

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**  
Assisted Living • Memory Care

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Celebrating  
Senior Living

The HarborChase Wire: A Monthly Publication of HarborChase Shorewood MC June 2018

Administrative List

- Veronica Rudychev**  
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Director of Hospitality

**Neta Castillo**  
Director of Resident Care

**Collette Hall**  
Director of Memory Care

**Valerie Beyer**  
Director Of Marketing

**Lauren Forster**  
Director of Life Enrichment

**Russ Slack**  
Director of Maintenance

June Birthdays!

- Julie Niehaus ..... 6/2  
Donna Holscher..... 6/5  
Roxie Beene ..... 6/14  
Carol Kenney ..... 6/20  
Noreen Conklin..... 6/23  
Brian Varick ..... 6/23

Harbor Chase Happenings!

All residents must sign in and out when leaving the building.  
Family members please sign out your loved one when leaving the building.  
Reminder: Please sign up for all outings at the front desk.

- June 1st ..... Kohl’s Outing  
June 4th ..... Being Mortal Presentation  
June 5th ..... UWM Tech Talk  
June 5th ..... Walgreens Outing  
June 6th ..... Farmers Market Outing  
June 7th ..... Milwaukee Zoo Outing  
June 8th ..... Metro Mart Outing  
June 10th ..... St Roberts Church Service  
June 11th ..... Kamehameha Celebration  
June 12th ..... Dollar Store Outing  
June 13th ..... HC Church Service  
June 14th ..... Milwaukee Art Museum Outing  
June 14th ..... Flag Day BBQ  
June 15th ..... Live Entertainment Easy Days Quartet  
June 16th ..... Harbor Chase Putting Competition  
June 17th ..... Father’s Day Brunch and Beer Tasting  
June 19th ..... Target Outing  
June 19th ..... Live Entertainment - Elvis  
June 20th ..... Health Talks with Dr. Nadar  
June 21st ..... Potawatomi Casino Outing  
June 22nd ..... Goodwill Outing  
June 24th ..... St Roberts Church Service  
June 26th ..... Pick N’ Save Outing  
June 27th ..... Farmers Market Outing  
June 27th ..... Charity Shoe Drive  
June 29th ..... Burlington Coat Factory Outing



