Fighting for a Cause

Susan B. Anthony, civil rights activist and leader in the women's suffrage movement, inspired a countless number of people to fight for equality. She held her own ground, taking firm positions on numerous occasions, especially when it came to women's rights. June 6, 1872, was one of those occasions. She and a group of women in Rochester, New York, decided to vote in a presidential election. This attempt at equal voting rights for men and women was not only frowned upon, but also worthy of an arrest in the eyes of the government. Anthony stood her ground and underwent a trial for this matter. As a result of her arrest, she was fined $100, a penalty that went unpaid for the duration of Anthony's life. Anthony's ongoing efforts in the women's suffrage movement and unwavering dedication to civil rights were instrumental in the creation and passing of the 19th Amendment, giving every citizen, male or female, the right to vote.

Dad's Favorite Words of Wisdom

- Your gut is usually right. Listen quietly to your intuition and you'll see that you already know everything you need to know.
- A great handshake and an honest smile are free.
- Most of the time, people are doing the best that they can. Try to believe it.
- There are no people so far beneath you that you can't learn something from them, or so far above you that you need permission to communicate with them.
- Don't wait for someone else to hold you accountable. Do it yourself.
- Respect others' beliefs, but don't back off on your own.
- Treat yourself well. Other people will, too.
- If you follow your passion, you'll never "work" a day in your life.
- Make empathy the default response.
- Strive to keep your promises.

Happy Father's Day!

HarborChase
Independent & Assisted Living
Memory Care

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EQUAL HOUSING OPPORTUNITY

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HarborChase
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The HarborChase Wire: A Monthly Publication of HarborChase Jasper AL — June 2018

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Executive Director

Angie Johnson
BOM/Administrator

Shannon Key
RCC

Mary Holley
Director of Sales

Brent Keeton
Director of Maintenance

Darlene Hubbard
Director of Life Enrichment

Happy Birthday!

Lois L./AL.....June 3rd
Ruth K./AL.....June 8th
Raymond M./AL.....June 18th
Joyce H./AL.....June 19th
Betty M./AL.....June 21st
Tabitha Hart.....June 21st
Lois Hackney.....June 27th

The Very First Father's Day

On June 19, 1910, the first Father's Day events occurred in Spokane, Washington. How was this day originally celebrated? Let's take a closer look.

According to the Spokane Regional Convention and Visitors Bureau, the first Father's Day was inspired by Sonora Smart Dodd. Her father's birthday fell in the month of June, and, after witnessing a special Mother's Day celebration, she was inspired to honor her father in a similar fashion during his birth month. She and her five siblings had been raised by their father, William Jackson Dodd. Their mother had passed away, leaving them to be raised alone by their father. So Sonora asked the mayor of Spokane to help orchestrate a celebration for Dodd, highlighting his unwavering dedication to his children. And this is how the first Father's Day came to pass.

The day's events included a large amount of roses. Red ones were pinned on living fathers or their children, while white roses were displayed and pinned on children to commemorate deceased fathers. Sonora made house calls to homebound fathers, offering gifts and roses. The day was dubbed a success, but it took decades before Father's Day became an official holiday, which actually occurred in 1972.

Hello, Summer!

The summer solstice officially occurs on June 21. There are a number of ways to welcome summer into your home, as well as acclimate to the warm weather. What do you have in store to welcome the new season? Below are a few suggestions.

- Choose some summer buds to bask in the brightness of your home. Summer is home to many beautiful, colorful blooms, including peonies, marigolds, chrysanthemums and sunflowers.
- Change the layout of your furniture to better utilize the sunlight.
- Make a list and plan some new and exciting summer salads you're up for trying this summer.
- Open the main windows/doors of your home and let the warm air circulate in the morning. This can be quite refreshing and therapeutic.
- Plant a small raised bed garden, if space permits. If not, there's always room for an herb garden in your kitchen. There's nothing like fresh veggies, fruits and herbs in the summer.

Now, say hello to summer!

