

Huntcliff's Needlepoint Artists

Rima Elissa



Micki Henry



Jackie Pierce



August 2024

HUNTCLIFF HARBINGER



The mission of the Huntcliff Harbinger is to announce planned events and activities for residents and interested parties. Also included are photographs and stories of resident art-work, club reports, and staff and volunteer recognition. The HH is written and developed by the Harbinger Editorial Staff. **Huntcliff Summit Website: www.huntsumres.org**

HIGHLIGHTS of COMING EVENTS

Continue to check the monthly calendar, daily elevator postings, and bulletins for activity announcements & updates.

- Folk Pottery Museum and Amish bakery
- Immersive exhibit – “The Titanic”
- Fernbank Museum – (Numbers in nature mirror maze)
- “Cyclorama” – Atlanta History Center
- Opera Movie – “Turandot”
- Juliet Club – “Lunch at the Brooklyn Café”
- Huntcliff Men’s Club- Reinhart College Museum
- Diners Club – Seasons 52
- National Custard Day – (Whit’s custard)
- JCC visit with program offering
- Bea Schemer – “Surviving the Holocaust”
- Bob Bahr’s lecture series “Broadway Musicals”
- “Andrew Jackson – Hero or Villain?” – Brandt Ross
- Monthly Torah Study with Rabbi Heller
- Sunrise Farmer’s Market Social and Snack
- Gillian – “Our crafts master”
- “Hootenanny” – Music program w/ Brandt Ross

Message from Lisa Schilling—Huntcliff Executive Director

It is a Sunrise tradition that each year at the end of July/early August we celebrate “The Summer of Sunrise”. This is a time of year dedicated to celebrating and recognizing our team members for the work they do day in and day out. This year we started with a “National Hot Dog Day” lunch and Hot Dog Trivia! Congratulations to our cook, Aaronica Steward for winning the \$50 cash prize! We also distributed Summer of Sunrise T-shirts with our Core Values and Principles of Service on the back! A fun way to remind our team of what truly guides our actions here at Huntcliff Summit. We plan to continue the fun with an Ice Cream Social and since it’s an Olympic year, we will host some fun “Olympic” events for our team to enjoy. Throughout the year, Sunrise is committed to taking care of the people who take care of you, our residents. Our Leadership team believes in Servant Leadership – serving our team members while they serve you. Sunrise offers opportunities for them to grow through training, education, and tuition reimbursement so they can reach their full potential. In addition, we offer health and wellness programs and a “Positively Shine” Recognition program. We believe that keeping our team members engaged will offer you a better experience here at Huntcliff Summit!

Lisa

Did You Know?

WHY? Do men's clothes have buttons on the right while women's clothes have buttons on the left?

When buttons were invented, they were very expensive and worn primarily by the rich. Since most people are right-handed, it is easier to push buttons on the right through holes on the left. Because wealthy women were dressed by maids, dressmakers put the buttons on the maid's right! And that's where women's buttons have remained since.

WHY? Why do ships and aircraft use 'mayday' as their call for help?

This comes from the French word m'aidez - meaning 'help me' - and is pronounced, approximately, 'mayday.'

WHY? Why is shifting responsibility to someone else called 'passing the buck'?

In card games, it was once customary to pass an item, called a buck, from player to player to indicate whose turn it was to deal. If a player did not wish to assume the responsibility of dealing, he would 'pass the buck' to the next player.

Harbinger Development Members & Distribution Team

The Harbinger is written and prepared by residents. The articles were all prepared independently by the Harbinger Editorial Staff. Joan Abram, Wilma Asrael, Stan Bernstein, Jo Bailey, Erma Davis, Sara Davis Merriman, Marvin Fellner, Rosemarie Hosbein, Fred Ortyl, Jobie Ponder, Brandt Ross, Marcia Swanson, Betty Taptich, and Barbara Witte all contributed to the writing and distribution of this month's issue.

August Birthdays

8/1	Renee Dudovitz	8/3	Julie Bakke
8/6	Carol Barrington	8/15	Bill Long
8/16	Grace Benator, Manuela Bornstein	8/19	Joan Capper, Larry Isaacson
8/20	Winsome Barrow, Marilyn Mitchel, Sandy Kole		
8/21	Brenda Patten	8/24	Paul Greenberg, Elsie McLaughlin
8/26	Linda Kappel	8/29	Pat Harper, Marty Sidman

August Anniversaries

8/3	Carol & Erwin Barrington
8/24	Emily & Joe Roman, Carol & Paul Langevin

Team Service Anniversaries Who Began in August

8/4	Luke Powell (Admin) 7 years
8/13	Sandra Newsom (Housekeeping) 25 years (Awesome—Congratulations)
8/14	Brent Andrews (Dining Room) 4 years
8/15	Antoinette Crawley (Housekeeping) 1 year
8/15	Karlos Nadal (Maintenance) 1 year

Residents' Experiences w Their Children or Grandchildren

The **Barrington's** very young daughter was found one early morning riding her hobby horse on top of the coffee table!

