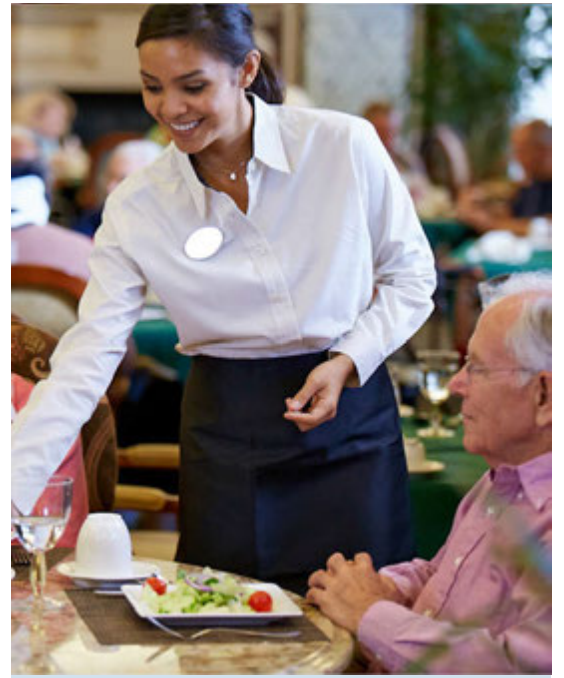


# GOOD Life News

*at The Village Senior Residence*

JULY 2017

[www.villagesenior.com](http://www.villagesenior.com)



## July Happenings!

### Fourth of July Party!

Come down to the main dining room at 2 p.m. on the 4th wearing your red, white and blue! Jodi Marshal and friends will be here to help us celebrate our country's independence!

### Mini Sturgis!

It's that time of year again ... Time for our Mini Sturgis! We'll be serving a complimentary BBQ lunch outside for residents, employees and their families. We'll have the band Blue Collar here again and of course, be giving motorcycle rides. The fun starts at 11 a.m.!



**Our Talk.  
Our Walk.  
Every Day!**

**Enjoying  
the Summer  
Bounty**

At long, last summer is here! That means fresh fruits and vegetables straight from the garden, food co-op, roadside stand or local grocery. We're here to help you enjoy the best of the season's bounty and reap the benefits. Eating well this season is about fresh, colorful food, and on many occasions, eating outside with friends or family adds to the fun. Search out super foods like spinach, raspberries or blueberries. Research suggests that healthy eating can promote mental acuteness, resistance to illness and disease, and increased energy.

## Important Information Regarding Our Phone Number!

This is a reminder that when you receive a phone call from VSR, the number that shows on your caller ID is NOT the callback number. We have a Relay System which allows more phone lines to be available.

This Relay System provides service for other businesses across the United States, so redialing that number showing on your caller ID could have you reaching a business in a variety of states. We apologize if this is an inconvenience. Our number is 406-549-1300. Thank you for your patience and understanding.



## Resident Spotlight

Gloria was born in Chico, Calif. and is the youngest of eight children. Her family rented and ran a plum orchard. They grew and dried plums on 20 acres and then sold them to the Sunrise Company as prunes. When Gloria was 10 years old, they moved to Hollywood, Calif. where two of her sisters lived.

She met her husband Roy through a girlfriend. He was in the Army Air Force, training to be a pilot. When he got his wings in 1945, they got married. From there, they moved all over the country to different bases. After he left the service, they moved to Bakersfield, Calif., where he flew planes for crop dusting. He was killed in a plane crash. They had been married for six years and had one three-year-old daughter. Gloria stayed in Bakersfield and worked as a waitress in a cafe, which is where she met her second husband, Walter. He was a truck driver and he used to come in for coffee often. They were married in 1952 and were married for 57 years. They had three children together, two girls and one boy. Walter had been in the Navy. He was on the Oklahoma when Pearl Harbor was attacked. He was one of the survivors. He was also a part of the UDT, Underwater Demolition Teams. The UDT was the forerunner of the Navy Seals.

They initially settled in Burbank where his folks were. His father owned a bar and was in partnership with Spencer Tracy. In fact, Spencer Tracy and Kathryn Hepburn lived in an apartment above the bar. While they lived in Burbank, Walter was in a movie with Esther Williams. He was one of the underwater gods in "Jupiter's Darling". After his mother passed away, they moved to Boise, Idaho for a couple years and then on to Oregon where they settled for the next 21 years. Walter worked as a logger and Gloria worked in real estate. She ran a real estate office with six people working for her. Her business was very successful. She is listed in the "Who's Who of American Women" volumes seven times. She is also listed in the International Biography Journal.