HarborChase of Jasper AL

June 2018

HarborChase

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 9:00 'Superman' Comics Debut Fun Facts 10:30 Zumba Gold 2:30 Doughnut Social 3:30 Doughnut Trivia 6:30 Minute To Win It! 7:30 Hour Of Prayer & Meditation 8:30 Mental Aerobics 10:00 The Chimes of Tai Chi	**2** 9:00 Hometown News 10:00 Walk Fit 2:00 Lemonade Days/Lemon Trivia 3:30 Time Magazine Review 4:30 Wisdom Of Aging 6:30 Mexican Train/Dominoes 8:30 Brain Games 9:00 Tone & Stretch YOGA
3 9:00 Zip 35501 News 10:00 Silver Sneaker Walkers 2:00 Faith & Revival Hour w/Church Of Christ 3:30 Family Scrapbooking 6:30 Person, Place Or Thing? 7:00 Prayer Circle 8:30 Evening Pilates 10:00 Nightline News	**4** 9:00 Community Coffee 10:30 Sit & Be Fit 2:00 What's Cooking In Darlene's Kitchen? 3:30 Health Focus/National Frozen Yogurt Month/Day 6:30 Mental Aerobics 7:30 Name That Tune 8:30 World News Tonight 9:30 Tranquil YOGA	**5** 9:00 Energizing Yoga 10:00 The Senator Kennedy Story 2:00 Sunday School Lesson 3:30 Shaking Memories Loose/ Weddings & Marriage 6:00 Pedometer Pals 7:30 Person, Place Or Thing 9:00 Late Night Dominoes 10:00 Slumber Stretch	**6** 9:30 Hometown News 10:30 Cha Cha In Your Chair 2:00 National Drive-In Movie Day Fast Facts 3:30 Step In Strength 6:30 Kenny G's Birthday Bio 7:30 Brain Bafflers 8:30 Poker Face 9:30 Stress Buster Tai Chi	**7** 9:00 News Currents 10:00 Trail Blazers 2:00 Bingo Blast 3:30 National Candy Month Trivia 6:30 This Was The Year/1993 7:30 Laughing Yoga 8:30 Good Humor Days 10:00 Slumber Stretch	**8** 9:00 Community Chatter 10:30 Zumba Gold 2:30 Around The Aquarium 4:00 Zoo Favorites/Animal Young & Animals In Disquise 6:30 Wheel Of Fortune Marathon 7:30 Name That Tune 9:00 Mexican Train/Dominoes 10:00 Relaxing Yoga	**9** 9:00 Coffee Corner 10:00 Trail Blazers 2:00 Person, Place Or Thing 3:30 Minute To Win It! 6:30 Benefits Of Laughter 7:30 Celebrity Birthday Bio/Donald Duck 9:00 June In History 10:00 Slumber Stretch
10 9:00 Herbs & Spice Day Trivia 10:00 Trail Blazers 2:00 Church Of Christ 3:30 Alcoholics Anonymous History 6:30 Mental Aerobics 7:30 Domino's Competition 8:30 Old Testament Trivia Team Up 10:00 Laughing YOGA	**11** 9:00 June Quick Quiz 10:30 Resident Council Meeting 2:00 Celebrity Dish 3:30 Healing Herbs 6:30 Laughing Yoga 7:30 Card Sharks/UNO 8:30 Name The ... Trivia 9:00 Zen Meditation	**12** 9:00 Rose Fun Facts 10:00 Trail Blazers 2:00 Sunday School Lesson with Ms. Sue 3:30 Red Rose Day Social 6:30 Checkers Competition 7:30 Tuesday Tunes & Trivia 8:30 Guess The Year 10:00 Tranquil YOGA	**13** 9:00 Country Crosswords 10:30 Chair Chacha 2:30 Tickets & Tours/JAPAN: Land Of The Rising Sun 3:30 Monuments & Sites/Thrilling Delights! 6:30 Trail Blazers 7:30 Person, Place Or Thing? 9:00 Mexican Dominoes 10:00 Chimes Of Tai Chi	**14** **FLAG DAY** 9:00 Coffee Chat/News Currents 10:00 Todd Hunter Prayer Service 12:00 Community American Flag Pledge 2:30 Bingo Bonanza 4:00 American Flag Facts & History 7:30 Person, Place or Thing 8:30 Tranquil Stretch 10:00 Sleepless Scrabble	**15** 9:00 USA Today Review 10:30 US Open Golf Social 2:00 Necktie History/Sitcom Dads 4:30 Father/Son Banquet 5:30 Father's Day Fish Tales 7:30 Mental Aerobics 9:00 Stress Buster Tai Chi 10:00 Sleepless Scrabble	**16** 9:00 Coffee Corner 10:00 Step In Strength 2:00 Smells Of The Season/Flower Quotes To Share 6:30 Poetry Pals 7:30 Name That Tune 8:30 Colors Of Spring 9:00 Mermaids & Mythology 9:30 Relaxing YOGA
17 **FATHER'S DAY** 9:00 Tai Chi Tone Up 10:00 Father's Day History 2:00 Church Of Christ Service 3:30 Pedometer Pals 6:30 Nine Famous Father's In The Bible 7:30 Name The ... Trivia 8:30 Dominoes Challenge 10:00 ESPN News	**18** 9:00 Person, Place Or Thing 10:30 Sittercise w/Darlene 2:00 HarborChase Best Bites 3:30 Fruit & Vegetable Expressions 6:30 Silver Sneakers 7:30 Checkers Competition 8:30 Movie Theatre Magic/Grumpy Old Men 10:00 Zen Meditation	**19** 9:00 Person, Place Or Thing 10:00 Garfield The Cat Birthday Bio 2:00 Sunday School Lesson 3:30 Pedometer Pals 6:30 Card Sharks 7:00 Community Crosswords 8:30 Tuesday Tabloids 10:00 Tai Chi & Me	**20** 9:00 National news 10:30 Chair Cha Cha 2:00 Polish Me Pretty 3:30 Walk Fit 6:30 Mental Aerobics 7:30 Dominoes Challenge 8:30 June In History 10:00 Tranquil YOGA	**21** **SUMMER BEGINS!** 9:00 News Currents 10:00 Step In Strength 2:30 Bargain Bingo 4:00 Fun In The Sun Word Game Competition 6:30 Wheel Of Fortune Marathon 7:30 Mexican Train/Dominoes 8:30 Mystery Quotes Team Up 9:00 Tranquil YOGA	**22** 9:00 Community Chatter 10:30 Zumba Gold 2:30 Surfs Up Party 4:00 Friday Funnies 6:30 Trail Blazers 7:30 Friends Prayer Circle 8:30 Brain Games Trivial Quiz 10:00 Tranquil YOGA	**23** 9:00 Java Jolt 10:00 Trail Blazers 2:00 How Does Your Garden Grow? 3:30 Person, Place Or Thing 6:30 Camp Out Sing Along & Smores 8:00 Name That Tune 9:00 Slumber Stretch 10:00 Late Night Dominoes
24 9:00 Recipe For A HAPPY DAY 10:00 Walk Fit 2:00 Faith & Revival Hour 3:30 Brain Bafflers 6:30 Poetry Pals 7:30 Golden Gate Bridge History 8:30 Nightline News 9:00 Tone & Stretch Yoga	**25** 9:00 National Dairy Month Trivia 10:30 Fit & Fabulous 2:00 Summer Bites 3:30 Garden Humor 6:30 Dice Blackjack 7:00 Puzzling Adventures 8:30 Music Moments/Jazz Greats 9:00 Tranquil YOGA	**26** 9:00 Person, Place Or Thing 10:00 Bluegrass Pilgrims 2:00 Sunday School Lesson 3:30 Pedometer Pals 6:30 Card Sharks 7:00 Community Crosswords 8:30 Tuesday Tabloids 10:00 Tai Chi Tone Down	**27** 9:00 Health Focus/PTSD Awareness 10:30 Chair Cha Cha 2:00 Across America/WISCONSIN 3:30 Walk Fit 6:30 Mental Aerobics 7:30 Dominoes Challenge 8:30 Poetry Pals 10:00 Tranquil YOGA	**28** **FULL MOON!** 9:00 News Currents 10:00 Step In Strength 2:30 Bargain Bingo 4:00 Brain Games 6:30 Wheel Of Fortune Marathon 7:30 Mexican Train/Dominoes 8:30 Mystery Quotes Team Up 9:00 Tranquil YOGA	**29** 9:00 Community Chatter 10:30 Zumba Gold 2:30 Summer Ice Cream Social 4:00 Dairy Month Quick Quiz 6:00 Trail Blazers 7:30 Friday Funnies 8:30 Brain Games Trivial Quiz 10:00 Tranquil YOGA	**30** 9:00 Java Jolt 10:00 Trail Blazers 2:00 Color Trivia/Official Color Of 2018 3:30 Person, Place Or Thing 6:30 Muscle Car Of The Month/Corvette 8:00 Name That Tune 9:00 Slumber Stretch 10:00 Late Night Dominoes