| SUNDAY   | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY  |
|--|--|--|---|--|---|---|
|  |  |  |   |  |   |   |
|  |  |  |   |  | <b>9:45 Welcome to June!</b><br><b>10:00 Exercise Class /w Paxxon</b><br><b>11:00 Meditation Yoga /w Rosie</b><br>1:30 Cheese & Crackers Tasting<br>3:00 Great Wisconsin Cheese Festival History<br>4:00 Cheesy Trivia Time<br>6:00 Fact or Fiction?<br>7:00 Full Cups and Friends              | <b>9:45 Wake Up Your Brain</b><br>10:00 Creating Butterfly Sun Catchers<br>11:00 Sit & Be Fit<br><b>1:30 Card Creation Club</b><br>2:30 HarborChase Songbirds<br>3:30 Bistro Bingo Bash<br>4:00 Fun Butterfly Facts<br>6:15 Walk It Off<br>7:00 Soothing Musical Melodies |
| 9:30 Coffee Clutch Clique<br>10:30 Brain Bending Trivia<br>11:30 Early Bird Bingo<br>1:30 Gentle Tai Chi<br><b>3:00 Sundaes on Sunday</b><br>6:00 Silver Sneaker Club<br>7:00 Evening News Tunes   | 9:45 Fit Brain Games<br>10:00 The History of The Pulitzer Prize<br>11:00 Sit & Be Fit<br>1:30 Daily Devotions ~ 2nd Floor<br><b>2:30 Meditation Relaxation Spa</b><br>3:30 Memories in The Making<br>6:15 Pulitzer Prize Trivia<br>7:00 Spiritual Music For Relaxing                                 | <b>9:45 Walgreens Shoppers</b><br><b>10:00 Exercise Class /w Paxxon</b><br>11:00 Remember When...<br>1:30 Cue Card Fitness<br><b>2:00 Love on a Leash</b><br>2:30 Color Me Calm<br>6:00 Race to the Top!<br>7:00 Mindful Meditation Group  | 9:45 Daily Chronicle Discussion<br>10:00 Finish The Line!<br>10:30 Name 10 Game<br><b>10:30 Scenic Tour Time!</b><br>1:30 Work With Watercolor<br><b>2:00 Cooking Demo /w Chef</b><br><b>3:00 Come &amp; Create Art Project</b><br>6:00 Deep Breathing Exercise<br>7:30 Night Owl Karaoke                             | <b>9:45 Milwaukee Zoo Trip</b><br>10:00 Wake Up Your Brain!<br>10:30 Lady Bug Rocks<br>11:00 Gentle Yoga Fitness<br>1:30 Animal Print T-Shirts<br><b>3:00 Kitchen Creation Club</b><br><b>4:00 Brain Stretches /w Tiffany</b><br>6:15 Exotic Animal Trivia<br>7:00 Color Me Calm   | 9:30 Today In History<br><b>9:45 Metro Mart Shoppers</b><br><b>10:00 Exercise Class /w Paxxon</b><br>11:00 How the Banana Split was Created<br>1:30 Simple Soothing Stretches<br><b>2:00 Banana Split Bistro Bash</b><br>3:30 Name 10 Game<br>6:15 I Love Lucy Show<br>7:00 Word Search Champs  | 9:45 The Daily Chronicle<br>10:00 How Much Did It Cost?<br>11:00 Sit Down Dancing<br><b>1:30 Stamp It Out Card Creation Club</b><br>2:30 HarborChase Songbirds<br>3:30 Bistro Bingo Bash<br>6:15 Walk It Off<br>7:00 Andy Williams Time                                   |
| <b>8:15 St. Roberts Church Visit</b><br>9:45 Sunday Funnies ~ Humor<br>10:00 Think Fast! Trivia<br>11:00 Early Bird Bingo<br>1:30 Simple Soothing Stretches<br>2:30 Joyful Hymn Karaoke<br><b>3:00 Sundaes on Sunday</b><br>6:00 Silver Sneakers Club<br>7:00 Finish The Line Trivia | 9:45 Daily Chronicle Discussion<br>10:00 Bouquet Headband Creation<br>11:00 Sit & Be Fit<br>1:30 Share a Prayer<br><b>2:00 Kamehameha Day Celebration</b><br>3:30 Memories in The Making<br>6:15 Table Top Game Group<br>7:00 Color Me Calm~Mandala Art  | <b>9:45 Dollar Store Shoppers</b><br><b>10:00 Exercise Class /w Paxxon</b><br>11:00 Remember When...<br>1:30 Sit Down Dancing<br><b>3:00 Gentlemen's Club in Bistro</b><br>3:30 Bean Bag Toss<br>6:15 Natures Beautiful Symphony   | 9:30 Today In History<br><b>10:15 Church Service /w Deacon Gary</b><br><b>11:30 Lunch Bunch Outing!</b><br>1:30 Work With Watercolor<br>2:30 Yeats Poetry Reading<br><b>3:00 Come &amp; Create Art Project</b><br>6:00 The Life of William Butler Yeats<br>7:00 Evening News Talk                                     | <b>9:45 Milwaukee Art Museum</b><br>10:30 Flag Door Decor<br>11:00 Tai Chi Masters<br>1:30 Red, White & Blue Karaoke<br><b>3:00 Kitchen Creations Club</b><br><b>4:00 Brain Stretches /w Tiffany</b><br>6:15 The History of the American Flag<br>7:00 Fill Up Your Cup! Table Talk | <b>9:45 TJ Maxx Shoppers</b><br><b>10:00 Exercise Class /w Paxxon</b><br><b>11:00 Meditation Yoga /w Rosie</b><br>1:30 Brain Twisting Teasers<br><b>2:30 Surfs Up Celebration</b><br><b>3:30 Easy Days Quartet</b><br>6:00 The Life of Edvard Grieg<br>7:00 Let's Listen: Edvard Grieg          | 9:45 Wake Up Your Brain<br>10:00 Let's Get Fit!<br>11:00 HarborChase Putting Competition<br><b>1:30 Stamp it Out Card Creation Club</b><br>2:30 Mulligan Bean Bag Toss<br>3:30 Hole In One Happy Hour<br>6:15 Walk It Off<br>7:00 Relaxing Classical Music                |
