## 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!***

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The HarborChase Wire: A Monthly Publication of HarborChase Venice AL June 2018

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## 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 Venice AL

## June 2018

HarborChase

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| | | | | | 1<br>9:45 Stretch and Flex w/ Robin (AC)<br>10:00 Trip to Publix (BT)<br>10:15 Create Beautiful Unique Jewelry (AC)<br>1:30 Corodon on Piano (CL)<br>**3:00 Happy Hour w/ The Wannabees(CL)**<br>**4:15 Dinner Time Tunes (AC)**<br>6:00 Sunset News (L) | 2<br>9:45 Current Events (TVRM)<br>10:15 Millionaire Game (AC)<br>10:45 Scrapbooking (AC)<br>1:30 Bonkers For Bingo (AC)<br>3:00 Checkers Tournament (AC)<br>4:15 Mellow Melodies (AC)<br>7:00 Nightly News (TVRM) |
| 3<br>9:30 Catholic Mass (L)<br>10:00 Communion (L)<br>10:15 Lisa's Crafting Corner (AC)<br>2:00 Live Music By Me & My Gal (CL)<br>3:15 Eternity Chapel (CL)<br>4:15 Dinner Melodies (AC)<br>6:15 Nightly News (TVRM) | 4<br>9:45 Flex and Stretch w/ Robin (AC)<br>10:15 Rosary Group (PD)<br>10:30 Rummy Tournament (AC)<br>1:30 Live Entertainment w/Brenda (CL)<br>3:00 Jewelry Making with Jivka(AC)<br>4:15 Dinner Tunes (CL)<br>6:15 Nighttime Bingo(AC) | 5<br>9:15 Morning News (TVRM)<br>10:00 Flower Arranging (AC)<br>10:30 Jeopardy Challenge (CL)<br>1:30 Pilates w/ Theresa (AC)<br>3:00 Bingo Bingo Bingo (HC)<br>3:00 Velvet Art (AC)<br>4:15 Wind Down Melodies (L) | 6<br>9:45 Robin's Flex & Stretch (AC)<br>10:15 Jig Saw Mania (AC)<br>11:00 Lunch: Word Of Mouth (BT)<br>1:30 Whimsical Watercolors (AC)<br>3:00 Non Denominational Services (HC)<br>3:45 Penny Antes (AC)<br>6:15 Movie: Jailhouse Rock (AC) | 7<br>9:15 Sunrise News (TVRM)<br>10:00 Baking: Hawiian Upsidedown Cake (MC)<br>1:30 Ice-cream Social/Birthday Party(AC)<br>2:45 Modge Podge Bowls (AC)<br>3:45 Scrabble Game (AC)<br>6:15 Resident Run Rummy (AC) | 8<br>9:45 Stretch and Flex (AC)<br>10:00 Publix Shopping(BT)<br>10:15 Acrylic Painting (AC)<br>1:30 Corodon on the Piano (AC)<br>3:00 Happy Hour Fun w/ Regina! (CL)<br>4:15 Sunset Melodies (L) | 9<br>9:45 Morning News (TVRM)<br>**10:30 Name Ten Game (AC)**<br>1:30 Bingo Bingo Bingo (AC)<br>3:00 Decorate Summer Cards (AC)<br>4:15 Dinner Melodies (AC)<br>6:15 Sunset News (TVRM) |
| 10<br>9:30 Catholic Mass (L)<br>10:00 Communion (L/CL)<br>1:30 Pokeeno Tournament (AC)<br>3:15 Non-Denominational Service & Fellowship(CL)<br>6:15 Evening News and Reviews (TVRM) | 11<br>9:45 Stretch and Flex w/ Robin (AC)<br>10:15 Color My World w/ Brightness (AC)<br>1:30 Tones and Chimes Time (CL)<br>2:45 Yahtzee! (AC)<br>4:30 Musical Moments (AC)<br>6:15 Sunset Bingo (AC) | 12<br>9:15 News & Reviews (TVRM)<br>10:00 Flower Shower Hour (AC)<br>10:30 Puppy Visits (HC/AL)<br>1:30 Pilates w/ Theresa(AC)<br>3:00 Bingo Bonanza (HC)<br>3:30 Dear Abby w/ Refreshments (CY)<br>6:15 Nightly News (TVRM) | 13<br>9:45 Sunrise Stretch w/ Robin (AC)<br>10:15 Sing-A- Long w/ the 60's (AC)<br>11:00 Lunch Out: Howards (BT)<br>1:30 Watercolors & Wine (AC)<br>3:00 Non-Denominational Service (HC)<br>6:15 Movie & a Nosh: King Creole (AC) | 14<br>**~FLAG DAY~**<br>**9:45 Courtyard Chat & Refreshments (CY)**<br>**10:00 Baking: Red, White & Blue Dipped Pretzels (MC)**<br>1:30 Bingo Bonanza (AC)<br>**3:00 Flag Day Recital & Special w/ Cordon (CL)**<br>**4:15 Patriotic Piano Tunes (L)**<br>6:15 Resident Run Poker (AC) | 15<br>9:45 Stretch & Flex w/ Robin (AC)<br>10:00 Publix Shopping (BT)<br>**10:15 Best of the US Open (AC)**<br>1:30 Piano w/ Corodon(AC)<br>3:00 Dave's Happy Hour! (CL)<br>4:15 Dinner Melodies (CL)<br>6:15 Sunset News (TVRM) | 16<br>9:45 Sunrise News & Reviews (TVRM)<br>**10:15 Golf Games for Prizes (AC)**<br>1:30 Weekend Bingo Blast (AC)<br>**2:45 Share Details for Top Contenders w/Drinks (AC)**<br>3:00 Jazzy Jen Hamlin (CL)<br>6:15 News Flash (TVRM) |
