Anniversary Party is special to us and our residents. It is a time for us to shine and to give thanks to those who have helped us become one of the leading assisted living communities in Boston. All we ask is for you to attend one of our many events and let your eyes, ears and stomach tell you how much we appreciate your support.

By the way, when I said, "lobsters are jump'n," I mean real, live lobsters, fresh from Maine. When I say entertainment I don't just mean a stereo playing a few CDs, I mean a DJ who knows the crowd, and plays some of the hottest music from all eras. Don't miss the live Hula Dancers. As I said before, this is a party not for the shy at heart but for the adventurous of souls. So take a look at the picture at the top of this page: These are the men and women that make it possible for Susan Bailis Assisted Living Community to be one of Boston's hidden gems.

## Barbershop Songs

“Let Freedom Sing!” That’s the motto of the Barbershop Harmony Society for their international convention from June 28-July 4 in Philadelphia, Pennsylvania.

This unique “a cappella” music originated in the barbershops of black communities. African-American gospel singers gathered in local barbershops to rehearse their singing for church. What makes barbershop music unique is the “ringing chord.” When the four voices in the quartet harmonize perfectly, the illusion of a fifth singer is created, producing a distinct sound known as “the angel’s voice.” Barbershop quartets practice endlessly to attain this difficult and elusive chord.



With the advent of radio, live performances went out of fashion and barbershop quartets were on the verge of extinction, but a lawyer and singer named Owen C. Cash acted to make sure the barbershop sound was preserved. On April 11, 1938, he gathered friends on the rooftop garden of a Tulsa, Oklahoma hotel. They burst into song, stopping traffic on the street below and warranting a visit by local police, who told them to keep it down. But the Barbershop Harmony Society was founded and soon even women were forming their own “beautyshop quartets.”

In appreciation of the barbershop quartet, gather three of your friends, unite your voices, and belt out a tune, perhaps a barbershop favorite, “Down by the Old Mill Stream.”

*My darling I am dreaming of the days gone by,  
When you and I were sweethearts beneath the  
summer sky;  
Your hair has turned to silver the gold has faded  
too;  
But still I will remember where I first met you.*

## Susan Bailis Community Hair Salon

Hours of operation: Every Friday from 9:30am to 1:30 pm. No walk-ins. All appointments are scheduled through the concierge desk. Payment is due at time of visit, and payments are accepted in cash or check and are paid to the hairstylist.



Running out of something? Our resident-run **City Store** is open every Tue, Wed, and Thur from 3:30 pm to 4:00 pm



## France’s Yellow Jersey

France’s race for the yellow jersey takes place from July 3 to July 25. This demanding 2,200-mile bicycle race has been compared to running a marathon several days a week for almost three weeks. Each day, cyclists pedal as fast as they can to finish that stage, with some stages cruising over flat ground, and other stages rising up over grueling mountain passes. The winner dons the yellow jersey.



The Tour is a source of national pride in France, and millions of people watch by the roadside, sometimes even causing collisions with cyclists. The first Tour de France was staged in 1903, and in its 107-year history there has been only one seven-time winner: The American Lance Armstrong won the race for seven straight years, from 1999 to 2005.

## Pack Your Picnic Basket

July is Picnic Month, and there is no better time for packing your basket full of goodies; laying a blanket over the soft, green grass; and enjoying food, friendship, and fresh air.



The first picnics were not held outdoors at all. The first usage of the word was in 1692, in a French dictionary, where the word “pique-nique” was

used to describe a group of people who brought their own wine into a restaurant. It was not until the mid-1700s that the word picnic referred to a fun meal eaten outdoors. Still, no one knows where the French got the rhyming term “pick-nick,” although many rumors of its origin exist.

In the early 1800s, a group of Londoners formed an official “Picnic Society,” where each member agreed to bring a different dish, as in a potluck. More recently, in the year 2000, the French formed a 600-mile-long picnic to celebrate the first Bastille Day of the new millennium. Towns from coast-to-coast participated, using over 400 miles of red-checked tablecloth.

