

A Letter From The Executive Director

The Fourth of July is always a favorite holiday for Americans. When I think of Independence Day, the word that comes to mind for me is: unity. Most of us are united with our family and friends on a day that celebrates our freedom and independence. It is a special day to count our many blessings for the love and support of our families and friends. Growing up one of the many traditions in our family was walking from our house to the Tacoma waterfront in the morning and enjoying the festivities at the Freedom Fair. Our family would then return home, invite the neighbors and family friends over to our house to watch the fireworks together. We would have a lot fun while enjoying the fireworks, setting off our own and barbecuing hamburgers and hot dogs. My favorites were the sparklers and the snakes; nothing too crazy at our house that blew anything up. Special holidays like the 4th of July help to unify us with our families and neighbors. Seeing the fireworks and hearing the crowd's excitement as the beautiful colors explode in the skies—brings us all a little closer together. We hope everyone at Bridgeport Place has a safe and happy summer.

Happy Independence Day!
Maureen Hennessy
Executive Director



New Call System installation in July!

July 9th will be the start to the installation process the NEW call system at Bridgeport Place. The new system allows for better response times and monitoring. The New system also comes with options and every resident will be assigned either a wrist or a necklace pendant to be able to call for help. Leslie Jo will be having a meeting on July 3rd at 2:00pm in the Activity Room to discuss the system in full detail. Please make plans to attend this meeting.



The World in Watercolor



July is World Watercolor Month in appreciation of this wonderful art form. In watercolor painting, colored pigments are suspended in water.

Watercolor painting may be the first type of painting ever done by humans on cave walls. Watercolor was also used in East Asia, the Middle East, ancient Egypt, Italy, and Ethiopia. Watercolor techniques were initially used for mere sketches or copies. Oil was considered a superior medium. However, as the technique was perfected by masters of the Renaissance and beyond, watercolor became a renowned and complicated medium. While it appears to be an easy method of painting, it takes years to become accomplished. Luckily, the low cost of watercolors allows most anyone the chance to paint with this enduring art form. Join us on July 27th at 2:00 in the Activity Room for a watercolor workshop!

Bridgeport Place Buzz

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Celebrating Birthdays in July:

Kenneth D
July 1

Helen L.
July 1

Nancy Hill
July 2

Dates to Remember
Independence Day
July 4

“Sun Safety”
July 12

Port of Tacoma Boat Tour
July 29



Port of Tacoma Boat Cruise

Sign up at the Front desk to save a seat for the free 2018 Port of Tacoma Centennial Boat Tours at the Foss Waterway Seaport Museum's Maritime Fest, 705 Dock Street, Tacoma, WA 98402. Discover fun facts about one of the busiest ports in North America. Bridgeport Place has 16 seats saved so make sure that you get signed up and reserve a seat!



Are You a Believer?



July 2 is World UFO Day. Whether you celebrate by watching reruns of *Star Trek* or hosting a sky-watching party in hopes of identifying an unidentified flying object, be sure to keep an open mind when considering that humans might not be alone in the universe.

There have been many recorded observations of strange flying objects throughout history, but it wasn't until 1947 that a UFO sighting captured the public imagination. Businessman Kenneth Arnold was flying a small plane near Mount Rainier in Washington when he spied nine objects flying together. He described them as looking "flat like a pie pan" and "saucer like." From his experience, the term *flying saucer* was born.

Did Arnold actually see an alien spaceship? The United States Air Force determined that Arnold saw a mirage. Yet in mid-1947, UFOs again captured the public's attention when a mysterious craft crash-landed at a ranch near Roswell, New Mexico. Representatives from the Roswell Army Air Field reported that the object was a high-altitude weather balloon, but the government has been accused of covering up an alien encounter ever since.

Is it just coincidence that the U.S. government began Project Sign in 1948? This project, conducted by the Air Force, was an investigation into UFO encounters in order to determine their veracity and whether or not any UFO was a threat to national security. The program lasted for 20 years and concluded that an alien UFO had never been observed. It seems that the public had to wait until 2017 before a Navy pilot, Retired Commander David Fravor, came forward with his firsthand account of what he believes was an alien UFO. Fravor was on a routine training mission off the coast of California in November of 2004 when a 40-foot-long wingless object, like a giant Tic Tac, sped past him. When asked to recall his experience, Fravor said, "I think it was not from this world."