| 17<br>**~Fathers Day~**<br>9:30 Catholic Mass (CL/L)<br>10:00 Communion (CL/L)<br>**10:15 Wine Cork Craft (AC)**<br>**1:30 Reminisce about our Fathers w/ Root Beer Floats (AC)**<br>**2:00 Father's Day Party w/ Ed (CL)**<br>3:15 Eternity Church (CL)<br>6:00 Nightly News (L) | 18<br>9:45 Sunrise Stretch w/ Robin (AC)<br>10:15 Rosary Group (PDR)<br>10:30 Around the Globe w/ Google Earth (AC)<br>1:30 Tones & Chime Time (AC)<br>2:30 Modge Podge Mania w/ Elle (AC)<br>3:00 Color Palette - Aquatic Silouette<br>6:15 Moonlight Bingo (AC) | 19<br>9:15 News Hour (TVRM)<br>10:00 Create Flower Arrangements (AC)<br>**10:30 Pet a Pet and Tell(AL/HC)**<br>1:30 Pilates w/ Theresa (AC)<br>**2:30 Petting Zoo Visit**<br>3:00 Bingo Blast (HC)<br>6:00 Dinner Time Tunes (AC) | 20<br>9:45 Stretch and Flex w/ Robin (AC)<br>10:15 Courtyard Talk & Treat (AC)<br>11:00 Lunch Out: Cracker Barrel (BT)<br>1:30 Wine & Watercolors (AC)<br>3:00 Non- Denominational Service (HC)<br>6:15 Movie: G.I. Blues (AC) | 21<br>9:15 Morning Current Events (TVRM)<br>10:00 Baking: Peach Crumble Bread (MC)<br>1:30 Bingo Blast(AC)<br>2:45 Velvet Painting (AC)<br>3:00 Resident Council Meeting (HC)<br>6:00 Nightly News (CL)<br>6:15 Resident Run Yahtzee (AC) | 22<br>**Surfs Up Party**<br>**9:45 Robin's Sunrise Exercise (AC)**<br>10:00 Shopping @ Publix (BT)<br>**10:15 Surfs Up w/ Shell Photo Frame Crafting (AC)**<br>**1:30 Surf Trivia (AC)**<br>**3:00 2 Guys from the Beach for Surfer Party (CL)**<br>**6:00 Sunset Beach Jams (CL)** | 23<br>9:15 Current Events (TVRM)<br>**10:30 Surfs Up Bingo (AC)**<br>1:30 Bingo Bonanza (AC)<br>3:00 Guided Imagery Relaxation (CY)<br>4:15 Dinner Time Tunes (L)<br>6:15 Sunset News (TVRM) |
| 24<br>9:30 Catholic Mass (L)<br>10:00 Communion (CL/L)<br>**10:15 Summertime Crafting (AC)**<br>2:00 Smooth Sounds of Barry (CL)<br>3:15 Eternity Chapel (AC)<br>6:15 Summer News & Reviews (TVRM) | 25<br>9:00 Morning Stretch & Flex<br>10:15 Jig Saw Puzzle Mania (AC)<br>1:30 Tones & Chimes w/Steve (CL)<br>2:45 Pokeeno (AC)<br>4:15 Dinner Time Tunes (CL)<br>6:15 Bingo Blast (AC) | 26<br>9:15 Sunrise News (TVRM)<br>10:00 Flowers flowers everywhere (AC)<br>10:30 Trivial Pursuit(AL/HC)<br>1:30 Pilates w/ Theresa (AC)<br>2:00 Pet a Puppy (AC/HC)<br>2:30 Word Search Bonanza (AC)<br>3:00 Bingo Lingo(HC)<br>6:15 Musical Moments (CL) | 27<br>9:45 Flexing & Stretching (AC)<br>10:15 Train Dominoes (AC)<br>11:00 Lunch Out: Peaches (BT)<br>1:30 Wine about Wednesday w/ Watercolors (AC)<br>3:00 Non-Denominational Service (AC)<br>6:15 Movie: Viva Las Vegas (AC) | 28<br>9:15 Morning News (TVRM)<br>10:00 Baking: Sweet Bread (MC)<br>1:30 Bingo Time (AC)<br>3:00 Card Games (AC)<br>4:15 Musical Memories (CL)<br>6:15 Resident Run Checkers (AC) | 29<br>9:45 Sunrise Exercise w/ Robin (AC)<br>10:00 Publix Shopping (BT)<br>10:30 Design & Create Bracelets (AC)<br>1:30 Poker/Pokeeno (AC)<br>3:00 Happy Hour w/ Tommy Ellison (CL)<br>6:15 Dinner Time Tunes (CL) | 30<br>9:45 Sunrise News Flash & Coffee (TVRM)<br>**10:30 Dear Abby w/ Tea & Coffee (CY)**<br>1:30 Bingo Wingo (AC)<br>2:45 Crafting Corner (AC)<br>4:15 Musical Moments (CL)<br>6:15 Nightly News (TVRM) |