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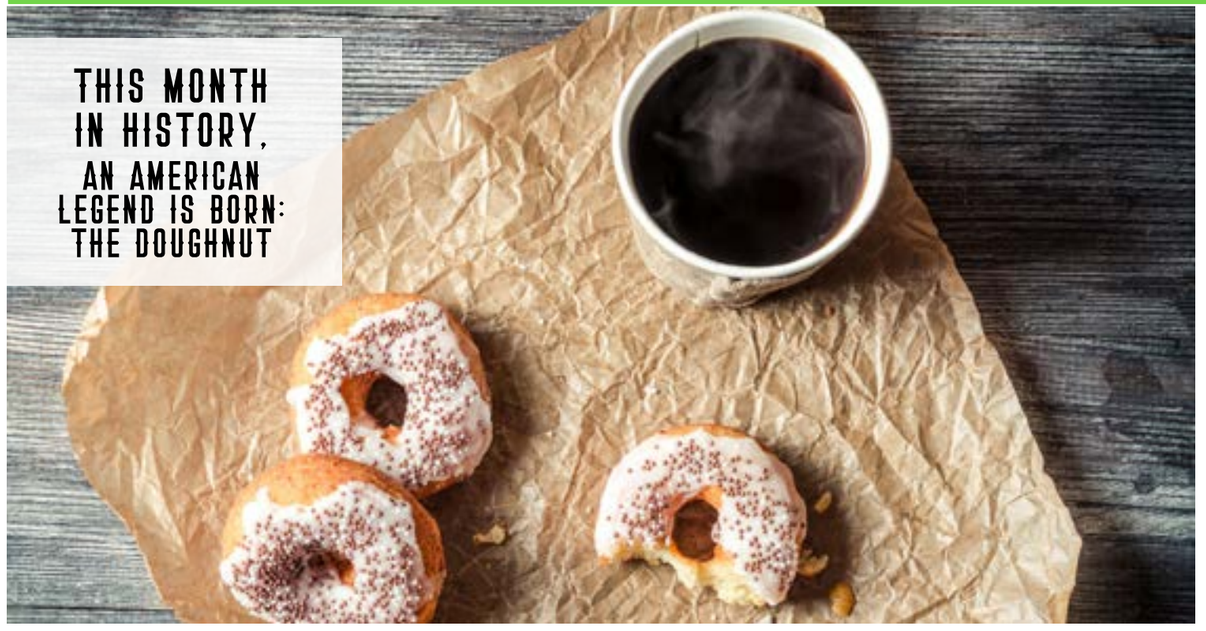
ACROSS

