

Happy Birthday!

Jeff H.....July 4th
 Maureen W.....July 15th
 Lydia G.....July 16th
 Margaret S.....July 17th
 Barbara W.....July 19th
 Betty R.....July 28th
 Donald H.....July 30th



Welcome!

John C..... 308
 Edwin G.....204
 Selma H.....320
 Frances G.....327
 Beverly A.....341

Give Your Body a Boost with Blueberries

Celebrate National Blueberry Month this July! Blueberries are considered a superfood by leading nutrition and medical experts and are a recommended diet staple for health, skin care and longevity. Here are just a few of the benefits of this little blue dynamo:

- A half-cup of blueberries packs plenty of fiber, vitamin C, potassium and antioxidants into only 40 sweet calories.
- Blueberries contain more disease-fighting antioxidants than red wine or green tea.
- Half a cup of blueberries a day may help improve brain function.
- Blueberries provide the same bacteria fighters as cranberries to help guard against urinary tract infections.

Do your body a favor and treat yourself to something that is as delicious as it is good for you.



HarborChase
 Assisted Living • Skilled Nursing



Celebrating Senior Living

The HarborChase Wire: A Monthly Publication of HarborChase Naples AL

July 2018

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Fun Facts for a Festive Fourth

Do you know your U.S. history? Here are some Fourth of July facts to ponder and share:

- Three presidents died on July 4: Thomas Jefferson and John Adams in 1826, and James Monroe, in 1831. Calvin Coolidge was the only president born on July 4, in 1872.
- The Massachusetts General Court was the first state legislature to recognize July 4 as a state celebration, in 1781.
- The first recorded use of the name "Independence Day" occurred in 1791.
- The U.S. Congress established Independence Day as an unpaid holiday for federal employees in 1870. They changed it to a federal paid holiday in 1931.
- The Declaration of Independence was approved in a closed session of the Second Continental Congress on July 2, 1776, but most of the delegates didn't sign it until Aug. 2. Although John Adams expected Americans would celebrate July 2, the date on the publicized copies of the document was July 4, which became the day Americans have commonly observed.

Dare To Be Bare

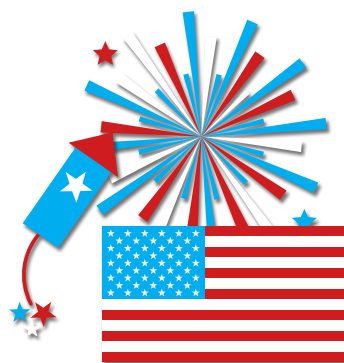
On a hot, sunny day in France, an innovative engineer was struck with an idea. Louis Réard found himself at the helm of a pivotal movement in fashion history on July 5, 1946. It was the dawn of the bikini. Following material rations during World War II, a natural progression began to occur in the amount of material used in a bathing suit, which appeared to be less and less. So it is only logical that the bikini might take shape. The Frenchman Réard was so sure of his idea, in fact, that he named the swimsuit after the nuclear testing conducted at Bikini Atoll in the weeks prior to his creation, as both were filled with explosive feedback.

These days, bikinis are as commonplace as beach towels when it comes to sunbathing. But the popular swimsuit style wasn't always met with such enthusiasm. In 1951, a mere 5 years after its introduction, the bikini was banned from the pageant world, as the one-piece swimsuit was deemed to be better suited for Miss World contestants. England, Spain, Italy, Belgium and Australia were among the countries that banned the bikini.