Betty Taptich's 3rd grade son boarded his school bus one morning to find the driver seat empty. He hopped on, fiddled with controls, and the bus rolled down the road. Luckily for all, it stopped on its own!!

Linda Everett's husband was going to the polls to vote when Nixon was running. Their daughter was very small so he was carrying her. As she looked around when they entered the voting room, she said “Dad, Where’s Nixon”?

Joan Ziperson was on a visit to Atlanta to visit her grandson. Her five year old asked her where she lived. She answered “Miami” He replied “If you have your Ami, where is My Ami?”

Bunny Maron while doing an art project with her great grandchildren, there was a disagreement over who could use the scissors. Bunny turned to Dylan and said “Sharing is”? He responded, turning to his sister “Sharing is”? “Boring”!!

Joan Abram's four year old son was watching TV early Sunday. I asked him what he was watching. He replied, “A Commercial about God”!!

Marcia Swanson several isolated comments from her grandson Robby - “*Being Loud is one of my hobbies*” “*He asked her was I at your her wedding?*” “*I’m yawning, that means I am awake!*”

New Friends



Norma Mayor has lived in Dunwoody for the past three years, had moved there from Tampa, Florida. She has two children, four grandchildren and one great-grandchild. Norma worked as a para-professional at Hillsborough Country Schools. She likes to dance, do flower arranging and play some card games. Welcome Norma.



Carol and Paul Langevin moved here from Ohio. They have three children and one grandchild. Paul worked as a chemist and Carol worked as a nurse. Paul is a Buffalo Bills fan and has hobbies of building cat furniture and creating pictures using laminated wood. They have special memories of travelling the country in a fifth-wheeled mobile home. Welcome Carol and Paul.



Rosa Maria Alcaide moved here from Houston, Texas. Previously she worked as a seamstress. Rosa likes classical music and opera. She enjoys tortillas, cheese, eggs, Poblano peppers, and soups. Her hobbies include cooking, knitting, and reading. Welcome Rosa.



Barbara Alexander moved here from Florida. Previously she was a homemaker. Barbara has two children. She likes to eat Mexican food. Welcome Barbara.

Art Classes Come To Huntcliff



On Wednesday, July 3rd, a new video series entitled The Great Courses, A New Beginning in Art, was introduced to Huntcliff residents. We knew some might be interested, but we were astounded to welcome 20 people!! The sessions are one half hour and the subject is Impressionism in Art. We hope to continue throughout the summer and would be delighted to welcome interested participants. Check your Activities List for day and time.

Garden Coyote Named



After much consideration and resident communications, we decide to name the garden's protective coyote - "**Wile E. Coyote**". The name comes from the cartoon character in the Road Runner cartoons that we all grew up watching.

Ryan Holeman – Huntcliff's New Chef



Born in Philadelphia, our new Chef is Ryan Holeman. As a child his family moved to the suburbs of Lansdale, and his family still lives in that area. His love for cooking, especially barbeque, was inspired early on by his father, also a chef, so it was natural for Ryan to attend the Philadelphia Art Institute for Culinary Arts. While a student there, he worked at Temple University in the cafeteria, and was promoted to running the cafeteria at Temple's Ambler Campus. After school, in 2005, Ryan moved to North Carolina, working at the Greensboro Country Club, where he learned about smoking meat. In 2023, he moved to Atlanta, working at St. Ives Country Club in Johns Creek. He then began working as a cook for Sunrise at the Ivy Ridge location, until the manager there recognized his abilities and asked him to travel to other local Sunrise facilities. There Ryan began training new cooks and dining room coordinators, learned more about ordering and planning, and filled in at those sites for staff when they were on vacation. He quickly gained a reputation for his leadership abilities, but Ryan's love is cooking. His favorite is brisket, and he plans to increase the menu at Huntcliff with poached and baked fish, and more fresh vegetables. On a personal note, he is engaged to a woman he met in Atlanta, and they will have a blended family of one pre-teen and two teenage children. Ryan has enjoyed meeting our residents and we are excited and fortunate to have him with us. Welcome Ryan!