| 9:45 Coffee Clutch Clique<br>10:30 Fathers Day Brunch<br>11:30 Early Bird Bingo<br>1:30 Father & Son Golf Tournament<br><b>3:00 Sundaes For Dads</b><br>4:00 Gentleman's Club Happy Hour<br>6:00 Silver Sneakers Club<br>7:00 Fathers Day Memories                                   | 9:45 Fit Brain Games<br>10:00 Plaster of Paris Flowers<br>11:00 Sit & Be Fit<br>1:30 Daily Devotions ~ 2nd Floor<br><b>2:30 Meditation Relaxation Spa</b><br>3:30 Memories in The Making<br>6:15 Western Movies Word Search<br>7:00 Fill Up Your Cup! Table Talk                                     | <b>9:45 Target Shoppers</b><br><b>10:00 Exercise Class /w Paxxon</b><br>11:00 Remember When...<br>1:30 Cue Card Fitness<br><b>2:00 Shake, Rattle,Roll with Elvis</b><br>2:30 Table Top Game Group<br>3:30 Hershey's Kiss Flowers<br>6:15 The History of Hershey's Kisses<br>7:00 Soothing Musical Melodies | 9:45 Daily Chronicle Discussion<br>10:00 Everything's Coming Up Roses Trivia<br>11:00 Let's Get Fit!<br>1:30 Work With Watercolor<br><b>2:00 Cooking Demo /w Chef</b><br><b>3:00 Come &amp; Create Art Project</b><br>4:00 Name That Tune!<br>6:00 The Life of Caroline Baldwin<br>7:00 Positively Mindful Meditation | <b>9:45 Potawatomi Casino Trip</b><br>11:00 Gentle Yoga Fitness<br>1:30 Hello Sunshine Door Decor<br>2:30 Spinning Sun Catcher Creation<br><b>3:00 Kitchen Creations Club</b><br><b>4:00 Brain Stretches /w Tiffany</b><br>6:15 Summer Time Karaoke                                | <b>9:45 Goodwill Shoppers</b><br><b>10:00 Exercise Class /w Paxxon</b><br>11:00 Who Am I?<br>1:30 Simple Soothing Stretches<br>2:00 Super Word Scramble<br>2:30 Trivia Champs Challenge<br>3:30 Summer Word Scramble<br>6:15 Evening Stroll to Bistro<br>7:00 Let's Reminisce: Summer Vacations | 9:45 The Daily Chronicle<br>10:00 Fun Flamingo Facts<br>11:00 Sit Down Dancing<br><b>1:30 Stamp It Out Card Creation Club</b><br>2:30 HarborChase Songbirds<br>4:00 Bistro Bingo Bash<br>6:15 Walk It Off<br>7:00 Camp It Up Crossword Puzzle                             |
| <b>8:15 St. Roberts Church Service</b><br>9:45 Sunday Funnies ~ Humor<br>10:00 Think Fast! Trivia<br>11:00 Early Bird Bingo<br>1:30 Simple Soothing Stretches<br>2:30 Name That Tune!<br><b>3:00 Sundaes on Sunday</b><br>6:00 Silver Sneakers Club<br>7:00 Finish The Line Trivia   | 9:45 The Daily Chronicle<br>10:00 Painting With Oil Pastels<br>11:00 Sit & Be Fit<br>1:30 Share a Prayer<br><b>2:30 Meditation Relaxation Spa</b><br>3:00 The History of Color Television<br>3:30 Memories in the Making<br>6:15 Let's Reminisce: First Television<br>7:00 Color Me Calm~Mandala Art | <b>9:45 Pick n Save Shoppers</b><br><b>10:00 Exercise Class /w Paxxon</b><br>11:00 Remember When...<br>1:30 Sit Down Dancing<br>2:30 Watermelon Sponge Painting<br>3:30 Tap Your Toes Karaoke<br>6:15 Deep Breathing Exercise<br>7:00 Positive Thinking Meditation   | 9:45 Today In History<br><b>10:00 Scenic Tour Time!</b><br>11:00 Let's Get Fit!<br>1:30 Work With Watercolor<br><b>3:00 Come &amp; Create Art Project</b><br>4:00 Camp Fun Facts<br>6:00 Camp Song Sing-a-long<br>7:00 Let's Reminisce: Summer Camp Memories  | 9:45 Wake Up Your Brain!<br>10:30 The Beginning and End of World War I<br>11:00 Tai Chi Masters<br><b>1:30 Historic Milwaukee Central Library</b><br>2:30 World War I Trivia<br>3:00 Kitchen Creations Club<br><b>4:00 Brain Stretches /w Tiffany</b><br>6:15 Easy Listening Jazz  | <b>9:45 Burlington Shoppers</b><br><b>10:00 Exercise Class /w Paxxon</b><br><b>11:00 Meditation Yoga /w Rosie</b><br>1:30 Fit Brain Games<br>2:00 What Am I?<br>2:30 Finishing The Line<br>3:30 Spot The Difference!<br>6:15 Evening Stroll to Bistro<br>7:00 The Little Prince Movie           | 9:45 The Daily Chronicle<br>10:00 Fish and Wildlife Trivia<br>11:00 Sit & Be Fit<br><b>1:30 Stamp It Out Card Creation Club</b><br>2:30 Gone Fishing Stamp Art<br>4:00 Bistro Bingo Bash<br>6:15 Walk It Off<br>7:00 Mixed Up Fish Puzzle                                 |







## 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 *Iser*. 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.

