



Covey Connection

4015 164th St SW, Lynnwood, WA 98087

July / 2023

On July 4, 1776 Congress announced that the the **Declaration of Independence** had been voted in, declaring that the colonies in the US would become independent states and no longer operate under British rule. Communities throughout the US celebrate this day with picnics, parades, fireworks and more. **Quail Park will celebrate during the month with:**

- **July 4th: A BBQ w/entertainment**...depending on the weather... in the Rainier Courtyard. **Bonnie Birch Trio** will preform from 12 - 2.
- **July 17th: Armchair Travel** will take us on a virtual tour visiting **Historic Philadelphia** where our struggle for a nation ruled by Democracy began. We will visit various sights: Independence Hall, Pennsylvania Supreme Court, Congress Hall, Old City Hall, Liberty Bell, and others.
1 p.m. in the Snoqualmie Room.
- **July 19th:** The **Quail Park Street Fair** offers Snow Cones, Cotton Candy, Garlic Fries, and more plus a beer garden, a balloon artist, a face painter, a live band and a **car show**.
- Our **Thursday Videos** this month will feature the HBO series, **John Adams and the life of one of the USA's Founding Fathers**, our second president, and his role in the nation's first 50 years. Starring Paul Giamantti & Laura Linney. **2 p.m. in the Ballroom**
 - **July 6th: Join or Die** Firebrand Sam Adams tries to dissuade cousin John from defending redcoats in the Boston Massacre, but changes his mind and joins the revolutionary cause.
 - **July 13th: Independence** After the battles of Lexington and Concord, John Adams becomes the voice for independence at the Continental Congress in Philadelphia.
 - **July 20th: Don't Tread on Me** John and John Quincy sail to France to join Benjamin Franklin as part of the American mission but Adams' blunt style is ill-suited to diplomacy.
 - **July 27th: Reunion** Adams is able to secure a loan from the Dutch for his fledgling country as Abigail joins him in France as he helps negotiate the peace treaty.

Each month we will feature one of the QP Departments with important information and updates. This July we are pleased to feature

MARKETING: Your Quail Park Community Relations Directors:
Sue Rowell, Kelvin Chiang, and BriAnne Green

Believe it or not, your Quail Park marketing team does more than just move your new neighbors into the community. We're counselors, solution providers, shoulders to cry on, blockade breakers, party planners, and so much more.

On any given day, we might be helping five or more families to navigate this thing we call life. A daughter could be in our office crying because her mom fell, is in the hospital, and can't return home. A grandson could call to ask how we can help his grandpa because he recently lost his wife and now sits alone at home day after day. A couple in their early 80s may visit because they're tired of house and yard work at the home they've been living in for 50+ years. With these situations, and many more, we're dealing with emotions such as guilt, fear, and anxiety (to name just a few). As marketers, our task is to help people through these emotions and plan the next steps that work with their situation.

Sometimes, Quail Park isn't the answer. If that is the case, we provide information and assistance to find a solution that will work elsewhere. We're able to provide contact information for such services as VA Aid & Attendance, elder law attorneys, mobile health care providers, mental health practitioners, realtors, veterinarians, movers, and more!

How can you earn \$2500 from Marketing?

Our main goal is to move-in more great neighbors for you! With that in mind, we're always looking for information on who should be the next to join our Quail Park family. Most of our referrals come from you, our friends and family. To thank you for your referrals and recommendations on new neighbors, **we pay you \$2500** in the form of a one-time rent credit after your referral moves to Quail Park. *

How can you help/get more involved?

- On **July 15 and 16th**: The annual Mill Creek Festival will be taking place in downtown Mill Creek. Quail Park will have an informational booth at the festival, and we'd love it if you would stop by to say 'hi' and hang out for a while. If you're interested in helping us at the booth by greeting and talking to others about Quail Park, we'd love that also!
- On **August 1st**: We'll be celebrating National Night Out and inviting our surrounding neighbors to join us, as well as our local law enforcement.
- On **September 2nd**: We'll have an informational booth at the Homage Health Fair.
- National Assisted Living Week is September 10 – 16. **

Our goal is to assist people with the curveballs that life throws at us. We don't have the answers for everything, but we do our best to find those answers and to help (and educate) to the best of our ability. Please stop by our office if we can assist you in any way. We look forward to seeing you!