**KEY LOCATION**

AC.....Activity Center
BT.....Bus Trip
CL.....Community Living Room
CY.....Courtyard
HC.....Health Care
L.....Library
PDR.....Private Dining Room
TVRM.....TV Room

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All programs are subject to change due to circumstances beyond our control. Thank you for your understanding.

**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

# Hello Summer

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| 6 | | 1 | | 3 | 7 | 5 | | |
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| 4 | 1 | | 9 | | 5 | 3 | | |
| 2 | 5 | 6 | | 8 | 3 | | 9 | 7 |
| | | 9 | | 4 | 2 | | | 8 |
| 7 | 8 | | | 5 | 9 | | 1 | 3 |
| | 3 | | | | | 9 | 4 | |

Easy

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Medium

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Difficult

# 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

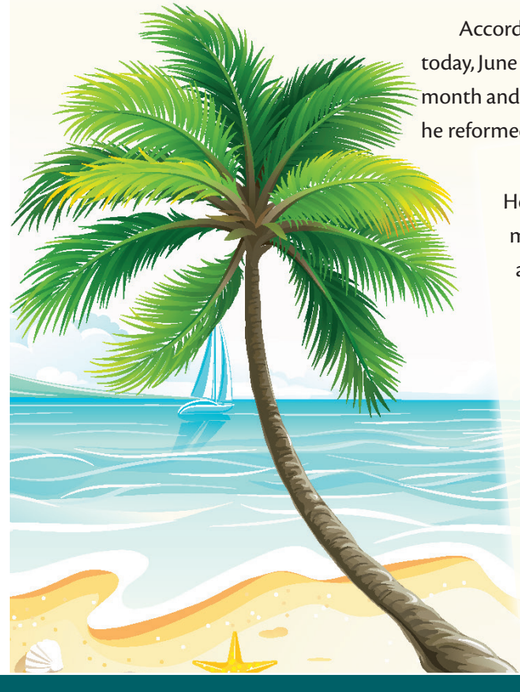
Over a hundred years ago, the people of France gave the Statue of Liberty to the people of the United States in recognition of the friendship established during the American Revolution.

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.