

The Spirit of Nachi



High in the Kumano region of Japan’s Kii Mountains lies Nachi, a sacred site in the Shinto religion, and the Great Waterfall of Nachi, a dazzling rush of water that cascades 133 meters. *Kumano* means “holy ground where the gods dwell,” and the primeval mountain range is filled with many religious sites and pilgrimage routes. On July 14, thousands of pilgrims and tourists climb to the beautiful waterfall for the Nachi Fire Festival, a celebration of water and fire.

According to Shinto religious beliefs, a powerful spirit, or *kami*, lives within the Nachi waterfall. Pilgrims first pay homage to the spirit with a blessing of fire. Men in white robes carry massive torches weighing over 100 pounds up and down the 133 steps (one for each meter of the waterfall’s height) that lead to the sacred Nachi shrine. Fire has long been considered a purifying force, and once the steps are purified, more pilgrims robed in blue descend the stairs carrying 12 *Mikoshi*. The Mikoshi are 20-foot-tall vermilion shrines decorated with fans and mirrors to mimic the beauty of the waterfall. The 12 shrines symbolize the 12 Shinto deities and the 12 months of the year. These shrines are considered resting places for the spirits. Not only do the pilgrims honor the gods but the gods show them favor by blessing the pilgrims.

The Kumano region has been considered a place of healing for thousands of years. The Nachi shrine is just one of three major Shinto shrines in the area. Also close to the Nachi shrine is another sacred site, an 850-year-old camphor tree wrapped ceremoniously in straw rope and paper flags. Like the Nachi waterfall, this tree is also believed to house a Shinto kami spirit. A giant opening in the tree’s trunk allows visitors to enter the tree and make offerings at a small altar. It is said that once inside, one can hear the beating of the tree’s heart, a moving and transcendent experience.

July Birthdays

- Roger – July 10
- Carol – July 15
- Rosie – July 16
- Winness – July 25
- Willie – July 26

- Richard Petty (race-car driver) – July 2, 1937
- Ringo Starr (Beatle) – July 7, 1940
- Tom Hanks (actor) – July 9, 1956
- Arthur Ashe (tennis pro) – July 10, 1943
- Woody Guthrie (folk singer) – July 14, 1912
- Ginger Rogers (dancer) – July 16, 1911
- Janet Reno (attorney general) – July 21, 1938
- Lynda Carter (actress) – July 24, 1951
- Gracie Allen (comedian) – July 26, 1895

Night of Nights



Morse code, that method of communicating letters using long and short signals of sound or light, seems old fashioned. After all, commercial

Morse radio stations have been defunct for almost three decades. The last U.S. transmission went out on July 12, 1999, and read, “What hath God wrought”—which is also the first message sent by Samuel Morse in 1844. It was a sad night for those who had used Morse code throughout their lives. The abandoned station was filled with old rotary phones, manual typewriters, teletype machines, and telegraphy keys, some dating back to the time of Samuel Morse. What a pleasant surprise when the airwaves sprang to life again with buzzing and beeping on July 12, 2000. This was the first “Night of Nights,” when for one night, an old maritime radio station on the coast of northern California sent out Morse transmissions. The tradition has been carried on ever since.

Select Senior Living

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Celebrating July

Staff Directory

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Vanessa Nguyen
Executive Director

Interim Director of Nursing

Ashley Roy
Director of Marketing

Renee Voyce
Life Enrichment Director

Eric Gebel
Director of Maintenance

Jameel Robertson
Director of Culinary

The Rhythm of Early America

In 2026, the United States marks the 250th anniversary of 1776—a milestone that invites reflection, not just on historic events but on the texture of everyday life in colonial times. Long before modern conveniences, daily routines were shaped by necessity, skill, and close-knit communities.

Food, for example, was seasonal and local by default. Families relied on what they could grow, hunt, or trade. Cornmeal, beans, and salted meats were staples, while gardens supplied herbs and vegetables. Preserving food—through drying, smoking, or pickling—was essential for surviving the winter. Meals were simple but sustaining, and little went to waste.

Craftsmanship was equally central to daily life. Many households produced what they needed, from clothing to tools. Spinning wool, weaving fabric, and sewing garments were common skills, as were woodworking and blacksmithing. Objects were made to last, repaired when broken, and valued for their function as much as their form.

