

A 'Beautiful' Tribute

(Continued)

Inspired, she finished her poem during the trip, but didn't publish it until two years later. The first version appeared in a weekly Massachusetts newspaper, The Congregationalist, on July 4, 1895.

For a while, "America the Beautiful" was sung to the melodies of various folk tunes, including "Auld Lang Syne."

"America the Beautiful" has become a patriotic standard and is often played at national celebrations and sporting events.

Ketchup on Some French Fry History

"Do you want fries with that?" It's a question that many folks answer with an enthusiastic "Yes!" In the U.S., french fries are so popular that the average person eats about 30 pounds of them each year.

Despite their name, it's difficult to determine the exact origin of french fries. Potatoes, native to South America, arrived in Europe in the mid-1500s, and Spain, France and Belgium all claim to be the place where the vegetable was first served cut up and fried in oil.

U.S. President Thomas Jefferson, who spent time in France as an ambassador, is credited with introducing french fries to America when he requested them at a White House dinner in 1802. By that time, street carts selling deep-fried foods were common in France, and chefs there had also popularized the julienne technique, the cutting of food into long, thin strips. Both of these preparation methods likely led to the name french fried potatoes, which was eventually shortened to fries.

Whether as a side dish or snack, hot and crispy fries are now offered in a variety of options, including crinkle-cut, shoestring, waffle, curly and steak fries.



A Tribute to Korean War Veterans

More than 5 million men and women served in the U.S. armed forces during the Korean War. Dedicated on July 27, 1995, the Korean War Veterans Memorial, located on the National Mall in Washington, D.C., honors those who fought in the conflict from 1950 to 1953.

The memorial's most recognized feature is a triangle-shaped field with 19 stainless steel statues that represent the war's cross section of American service members from the Army, Marine Corps, Air Force and Navy. The 7-foot-tall figures appear to be moving toward an American flag that flies next to a reflective pool of remembrance. The reminder "Freedom is not free" is engraved on the pool's stone wall.

Another impactful feature is a black granite mural wall that shows thousands of images made from war photographs of military support personnel, including doctors, nurses and canine corps. The wall's polished surface also reflects the memorial's 19 statues, giving the illusion there are 38 figures. This number is symbolic of the 38 months the war lasted and the 38th parallel that separated North and South Korea.



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JULY 2020

Dear Residents, Families and Friends

Happy Summertime! The hotter temperatures are here again! If you are walking outside, please try to do it first thing in the morning when the temperatures are down. Also, please try to remember to drink plenty of water throughout the day. I know this summer may look different than others, but the high temperatures remain the same!

Please remember that you should all be wearing a mask if you are outside of your apartment or even when you answer your door. Also, we have iPads and laptops set up for FaceTime visits or TeleDoc appointments. If you have questions regarding virtual appointments or would like to schedule an appointment, please see the front desk.

Again, I want to say a huge "Thank you!" to the entire staff. The dining staff, caregivers, housekeepers, concierge team, activity team, night monitors, office staff and maintenance staff have all gone above and beyond! Their job might look a little different, but the passion for what they do has stayed the same!

Happy July,
Erin Montgomery
Executive Director



A 'Beautiful' Tribute

Expressing national pride "from sea to shining sea," the stirring anthem "America the Beautiful" turns 125 this month.

The song's lyrics are the words of a poem written by Katharine Lee Bates, who was an English professor at Massachusetts' Wellesley College. In 1893, while on a trip to Colorado, Bates visited Pikes Peak, and was struck by the view of natural beauty from the mountain and, in her words, "the sea-like expanse of fertile country ... under those ample skies."

(Continued on back.)