1. Often referred to as this comic book hero
3. Hangout in the basement also called a
4. Sport that has a race in Daytona
6. A sport that is a Sunday favorite
9. This is usually in his back pocket
10. Item that is often found in a couch
14. A cookout
16. Means Father in Latin

DOWN

2. Dad’s favorite chair that leans back
5. Five O’clock
7. Has a big collection of these in his workshop
8. Father knows
11. Something furry on dad’s lip
12. Traditional Father’s Day gift
13. Looks good in a 3-piece
15. Short word for Father



THIS MONTH IN HISTORY, AN AMERICAN LEGEND IS BORN: THE DOUGHNUT

Doughnut shops are a dime a dozen these days and they're sold in mass-produced quantities in just about every convenience store or establishment with anything barely reminiscent of a bakery. Let's take a sweet trip down memory lane back to the dawn of what has become an American icon: the doughnut.

Back in the mid-1800's, doughnuts were known by the Dutch word olykoeks, or "oily cakes." They were literally balls of dough fried in pork fat. The legendary doughnut truly gets its start because of a woman named Elizabeth Gregory. Elizabeth had a mean recipe for a sweet fried dough that her son loved. He was a ship captain, and he would bring her spices such as nutmeg and cinnamon, which she used to flavor her famous little fritters. Elizabeth made batches of the pastries so her son and his crew had something sweet to savor while spending a long time at sea. She placed a nut in the center of the dough ball, like a hazelnut, hence the name "doughnuts."

But where did doughnuts get their holes? Much lore surrounds the first doughnut with a hole. Some think the Captain Gregory skewered the pastry on a spoke of the ship's wheel in order to steer better whilst enjoying a snack. However, according to Gregory himself, the first doughnut actually got its hole when he cut the center out of one of the pastries with a small round metal can to remove the nut. And then the doughnut hole was born.