July 10 is the Teddy Bears’ Picnic Day, a day honoring both picnics and the classic tune by John Walter Bratton and Jimmy Kennedy. This marks the perfect day for children to gather their teddy bears, lay down a blanket, and eat some snacks with their stuffed friends. They can even sing the song that made that day famous. Here’s the first verse:

*If you go out in the woods today,  
You're sure of a big surprise.  
If you go out in the woods today,  
You'd better go in disguise.*

*For every bear that ever there was□  
Will gather there for certain, because□  
Today's the day the teddy bears have their  
picnic.*

## Not-So-Scary Scarecrows

While scarecrows are commonly associated with autumn, Build-a-Scarecrow Day falls on the first Sunday of July. That’s so your finished scarecrow can keep the crows out of the fields all summer long. Clever crows, however, quickly learn to ignore those stuffed scarecrows. Yet people still keep scarecrows as a wonderful seasonal decoration.

Making a scarecrow requires five materials: pair of blue jeans with belt loops, an old shirt, some twine, and a pair of panty hose, something for stuffing (straw, leaves, grass, or old rags).

Step 1: Stuff the pantyhose to make the head and arms. (The waist becomes the head, and the arms are slipped through the shirtsleeves.)  
Step 2: Stuff the rest of the shirt and the pants. Attach them together by knotting the twine through the belt loops as suspenders.  
Step 3: Decorate your basic scarecrow with handkerchiefs, gloves, boots, a hat, tools, or any other decoration. Don’t make it too scary!

## Santa’s Busy Summer

Can you imagine Christmas without snow and sleigh bells? Well, in the Southern Hemisphere, Christmas falls in the middle of the summer. For those who desire a little winter wonderland, the answer is simple – have Christmas in July.



The scientists on Antarctica really like their Christmas cold. July is the middle of Antarctica’s winter, with temperatures reaching -90 degrees Fahrenheit. High winds and ice make it too dangerous to land supply planes, so food, mail, and gifts must be dropped by parachute. The delightful arrival of presents dropping from the sky is like a mid-winter visit from Santa. On July 25, don’t

## Mirror, Mirror on the Wall



While standing in front of your mirror on July 3, give both your good-looking self and your mirror a compliment because the third is Compliment Your Mirror Day. After years of displaying your beautiful or handsome face, isn't it time you thanked your mirror for all its wonderful work?

Humans have been admiring themselves in mirrors for 10,000 years. The first mirrors were probably pools of water, and then people of ancient cultures fashioned mirrors out of polished stone and metal. Today, mirrors are made by applying a reflective silver coating to the back of a pane of glass. No matter what they're made of (their shape, size, or style), mirrors have played an important role throughout civilization – reminding us of how good we look. Time to return the favor.

## July Birthdays

If you were born from June 22-July 22, you are a Cancer, the crab. If you were born from July 23-August 22, you are a Leo, the lion. A Cancer can be highly emotional, caring, generous, and intuitive. Leos are creative, enthusiastic, charismatic, and highly ambitious.

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|--------------------------------|---------------|
| Dan Aykroyd (actor)            | July 1, 1952  |
| Geraldo Rivera (host)          | July 4, 1943  |
| Ann Landers (advice columnist) | July 4, 1918  |
| P.T. Barnum (circus showman)   | July 5, 1810  |
| Doc Severinsen (band leader)   | July 7, 1927  |
| Giorgio Armani (fashion mogul) | July 11, 1934 |
| Phyllis Diller (comedienne)    | July 17, 1917 |
| "Red" Skelton (clown)          | July 18, 1913 |
| Natalie Wood (actress)         | July 20, 1938 |
| Don Drysdale (pitcher)         | July 23, 1936 |
| Dorothy Hamill (ice skater)    | July 26, 1956 |
| Paul Anka (singer/songwriter)  | July 30, 1941 |
| Milton Friedman (economist)    | July 31, 1912 |



Your Return Address  
Street Number and Name  
City, State Zip Code

Postage  
Information

If you would like to be added to our mailing list, please contact Maria Barbosa-Santos at 617-247-1010 ext. 202, by email at [mbarbosa-santos@susanbailis.com](mailto:mbarbosa-santos@susanbailis.com) or by mail at the address above.

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