*Restrictions do apply

**Dates subject to change

FROM MICHELLE:

- **We will be opening the patios and courtyards for our pups. We ask that you keep them on leash and in your control and continue to pick up after them. We will be developing the guidelines based on your feedback. Please communicate with your Building and Safety Committee. Enjoy!**
- **SAFETY FIRST!!!** Keep yourself and love safe with a Smart911 Safety profile! Smart911 is a free service that allows you to share valuable information with 911 during an emergency. It is confidential and can provide the medics with important information about your emergency contacts, medical history, pets, etc when you might not be able to speak for yourself. You can sign up on [smart911.com](https://www.smart911.com) or download the App.
- Reminder: Whether you use your stove top /oven or not, please do not store anything on or in it. Let's all keep each other safe and remove any fire hazards.

o FROM THE DINING COMMITTEE - Rhoda Cassell, Chair

- A **July 4th BBQ** is planned, and Konrad will tempt us again with mouthwatering steaks as well as the traditional selections.
- Check your calendars for a **special demonstration cooking event** by Konrad this month.
- **Menu selections will be rotated soon.** Look for changes during the first week of July. A recap of the items being added or removed will be displayed at each table and table top menus will be updated.
- With warmer weather finally arriving, our dining staff is ready to serve the **outdoor patio tables**. Let the server in your dining room know if you are choosing an outdoor table for your meal.
- **Have a favorite bottle of wine?** Residents are welcome to bring personal wine to enjoy with their dinner. Bring bottles unopened and your server will assist with opening and provide glasses for your table.
- Cheers!

o FROM THE BUILDING, GROUNDS & SAFETY COMMITTEE

Funding of the BG&S Committee's proposal for North Courtyard furniture has been approved by the QP Owners, and the procurement of up to eight tables with umbrellas and chairs is progressing. This will increase seating capacity to 50 not including the fires pits.

Residents are invited to attend our monthly Committee meetings.

If you are interested in becoming a member of the Building, Grounds and Safety Committee please contact **Karsten Overa** at 206-788-7828

o FROM THE MOVIE COMMITTEE

More residents have been enjoying the movie presentations in the Quail Majestic Theater over the last few months. The movie committee continues to listen to our fellow residents and select movies that have been suggested, are in honor of holidays, acknowledge special national/international Days, and cover a variety a genres from animated to documentaries. Our hosted events include jazzed-up popcorn and other snacks as well as temporary optional seating. Please don't hesitate to talk to us about movie ideas or other ways we can improve your theater experience.

NEW THIS MONTH!!! Starting on July 12th, the 3:00 p.m. movie presentation on Wednesdays will be shown at higher than normal volume to accommodate our hearing impaired residents!

Theater Seating Coming: Your new luxurious seating is due to arrive in the Port of Savannah, Georgia in mid-July. After clearing customs, shipping and installation we hope to celebrate the new, improved theater before Labor Day.

Save the Date: **Hosted Showings**

- Monday, July 3rd, 7:00 PM – **“1776”** – Musical story of the founding of our country
- Saturday, July 15th, 7:00 PM – **“Walk, Ride, Rodeo”** – Drama based on true story of a paralyzed woman fighting her way back to Barrel Racing competition
- Saturday, July 22nd, 7:00 PM – **“Stowaway”** – Space odyssey featuring an uninvited guest on a mission to Mars.
- Sunday, July 30th, 3:00 PM Matinee – **“Babe”** – **Bring your Grandkids** to this classic story about Babe the darling pig.

o NEW BOOKS FROM THE QP LIBRARY

KILLERS OF THE FLOWER MOON; The Osage Murders & the Birth of the FBI
by David Grann

In the 1920's the richest people per capita in the world were members of the Osage Nation in Oklahoma. After oil was discovered beneath their land, the Osage rode in chauffeured automobiles, built mansions, and sent their children to study in Europe. Then, one by one, the Osage began to be killed off. The family of an Osage woman, Mollie Burkhart, became a prime target. One of her relatives was shot,

another poisoned. As the death toll rose, the newly created FBI took up the case, the young director J. Edgar Hoover, turned to a former Texas Ranger Tom White to try to unravel the mystery.