Needlepoint At Huntcliff

We asked resident Jackie Pierce to write an article about needlepoint. Her work along with two other needlepoint artists (Rima Elisa, and Micki Henry) are featured on the back cover

When asked to write about the art of needlepoint I recognized that I had really never thought of it as an art! The realization that it truly was art enabled me to look at it from a totally different perspective. Needlepoint begins with a painted design on a canvas specifically designed for stitching. Once you have selected the canvas you then have options that are only limited by your imagination. Beginners usually stick to the colors painted on the canvas and do stitches like basketweave or continental to complete a beautiful design. Experienced stitchers also stick to these because they are favorites and enable the piece to create the effect intended. As one progresses in developing their skills an entire new opportunity becomes available and thinking outside of the box enables them to take the original design and make it their own using assorted threads that come in hundreds of colors, textures, and effects. In other words, an infinite number of people can purchase the same canvas and create totally different finished products. Creations can include beads, gems, and the like to enhance the use of threads. Finished projects can be framed, made into pillows, completed as a tallis bag, purse, Christmas stockings and ornaments, the list is endless! For me, needlepoint serves as a fabulous way to express myself that is uniquely mine. This art form provides me with a sense of serenity and serves as a form of therapy! Think outside the box, enjoy the experience, and have fun!!!

Activity Summaries

Huntcliff Players - There will be no Huntcliff Players Shows in August. Look for a NEW SEASON of COMEDY SHOWS beginning in September.

Book Club - Huntcliff's Book Club will meet in Essex at 2:30 on August 8th. The group will discuss "The Vaster Wilds" by Lauren Groff. Reading the book is not a requirement and visitors are always welcome.

Men's Club - The HMC will visit the Funk Heritage Center on Tuesday, August 20. This is a large museum devoted solely to Native Americans and early American history. ALL Huntcliff residents are invited to attend but signup is required with Fatiha before August 13 at 770-552-3040/ Look for a flyer on this trip in your mailbox on August 1. You don't want to miss this

Exercise with Fatiha



Fatiha's exercise class began with a small group that met in the back dining room during the pandemic. Some months later the class grew in number and was therefore moved to the Essex room. Fatiha makes her exercise class fun and it is designed towards helping seniors with flexibility and strengthening exercises..



Here is the routine to facilitate the exercise movements as role plays:

- Boxing routine
- Opening a bottom cabinet by moving hips and legs
- Cleaning kitchen counter using the arms.
- Pretend to pick up heavy grocery bags to engage the shoulders and scapula.
- Weighted tubes are used as oars to paddle to our destination in kayaks.
- Both arms are used to open upper cupboard to get a glass to have a drink.
- The trip back home is by plane, and arms are outstretched with rotating movements like a bird.

The class also includes strengthening joints such as those involving fingers, toes, and muscles like the quadriceps, abdominal and gluteal.

You will enjoy Fatiha's exercise program where you will not only have fun but you will reap many benefits.

EXERCISE CLASSES ARE HELD : MONDAY TO THURSDAY IN THE ESSEX ROOM AT 10:30 a.m.

Harbinger Experiments with Artificial Intelligence

After attending Ray Bowyer's fascinating talk about the future of Artificial Intelligence (AI), we asked Ray to ask the program to write a paragraph about the month of August. Here is the unedited version of our request only using AI. This example is for you to judge:

August, the eighth month of the Gregorian calendar, holds historical significance and unique characteristics. Let's delve into its origins and notable features.

Name and Origin: Originally named Sextilis in Latin, it was the sixth month in the early Roman calendar. Around 700 BCE, King Numa Pompilius added January and February to the year before March, making August the eighth month. In 8 BCE, Emperor Augustus Caesar re-named it in his honor.

Length and Season: August spans 31 days. In the Northern Hemisphere, it falls during summer, while in the Southern Hemisphere, it corresponds to winter

Harvest and Holidays: August was associated with harvest festivals, especially among the Guanches of Tenerife. Numerous religious holidays occurred during this month in ancient Rome.

Meteor Showers: Notable meteor showers include the Perseids, Kappa Cygnids, and Alpha Capricornids. Stargazers can observe Messier 30, a star cluster, around August.

Emperor Augustus: The month was renamed in honor of Emperor Augustus due to his triumphs, including the conquest of Egypt. In summary, August bridges seasons, celebrates harvests, and pays homage to a remarkable historical figure

Recent Outings