Give a Little, Get a Lot

Most people live with a certain amount of clutter in their lives. July 15, Give Something Away Day, is the perfect opportunity to repurpose some of your clutter by giving it away to those in need. Philosophers and holy people have long contended that giving is beneficial not just to the receiver of gifts but also to the giver. Scientists now have proof. Scans of the brain show that acting charitably toward others stimulates our brain's reward system. This shows that humans are biologically hard-wired to give to others rather than to act selfishly, perhaps due to our highly social natures. After all, our large society requires cooperation and mutual aid. Better yet, other studies show that when helping others, the helpers heal both emotionally and physically. Somehow, giving not only makes us feel good but actually makes our lives healthier. St. Francis of Assisi was right when he said, "For it is in giving that we receive."

CASCADE

Eye & Skin Centers, P.C.

July is National Eye Injury Prevention Month and National Skin Care month so it only seems appropriate that our local University place Cascade Eye and Skin Center would be invited to come in and give a clinic at Bridgeport Place. On July 12th at 1:00pm in the Activity Room we will have one of Cascade's Skin Specialists come to Bridgeport Place to speak on "Sun Safety", so mark your calendars!



A Tale of Two Sherwoods



For 700 years, stories have been told of the outlaw Robin Hood stealing from the rich to give to the poor. While the legend of Robin Hood was born in Sherwood Forest, Nottinghamshire, England, each July the town of Sherwood, Oregon, celebrates its Robin Hood Festival.

Was there a real Robin Hood? As early as the 15th century, it was common for May Day revelers in England to act out plays starring Robin Hood. A hundred years before these celebrations, peasant farmers told grim tales of Robin Hood, who murdered government emissaries and rich landowners. Scholars have traced the earliest mentions of the name Robin Hood to 13th-century legal records. In these records, it was common to list criminals with the name *Robehod* or *Rabunhod*, variations on the name Robin Hood. Alas, there is no way of knowing whether these names are attributed to any real individual. What scholars do know is that starting in the 14th century, Robin Hood was first mentioned in writing as a common man living with his band in Sherwood Forest and fighting the Sheriff of Nottingham.

A visit to Sherwood Forest in Nottinghamshire may turn you into a believer that Robin Hood did exist. After all, you can visit the Major Oak tree, which is believed to have been one of Robin Hood's hideouts. Robin Hood's Well is considered the spot where Robin Hood married his love Maid Marian. And then there is Nottingham Castle, where the Sheriff of Nottingham would have jailed Robin Hood and where the Merry Men would have staged his fabulous escapes. Oregon's town of Sherwood may lack historical sites, but it has plenty of enthusiasm. Residents have celebrated their Robin Hood Festival since 1954, and since 1956, Sherwood, Oregon, has hosted an International Archery Tournament against archers from Nottingham, England. This international celebration is testament to the enduring appeal of England's favorite outlaw.

Can't Buck the Truth

Rugged men wearing chaps and cowboy hats with six-shooters on their hips, sitting high in the saddle, driving cattle across wild landscapes—it is an image as American as apple pie but also one perpetuated by Hollywood. Enjoy these interesting cowboy facts for the Day of the Cowboy on July 28.

Cowboys actually did not originate in America at all, but in Mexico. Two hundred years before the first American set foot out west, Mexican *vaqueros* were honing their roping, riding, and herding talents and becoming expert ranchers. When Americans ventured westward, they modeled their habits and dress on the *vaqueros* found in modern-day Texas, New Mexico, and Arizona. The Wild West also wasn't as wild as the movies lead us to believe. Bank robberies were uncommon. Settlers did not circle their wagons and were not under constant threat of attack from Native Americans. And half of all cowboys were either Mexican *vaqueros* or former slaves. In fact, many believe that the character of the Lone Ranger was based on Bass Reeves, a former slave from Arkansas turned U.S. marshal. On the Day of the Cowboy, take in a Hollywood western, but also celebrate the real Wild West.

Who is that guy working with Leslie?



Bridgeport Place has been so lucky to have Brian Dooley here for the last few months to help us through our remodel and to lend Leslie a hand in building maintenance. His time at Bridgeport Place is coming to an end so there will be a "Doughnuts with Brian" event on Friday July 6th at 9:00am. Please sign up to join Him on an outing to have doughnuts and be sure to thank him for all that he has done for Bridgeport Place.