DANNY'S MOM: by Elaine Wolf

Beth Maller returns to her job as guidance Counselor at Meadow Brook High School shortly after an unspeakable family tragedy. Beth stirs up the moral battles being raged in her school, where administrators cling to don't-rock-the-boat-policies, homophobia snakes through the halls, and mean girls practice bullying as if it were a sport. As Beth struggles to find her "new normal" she must learn to speak out—risking the very life she embraced.

- o **BUS TRIPS :** In addition to the regularly scheduled bus trips, this month three new trips are planned:
 - **July 15th:** The Saturday morning walk will be to the **Mill Creek Festival** at 11:00 a.m.
 - **July 21st:** Take a trip to **H MART Food Court & Grocery**, an Asian grocery store chain supplying imported packaged foods & housewares plus ready-to-serve meals. — 11:00 a.m.
 - **July 23rd:** Enjoy lunch at **WOODSTONE TAVERNA** in Edmonds where you will find a truly inspiring menu that incorporates an array of small Mediterranean Tapas creations w/a Northwest twist.
 - **July 31: MONDAY AFTERNOON MOVIE MATINEE:** View a movie of your choice at the **AMC Movie Theaters in Alderwood Mall**. Our bus will take you and bring you home in the afternoon. Movies available will be posted in the sign-up book on Sunday, July 30th. The bus will leave about noon and hopes to be back about 4:00 depending on the movie schedule.

- o **ENTERTAINMENT**
 - **Friday afternoon Happy Hour and Entertainment:** **Note that our entertainers will perform at 2:00 and Happy Hour will be from 3:00 - 4:00!** Our performers in July will be:
 - **July 7th: (2:00) Paul Cooper:** an amazing solo Blues **guitarist and vocalist** has developed a unique style in all forms of music.
 - **July 21st: (2:00) David Little:** will be playing standard songs and seasonal favorites on the **PIANO**.

- **Quil Ceda Room (Living Room) Entertainers**
 - **July 9th:** (1:00 p.m.) **Paula Ketter** is a gifted piano player with a remarkable life story: abandonment, adoption, and recognized by her adopted mother for incredible talent by playing on a toy piano. Today In each musical piece learned by ear she developed her own innovative style to share with the world.
 - **July 15th:** (1:00 p.m.) **Jeff Brewer** returns with his rich baritone voice singing a variety of popular, country, Broadway and religious songs.
 - **July 17th:** (5:00 p.m.) **Mike Mansaur:** an accomplished solo and concert pianist who has a keen interest in contemporary music. He studied at Eubank Conservatory of Music and Art in Los Angeles and earned a Master's Degree in Music.
- **July 11th: Disney Party:** Please Join us at 3 p.m. in the ballroom for a party celebrating all things Disney. There will be a short video describing Disney from Steamboat Willie to Epcot, followed by a talk by Jonathan Dichter about hidden Mickeys and other interesting Disney stories. There will be cupcakes and a surprise. So, put your “ears” on and come join us.
- **July 24 (3:00 p.m.) and July 25th (6:30):** Our **Quail Park Chorus** will entertain us with songs from Disney movies.
- You can watch the **Quail Park Chorus and their Salute to the 40's** again by entering **Quail Park of Lynnwood Chorus** into your search engine.
- You can also watch the **New Resident Video** entering **Quail Park of Lynnwood Tour** into your search engine.

A Community Opportunity!



EVERETT CIVIC MUSIC has announced their line-up for the 2023-2024 Season. All concerts are at 2:00 p.m. at the Everett Civic Auditorium.

The Everly Set: Keeping the music of the Everly Brothers alive. You will hear songs like “Wake Up Little Susie,” “All I Have To Do is Dream,” “Cathy’s Clown,” and more.