After their kids had all grown they retired and moved to Mexico to live by the sea. Her husband loved the water and swimming. They lived there for about six years and then moved to Nevada. Her husband passed away in 2008. Her husband had a very close friend named Paul who was also a survivor of the Oklahoma. Gloria was also very good friends with him. After her husband died they stayed in touch. She eventually moved to Arizona with Paul. His wife had passed away and they were roommates. They traveled quite a bit together and enjoyed every moment of it. They traveled by train to Canada and Michigan. They went to Iceland and they traveled to Hawaii many times. Paul was one of the veterans responsible for raising the money and building the Pearl Harbor Memorial.

After Paul passed away, she stayed in Arizona for a while until she got sick. After that, she moved to Missoula where one of her daughters lives. She moved into The Village last year and we are very happy to have her be a part of our family.



## Our Marvelous Moon

For centuries, the Earth's closest celestial neighbor has fascinated stargazers, inspired works of art and stirred the quest for space travel. Explore these facts about the moon:

- Earth's only natural satellite is about one-fourth the size of our planet — about 2,160 miles in diameter.
- The moon is 240,000 miles away and completes an orbit around our planet in about 27 days.
- Sunlight illuminates the moon from different angles as it rotates around Earth, changing how much of the lunar surface we see at night. This creates the cyclical moon phases, such as the crescent or full moon.
- The moon has no atmosphere to trap heat or cold, producing extreme temperatures that range from minus 280 degrees at night to 260 degrees during the day.
- Because there is no wind or rain to cause erosion, the moon's surface is full of craters formed by the impact of space rocks millions of years ago.
- The gravitational pull of the moon causes the rise and fall of ocean tides.
- On July 20, 1969, Apollo 11 astronaut Neil Armstrong became the first person to set foot on the moon. In all, 12 men have walked on the moon.



## Memorial Day 2017



## Ukulele Class From Big Sky High School Visits Our Pearl Garden!



A big thank you to the ukulele class from Big Sky High School for coming and playing in our Pearl Garden!

## Kathryn's Korner

Dear Friends,

Many of us are very patriotic and are looking forward to celebrating our great nation's birthday on Tuesday, July 4. I think many of you would agree that there is some interesting reading in the Declaration of Independence written by our forefathers in Congress on July 4, 1776.

I enjoyed a wonderful opportunity a couple of years ago and visited Philadelphia. I don't even have the adequate words to describe how fascinating it was to view the Liberty Bell and the Halls of Congress.

Oh, if those walls could only talk! One of the most fun sites is the Benjamin Franklin Post Office which remains in operation. How often do you see a hand-stamped cancellation these days?

May you enjoy a wonderful celebration and time of remembrance!

Long may freedom ring!



Kathryn E. Beaty, LNHA  
Executive Director

## Resident Birthdays

Hazel C., 4th      Loren O., 28th  
Dorothy W., 17th      Margie F., 31st

## Anniversaries

Carl & LaRane S., 7/20/1940

## New Residents

- Richard M.
- Dale H.
- Horst J.
- Mary T.





## THE VILLAGE

Senior Residence

2815 Old Fort Road  
Missoula, MT 59804  
406-549-1300



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Arleen Turk

**Quality Coordinator**

Changmee Vang

## Understanding Sunscreen

Wearing sunscreen is a safe, easy way to protect your skin from sun damage that can lead to premature aging, sunburn and skin cancer.

The ingredients in sunscreen work together to block or absorb the sun's ultraviolet rays before they reach your skin. Choose products labeled as broad-spectrum, which means they protect against both UVA rays (the cause of wrinkles and age spots) and UVB rays (the cause of sunburn).

Sunscreens with a sun protection factor of at least 15 are recommended, while dermatologists advise using SPF 30 or above. This number refers to the percentage of the sun's rays that the sunscreen blocks. SPF 15 filters out 93% of incoming rays and SPF 30 filters out 97%.

About 15-30 minutes before you go outside, apply one ounce — about a full shot glass — of sunscreen to the parts of your body not covered by clothing.

## Like Us on Facebook

Go to [facebook.com/TheVillageSeniorResidence](https://facebook.com/TheVillageSeniorResidence) to see pictures and catch up on all the fun here at The Village Senior Residence. This is a great way for family members and friends to stay connected!