ASSISTED LIVING
AL#010063

JULY 2020

Locations

Activity Room, AR
AL Courtyard, ALC
AL Parking Lot, ALPL
Bistro, B
Dining Room, DR
Library, LL
Lobby, L
Outing, O
Spa, Spa

Birthdays

Dolores Spradlin, 5th
Carole Ward, 13th
Georgie Sadler, 16th
Sharli Newton, 18th (Employee)
Jane McHugh, 23rd

Transportation Schedule

Monday, 10 a.m.
Grocery Stores
Tuesday & Thursday, 10 a.m.
Walmart
Wednesday, 10 a.m.
Post Office/Bank
Friday, TBA
Field Trips/Outing

“Be brave. Take risks.
Nothing can substitute
experience.”

— Paulo Coelho

Activities Subject to Change

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|---|---|--|--|
|  | | | | | | |
| | | | Second Half of the Year 1 9:30 Tone Those Bones, AR 10:00 Post Office/Bank, O 10:30 Puzzle Mania, AR 1:30 Card Club, AR 2:00 Snack Attack Bingo, L 3:30 White Board Game of Choice, L | 9:30 Chair Exercise, L 2 10:00 Christian Service w/Rev. Mark, L 10:15 1:1 Session w/Sarah 1:30 Memories and Music, L 2:30 Art Expression, AR 4:00 Giant Crossword Puzzle, L | Superman Day 3 Wear Red, White or Blue Colors 9:30 Senior Fitness, AR 12:45 Bible Study w/Laura 1:30 Wonder Word Search, AR 4:00 Name Your Game!, AR | INDEPENDENCE DAY 4 9:30 Beauty Salon Is Open 9:30 Chair Exercise, L 10:30 Word of the Day 1:00 Fancy Nails 2:00 Saturday Bingo, AR 3:30 Roll the Dice, L |
| 7:30 In Search of the Lord's Way (Kdfid Channel 7), L 5 8:30 New Covenant Baptist Church, L 2:00 Church Service w/ Rob Harrison, L 3:00 Cinema Sundays, L | 9:30 Exercise w/ Legacy, AR 6 10:00 "The Prize Is Right" and Snack Social, L 10:30 Word of the Day, L 1:00 Bible Study w/ the Yellow Rose Hospice, L 2:00 Sassy Senior Bingo w/ the Yellow Rose, AR 4:00 Adult Coloring Club, AR | Chocolate Day 7 9:30 Senior Fitness, AR 9:30 Beauty Salon Is Open 10:00 Therapy Dog 10:30 Catholic Communion 10:45 Guess Who? 1:30 Movie & Snack, L 2:30 Puzzle Mania, AR 3:30 Trivia, L | Coca Cola Day 8 9:30 Tone Those Bones, AR 10:00 Post Office/Bank, O 10:30 Chicken Foot, AR 1:30 Card Club, AR 2:00 Snack Attack Bingo, L 2:30 Coca Cola Floats, L | | Piña Colada Day 10 9:30 Senior Fitness, AR 10:15 Coffee and Checkers, L 12:45 Bible Study w/Laura 1:30 Wonder Word Search, AR 2:00 Let's Have a Pina Colada Social Hour, L 4:00 Name Your Game!, AR | 9:30 Beauty Salon Is Open 11 9:30 Chair Exercise, L 10:30 Word of the Day 1:00 Fancy Nails 2:00 Saturday Bingo, AR 3:30 Giant Crossword Puzzle, L |