Saturday, September 23, 2023

The Suits: Four dynamic gentlemen performing music from the 50's to the 80's, Motown, Doo Top, Pop & Rock. **Saturday, October 14, 2023**

Vox Fortuna: Four men from the UK bring classical vocals into the mainstream. Returning to ECM by request. **Sunday, Feb. 25, 2024**

Key of G Live!: A tribute to country music star, Garth Brooks. Led by AJ Sisto on vocals & guitar backed by a 6 piece band. **Sat. March 23, 2024**

The Sounds of Silence Tribute: Songs of Simon & Garfunkel, Bob Dylan, John Denver, Harry Chapin, Cat Stevens & more. **Sat. April 20, 2024**

- For more information or to watch clips of these performers visit:
www.everettcivicmusic.com.
- **Admission is by season membership only.** \$75/per ticket for the season.
Early Bird special is \$65 if purchased by July 31, 2023.
- **Tickets may be purchased on-line, by mail, or through Dwi who will charge your account.** Tickets will be sent in early September.
- **Dwi has arranged for a bus to take a group to these performances.** Once you have purchased your tickets, reserve your seat (limited seats) on the bus by calling Dwi at: 425-625-0963. (list is not in the sign-up book!)

BITS & PIECES

- **BINGO IS BACK!!** Every Tuesday evening in July except the 25th @ 6:00 in the SR. Plan on going to the QP Chorus Performance instead!
- Have you taken a look at the **Quail Tales** binders which are located in the living room by the main entrance and the sitting area next to the entrance by the ballroom? They contain stories, humor, and compositions from residents. Residents are invited to continue with their items of interest. We are now asking Staff for submissions to the binders also.
- **A Note from Paul Lang: Karaoke** was a blast on Thursday, June 15. Many had a great time participating by singing with the mic; others enjoyed singing along or listening. Some residents left after the hourly event but others stayed to enjoy more entertainment. Requests for specific residents to sing selected songs was appreciated by all. Hopefully we can enjoy another Karaoke to add our voices, bring a song request, and delight in leading the residents on this vocal journey as they sing along at this wonderful event.
- Watch for **Konrad's Cooking Show** on July 12th!

- **Smiling and Laughing** by Kay Dichter: Science has proved that laughing and smiling provide multiple benefits for your health, whatever age you are. Practicing both actually makes you feel better and is contagious. Smiling and laughing not only makes a person appear happy, but it also makes you feel happier. When you laugh and smile the body produces endorphins. Endorphins act as a natural pain reliever, and the release of neuropeptides (dopamine, serotonin) help avert depression. A warm smile denotes kindness, helps promote camaraderie, and strengthens social bonds. Smiling and laughing help when a person is feeling stressed. Actual case studies have proven that people with a strong sense of humor can live longer! If you're feeling down, put on a funny movie, read some funny jokes or stories, and definitely seek out socialization with friends. Remember, smiling and laughing put people at ease. With our Quail Park community growing, new residents enjoy hearing it, and can ease entering room or a new activity for the first time. I look forward to hearing laughter from everyone filling the building with joy!

CELEBRATING JULY BIRTHDAYS

Resident Birthdays

07/01 - Shirley Walker
 07/03 - Ellen Picard
 07/04 - Irene Gardner
 07/05 - Pat Luoma
 07/05 - Judith McCrone
 07/06 - Bill Bell
 07/08 - Liz McMillan
 07/10 - JoAnn Zwicker
 07/15 - Kay Gladson
 07/20 - Rhoda Cassell
 07/22 - Donna Anders
 07/24 - Myrna Haigh
 07/27 - Cheri Johnson
 07/28 - Elaine Edwards
 07/28 - Janet Richardson
 07/29 - Karl Stadler
 07/30 - Alan Gardner
 07/30 - Penny Dire
 07/31 - Lucille Deitz

Team Member Birthdays

07/03 - Malet Haile – Dining
 07/03 - Calista Nelwan – Dining
 07/06 - Marites Oriondo – Wellness
 07/12 - Marny Vicuna – Dining
 07/15 - Anne Murianki – Wellness
 07/20 - Abeba Kfleyesus – Wellness
 07/21 - Christina Garkusha – Security
 07/21 - Kaylee Nelson – Housekeeping
 07/26 - Jerome Hayes - Security
 07/26 - Merline Tuwun – Dining
 07/26 - Erica Vernon - Wellness