Community ties helped hold everything together. Neighbors shared labor during harvests, barn raisings, and other large tasks. Churches, markets, and town gatherings provided structure and connection. In a world without instant communication, relationships were built face-to-face and maintained through mutual reliance.

The rhythms of life 250 years ago highlight a kind of resilience that feels both distant and familiar. Colonists adapted constantly—to weather, to shortages, to uncertainty. Their resourcefulness wasn’t a choice; it was a requirement. This anniversary offers a chance to consider what endures. Skills like making, mending, and sharing haven’t disappeared—they’ve simply changed form. The same is true of community and adaptability. While the tools and technologies of daily life have evolved, the underlying values—resourcefulness, cooperation, and persistence—remain recognizable.

A Note from our Director of Nursing

Your health, safety, and well-being are important to us. Here are a few simple reminders to help you stay healthy and active this month.

1. Stay Hydrated

Drinking enough fluids is essential for maintaining energy, preventing dizziness, and supporting overall health. Keep water nearby and drink throughout the day, even if you do not feel thirsty. Fruits, vegetables, soups, and other water rich foods can also help keep you hydrated.

2. Prevent Falls

Falls can often be prevented by taking a few precautions: (1) Wear supportive, non-slip shoes; (2) Use your walker or cane as recommended; (3) Rise slowly from sitting or lying positions; (4) Keep walkways clear of clutter; and (5) Report any safety concerns to staff.

3. Eat for Good Health

A balanced diet supports strong bones, muscles, and immune health. Aim to enjoy a variety of fruits, vegetables, whole grains, lean proteins, and calcium-rich foods. Good nutrition can also help manage chronic health conditions.

4. Medication Safety

Take medications exactly as prescribed and let nursing staff know if you experience side effects or have questions about your medications. Never share medications with others.

5. Support Your Mental Well-Being

Staying socially connected is an important part of healthy aging. Join activities, spend time with friends, call loved ones, and participate in community events. If you are feeling sad, anxious, or lonely, please reach out to a staff member.

6. Practice Good Hand Hygiene

Wash your hands frequently, especially before meals and after using the restroom. Proper handwashing is one of the best ways to prevent the spread of illness.

We are Here for You

Your nursing team is committed to helping you live safely and comfortably. Wishing you a healthy and happy month!

Your Nursing Team

Life Enrichment Updates



“Freedom is never more than one generation away from extinction. We didn’t pass it on to our children in the bloodstream. The only way they can inherit the freedom we have known is if we fight for it, protect it, defend it, and then hand it to them with the well fought lessons of how they in their lifetime must do the same. And if you and I don’t do this, then you and I may well spend our sunset years telling our children and our children’s children what it once was like in America when men were free.” – Ronald Reagan

Celebrate America's 250th birthday with us! July is going to be filled with patriotic activities to honor this special occasion. Let's come together to commemorate the history and spirit of our great nation. Keep your eyes on the calendar and join us in the fun-filled festivities throughout the month!

Some of the date to be aware of:

- Wednesday, July 1- at 2:30 Craft – Tin Punch Door Decore (**Sign up is Required**)
- Thursday, July 2- at 3:30 4th of July Tattoos
- Thursday, July 9 – at 6:15 Outing for Concert at Coon Rapids Dam (**Sign up is Required**)
- Monday, July 13 – at 9:45 Outing to Walmart (**Sign up is Required**)
- Monday, July 20 at 8:30 Outing – Fishing Trip and Picnic (**Sign up is Required**)
- Wednesday, July 22 at 12:30 Craft- Tye Dye Tote Bag (**Sign up is Required!**)



Outing- (Sign up is Required)

Thursday, July 9 at 6:15 Coon Rapids Dam Concert

Monday, July 13 at 9:45 Walmart

Monday, July 20 at 8:30 Fishing Trip and Picnic



Entertainment-

Friday, July 10 @2 – John Daniels

Friday, July 17 @ 2 – Mark Milner

Crafts-(Sign up is Required)

Wednesday, July 1 at 2:30 Tin Punch Door Decore

Wednesday, July 22 at 12:30 Tye Dye Tote Bags