| 7:30 In Search of the Lord's Way (Kdfid Channel 7), L 12 8:30 New Covenant Baptist Church, L 2:00 Church Service w/ Rob Harrison, L 3:00 Cinema Sundays, L | 9:30 Exercise w/ Legacy, AR 13 10:00 "The Prize Is Right" and Snack Social, L 10:30 Word of the Day, L 1:00 Bible Study w/ the Yellow Rose Hospice, L 2:00 Sassy Senior Bingo w/ the Yellow Rose, AR 4:00 Wonder Word Search, AR | 9:30 Senior Fitness, AR 14 9:30 Beauty Salon Is Open 9:45 Blood Pressure Clinic w/the Yellow Rose Hospice, L 10:00 Therapy Dog 10:30 Catholic Communion 10:45 Roll the Dice, L 1:30 Popcorn/Movie, L 2:00 Fancy Nails & Hand Massage, AR 3:30 Trivia, L | 9:30 Tone Those Bones, AR 15 10:00 Post Office/Bank, O 10:30 Puzzle Mania, AR 1:30 Card Club, AR 2:00 Snack Attack Bingo, L 3:30 White Board Game of Choice, L | 9:30 Chair Exercise, L 16 10:00 Christian Service w/Rev. Mark, L 10:15 1:1 Session w/Sarah 1:30 Memories and Music, L 2:30 Art Expression, AR 4:00 Giant Crossword Puzzle, L | National Watermelon Month 17 World Emoji Day 9:30 Senior Fitness, AR 12:45 Bible Study w/Laura 1:30 Wonder Word Search, AR 2:00 You Are One in a Melon Social Hour, L 4:00 Name Your Game!, AR | 9:30 Beauty Salon Is Open 18 9:30 Chair Exercise, L 10:30 Word of the Day 1:00 Fancy Nails 2:00 Saturday Bingo, AR 3:30 Roll the Dice, L |
| 7:30 In Search of the Lord's Way (Kdfid Channel 7), L 19 8:30 New Covenant Baptist Church, L 2:00 Church Service w/ Rob Harrison, L 3:00 Cinema Sundays, L | 9:30 Exercise w/ Legacy, AR 20 10:00 "The Prize Is Right" and Snack Social, L 10:30 Word of the Day, L 1:00 Bible Study w/ the Yellow Rose Hospice, L 2:00 Sassy Senior Bingo w/ the Yellow Rose, AR 4:00 Adult Coloring Club, AR | 9:30 Senior Fitness, AR 21 9:30 Beauty Salon Is Open 10:00 Therapy Dog 10:30 Catholic Communion 10:45 Guess Who? 1:30 Movie & Snack, L 2:30 Puzzle Mania, AR 3:30 Trivia, L | National Ice Cream Month 22 Ice Cream Time, L 9:30 Tone Those Bones, AR 10:00 Post Office/Bank, O 1:30 Card Club, AR 2:00 Snack Attack Bingo, L | | 9:30 Senior Fitness, AR 24 10:15 Coffee and Checkers, L 12:45 Bible Study w/Laura 1:30 Wonder Word Search, AR 4:00 Name Your Game!, AR | 9:30 Beauty Salon Is Open 25 9:30 Chair Exercise, L 10:30 Word of the Day 1:00 Fancy Nails 2:00 Saturday Bingo, AR 3:30 Giant Crossword Puzzle, L |
| 7:30 In Search of the Lord's Way (Kdfid Channel 7), L 26 8:30 New Covenant Baptist Church, L 2:00 Church Service w/ Rob Harrison, L 3:00 Cinema Sundays, L | 9:30 Exercise w/ Legacy, AR 27 10:00 "The Prize Is Right" and Snack Social, L 10:30 Word of the Day, L 1:00 Bible Study w/ the Yellow Rose Hospice, L 2:00 Sassy Senior Bingo w/ the Yellow Rose, AR 4:00 Wonder Word Search, AR | 9:30 Senior Fitness, AR 28 9:30 Beauty Salon Is Open 10:00 Therapy Dog 10:30 Catholic Communion 10:45 Roll the Dice, L 1:30 Popcorn/Movie, L 2:00 Fancy Nails & Hand Massage, AR 3:30 Trivia, L | 9:30 Tone Those Bones, AR 29 10:00 Post Office/Bank, O 1:30 Card Club, AR 2:00 Snack Attack Bingo, L | | 9:30 Senior Fitness, AR 31 12:45 Bible Study w/Laura 1:30 Wonder Word Search, AR 2:00 Birthday Bash, L 4:00 Name Your Game!, AR |  |