



Brilliant Senior Living

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Resident Spotlight ~ Sue & Doug Bronson



Doug was born in Detroit in 1932. He is an only child. During his senior year of high school he joined a Guard unit spending 2 years at Luke AFB in Glendale & Shepherd AFB in Wichita Falls, TX. When released in 1951, he came to Phoenix where his parents had moved. He then joined the Arizona Air National Guard in 1952. In 1961 Doug went to Germany. He then transferred to the Arizona Army National Guard and worked as a helicopter mechanic until he retired in 1992. Sue was born in Dorest, OH, in 1936. Sue and her family moved to Glendale, AZ, in 1946. Sue and Doug met in 1952 and were married in June 1954 after she graduated from Sunny Slope H.S. Sue was a wife, homemaker, and mother to two boys and one girl. Sue kept busy being a Den mother and working part time in the printing business (in the Bindry department). Sue was active in her church, a Kindergarten teacher, a Deacon, a Trusty and a Head Usher, and also sold Avon! Doug and Sue have 7 grandchildren and 13 great-grandchildren. They moved from Tempe to Quail Park in March 2019 and like it here!!

August 2020

A Cool Combination

A cousin of the Popsicle, the classic Creamsicle has been a refreshing summertime delight since it debuted in the 1930s. Recognized by its outer shell of tangy orange sherbet that surrounds a mellow vanilla ice cream center, the cool and creamy treat has been adapted as a flavor for a variety of desserts and sweets.



Famous Faces Born in August

Aug. 1, 1953: Robert Cray
 Aug. 1, 1979: Jason Momoa
 Aug. 3, 1926: Tony Bennett
 Aug. 4, 1983: Greta Gerwig
 Aug. 8, 1937: Dustin Hoffman
 Aug. 11, 1925: Arlene Dahl
 Aug. 12, 1939: George Hamilton
 Aug. 14, 1945: Steve Martin
 Aug. 16, 1953: Kathie Lee Gifford
 Aug. 21, 1986: Usain Bolt
 Aug. 24, 1972: Ava DuVernay
 Aug. 25, 1968: Rachael Ray
 Aug. 26, 1980: Chris Pine
 Aug. 31, 1945: Itzhak Perlman



8/1 Baylor S.
8/6 Jackie J.
8/22 Annemarie H.
8/28 Ione B.



Quail Park Quarantine Fun



Pajama Day



Dr. Seuss Day



Hanging Out in Hammocks

A hammock hanging between two trees is an inviting sight. This swinging bed has provided safety and rest in the centuries since its invention.

Anthropologists say the native people of Central and South America hung the first hammocks about 1,000 years ago, weaving bark and leaves into lightweight nets they called *hamacas*. While some were used for fishing, others were strung between trees and used as a bed, providing a clean, dry place to sleep, plus protection from animals on the jungle floor.

When Christopher Columbus arrived in the Caribbean in the 1400s, he was fascinated by the sleeping nets. The explorer took *hamacas* back to Europe, where they became known as hammocks.

Sailors quickly adopted the suspended beds. Easily rolled up for storage on a crowded ship, hammocks were more hygienic and also helped prevent seasickness by swaying with a vessel's movement. Through the 20th century, hammocks were standard equipment on naval vessels.

Taste of the Tropics

Grown in warm, lush locales around the world, tropical fruits are famous for their bright colors and refreshingly sweet flavors. Be on the lookout for these varieties you may find on summer menus.

Mango. This fruit's thick skin, often a rosy blend of red, yellow and green, is peeled away to reveal tender yellow-orange flesh. Sweet and versatile, mangoes are delightful as a snack or dessert ingredient, but also shine in savory dishes such as salads, stir-fries and salsas.

Papaya. The pear-shaped papaya's soft, orange interior is rich in antioxidants. It's often enjoyed fresh, like melons, or roasted, like squash.

Guava. Varieties of this fruit have green or yellow skin with pink, yellow or white flesh. Guava is featured in jams, candies and thirst-quenching Latin American fruit drinks called *aguas frescas*.

Passion fruit. The common types of passion fruit are the size and shape of a plum, and purple or yellow in color. Beyond the tough outer peel is a yellow, pulpy center filled with tart seeds, which can be eaten with a spoon or added to recipes.



A Groovy Look at Tie-Dye

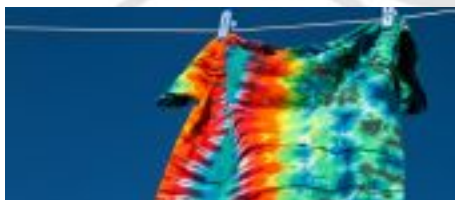
It's a fun craft with a history as an art form and a symbol of self-expression. Tie-dye's bright colors and intricate patterns remain an enduring fashion.

Tie-dye is a form of resist dyeing, an age-old technique used by cultures all over the world, from South America to Africa to Asia. The method involves tying or sewing together sections of fabric, so that they will be blocked when dipped into dye. When the fabric is untied, it reveals a pattern, created by the bound sections that "resisted" the dye.

In the U.S., tie-dye first emerged in the 1920s and gained popularity as a thrifty

way to design home décor and clothing during the Depression. But the craft really blossomed during the cultural revolution of the 1960s. Since no two hand-dyed garments were alike, wearing tie-dye was a way to express individualism and creativity. The groovy designs and rainbow hues became a symbol of peace and love.

An easy and inexpensive craft project, tie-dyeing T-shirts and other textiles is a popular activity for all ages.



Remembering V-J Day

The happy news came on Aug. 14, 1945. Calling it "the day we have been waiting for since Pearl Harbor," U.S. President Harry S. Truman announced to crowds gathered outside the White House that Japan had surrendered unconditionally to the Allies. World War II was finally over.

Three months earlier, fighting had ended in Europe with Germany's surrender. Now relief and jubilation erupted at word that the battle in the Pacific had been won. In the U.S., millions of people flooded city streets to hold impromptu parades, complete with marching bands, confetti and fireworks.

In New York City's Times Square, sailors climbed lampposts and waved American flags, while strangers cheered and embraced. One celebratory moment, of a sailor excitedly kissing a woman in a white dress, was captured by photographer Alfred Eisenstaedt and printed a week later in Life magazine. The iconic image is an enduring symbol of Victory Over Japan Day, or V-J Day.

Allied nations also broke out in festivities, which continued through Aug. 15, the date the United Kingdom declared as V-J Day. Japan's formal surrender took place a few weeks later on Sept. 2.

Life at Quail Park Fashion Through the Decades Parade



Employee of the Month ~ Bebe Bateman~ Care Partner



Benigna "Bebe" was born in a small city named Tacloban in the Philippines, to a farmer and a seamstress. She has seven siblings. Being the middle child, she got to play and get along well with everyone. Bebe says that God has been good to her. Her husband had been her helper, a dad, confidante, and all-in-one life partner. Bebe has six kids! At a young age, she raised her children and can proudly say four of them are now professionals and two are in college. Her dream was to become a Nurse, but due to poverty, she went to college without finishing her degree. Bebe started a construction business with her brothers but stopped and decided to come to the US to face a new life and became a caregiver. She knew she had to start somewhere so she took a CNA class and God-willing, she'll still continue pursuing that dream, to serve more effectively. "You don't stop educating yourself just because you are getting older." Bebe loves gardening. She doesn't go to bed without checking on her plants and she checks on them after she wakes up. She loves to sing and dance and she's happy whenever she can make people smile. Bebe says she enjoys working at Quail Park because working here makes her connect with the passion she has in serving and taking care of them all.



Take Time
to Savor All of the
Joys of Summer!