Fast forward a few years and doughnuts were even served to soldiers during World War I to give the men overseas a taste of home. This is when these little sticky, sweet legends really started to come into their own.

Once the 1920's rolled around, oily cakes were being mass-produced and the first mass-production doughnut making machine was created. The sugary confections were just now becoming associated with breakfast foods, but were still regarded as a popular snack food in movie theaters.

By the 1940's and 50's, familiar brands such as Dunkin Donuts and Krispy Crème were started to pop up. Coincidentally, the bagel was also coming into existence at this time. The doughnut's popularity wavered, but only for a brief moment in time. People called doughnuts unhealthy alternative to bagels and cream cheese, but really – who's to argue that either are necessarily a low-calorie health food?

Next time you bite into a fresh-off-the-press donut and it melts in your mouth, think of that sea captain, sailing along, enjoying one of his mother's sugary treat of sweet fried dough, and thank him for helping invent one of America's most celebrated food past times.

The Statue of Liberty Arrives in NEW YORK CITY

June 17, 1885

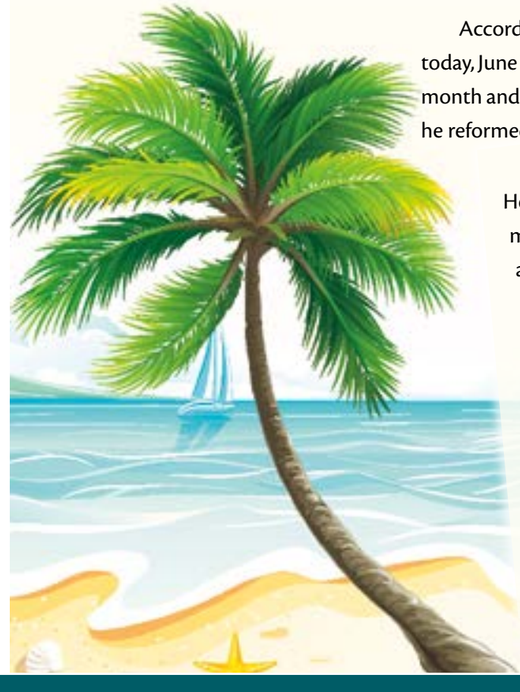
Over a hundred years ago, the people of France gave the Statue of Liberty to the people of the United States in recognition of the friendship established during the American Revolution.

200,000 people lined the bay on June 17th, 1885, to welcome the Statue of Liberty when it arrived to the U.S. aboard the Frigate Isere. She stood 151 feet tall, and was broken down into 350 pieces, and placed into 214 crates when transported to America in 1885. She stands off of New York's bay facing the east, away from land greeting incoming ships, standing toward her birthplace back in France.

The framework was designed by Alexandre-Gustave Eiffel, the man behind the famed Eiffel Tower, and the outside panels constructed of copper sheets hand sculpted by French sculptor Frederic-Auguste Bartholdi. The pedestal that she stands on was built from funds raised by the local community through benefits, charity auctions and private donations.

The Statue of Liberty was not recognized for her fame until she was declared a national monument in 1924 by President Calvin Coolidge and had to undergo major restorations in the 1980's. Since then, she has grown to represent freedom and democracy as well as this international friendship.

Facts about June



According to the Gregorian calendar, which is used over most of the world today, June is the sixth month. On the Roman calendar, it was considered the fourth month and had only 29 days. Julius Caesar gave the month 30 days in 46 B.C., when he reformed the Roman calendar.

Spring ends and summer begins around June 20, 21 or 22 in the Northern Hemisphere. It's the time that the flowers are beautiful. It is especially the month for roses. In the Southern hemisphere, winter begins during June, and it brings cold, rainy weather to this part of the world.

"Flag Day" is observed in the United States on June 14. It commemorates the day in 1777 when the Continental Congress adopted the Stars and Stripes as our flag. It then had only 13 stars to match its 13 stripes.

It's not an official national holiday, but in Pennsylvania it is a legal holiday. The President has proclaimed a public flag day observance every year. It was first observed to celebrate the 100th anniversary of the selection of the flag. President Harry S. Truman officially recognized June 14 as Flag Day by signing the National Flag Day Bill.