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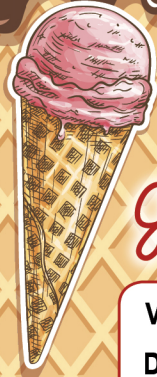
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
9:15 Daily News 10:00 Prayer Meeting with Al 11:00 FreeRice: World Food Donation 1:30 Gregg Clemmons 2:00 Bridge Club 3:00 HarborBucks Bingo 5:45 French Theme Movie : Versailles Pt. 1	9:15 Daily Scoop 10:00 Mind, Body, Soul 11:00 Hangman Game 1:30 Blackjack Tourney 1:30 Update Your 'Vote By Mail' 2:00 Sunshine Committee 3:00 Cover All 5:30 Men's Poker Club	9:15 Information Central 10:00 Sittersize 10:15 Resident Store 11:00 Spiritual Conversation with Jim 1:30 Lumosity: Word Bubbles 2:00 Bridge Club 3:00 Fill in the Square 5:30 Comedy Movie Night	9:15 News Update 10:00 Move and Groove to the Music 11:00 Discuss & Reminisce the Holiday 1:30 Celebrating the 4th with Peggy 3:00 Group Game Time 5:30 Evening Movie - 'The Patriot'	9:15 Top News Stories 9:30 St. Williams Catholic Communion 10:00 Surfing for Balance 10:15 Publix 11:00 Bible Instruction Class 1:30 Cracker Jack Day Trivia 1:30 Dollar Tree 3:00 Bingo with Marge 6:30 Bridge Club	9:15 Headline News 9:45 Bible Stories with AL 10:30 Music with Rick & Becky 11:00 Tour de France History 1:30 Five Number Game 3:00 Happy Hour with Glenn Williams 5:45 Netflix Original Series: The Crown	9:15 News Update 10:00 Fit Xpress 11:00 Book Story Club #2 1:30 Classical Music for the Soul 1:30 Mental Floss 3:00 Sequence 5:45 Comedy Night	
9:15 Daily News 10:00 Prayer Meeting with Al 11:00 FreeRice: World Food Donation 1:15 Sunday Matinee: Versailles Pt. 2 1:30 Theme Trivia 2:00 Bridge Club 3:00 HarborBucks Gaming 5:45 Let's Play Cards	9:15 Daily Scoop 10:00 Mind, Body, Soul 11:00 2018 Tour de France Route 1:30 Activities Planning Mtg. 1:30 Blackjack Tourney 2:00 Sunshine Committee 3:00 Play to Win 5:30 The Puzzler	9:15 Information Central 10:00 Sittersize 10:15 Resident Store 11:00 Spiritual Conversation with Jim 1:30 What's in a Word 2:00 Bridge Club 3:00 Five in a Row 5:30 Comedy Movie Night	9:15 News Update 10:00 Active Stretch Class 11:00 Today in History 1:30 What's in a Word 2:15 Ice Cream Social Day 3:00 Beano Bash 5:30 Meet Me at Scrabble	9:15 Headline News 9:30 St. Williams Catholic Communion 10:00 Move It & Lose It 10:15 Mental Floss 10:15 Walmart 11:00 Bible Instruction Class 1:30 Orange Blossom Library 1:30 Roll A Topic 3:00 Marge Calls Em 6:30 Bridge Club	9:15 Front Page Press 9:45 Bible Stories with AL 10:30 Music with Rick & Becky 11:00 Finish the Phrase 1:30 Fill in the Square 3:00 Happy Hour with the Blue Tones 5:45 Netflix Original Series: The Crown	9:15 Hot Off The Press 10:00 Discuss and Recall 11:00 Pop up Trivia 1:30 Twister Game Toss 2:00 Mental Floss 3:00 Play to Win 5:45 Drama Film Night	
9:15 Information Central 10:00 Devotional with Al 10:15 Brain Gym 1:15 Sunday Matinee: Versailles, Part 3 1:30 Trivia 2:00 Bridge Club 3:00 Calling it Out 5:45 Romance Movie Night	9:15 Daily News 10:00 Be Fine and Fit 11:00 Resident Council Meeting 1:30 Blackjack Tourney 1:30 French Impressionist: Claude Monet and His Art 2:00 Sunshine Committee 3:00 Beano 5:30 Scrabble with Friends	9:15 News Update 10:00 Stretch & Be Fit 10:15 Resident Store 11:00 Spiritual Conversation with Jim 1:30 Pals With Paws 1:30 What's in a Word 2:00 Bridge Club 3:00 Cover it All 5:30 Classic Movie Showing	9:15 Daily Scoop 10:00 Getting to Know You Exercise 11:00 Trivial Pursuit 1:30 Hangman Game 2:15 Get the Scoop Ice Cream Social 3:00 5 in a Row 5:30 Team Jenga	9:15 Front Page Press 9:30 St. William Catholic Communion 10:00 Legacy Singers Performance 10:15 Publix 11:00 Bible Instruction Class 12:00 Lunch Bunch 1:30 What's in a Word 3:00 Match to Win 6:30 Bridge Club	9:15 News Summary 9:45 Bible Stories with AL 10:30 Music w/ Rick & Becky 11:00 Password 1:30 Bingo with Marge 3:00 Happy Hour with AJ & Carla 5:45 Netflix Original Series: The Crown	9:15 Good News 10:00 Caravan of Love Music Performance 11:00 Puzzle Me This 1:30 Seoul Philharmonic Orchestra 3:00 Call Out to Win 5:45 Thrill of a Film	
9:15 Bulletin Update 10:00 Prayer Service with Al 11:00 What's in a Word 1:15 Sunday Matinee 1:30 Ave Maria High School Student Performance 2:00 Bridge Club 3:00 Numbers Rule 5:30 Movie Night: Versailles, Pt. 4	9:15 News Update 10:00 Fit Express 11:00 Group Crossword Puzzle 1:30 Blackjack Tourney 1:30 Front Porch Travels - Alabama 2:00 Sunshine Committee 3:00 Match Game 5:30 Meet Me in the Game Room	9:15 Daily Scoop 10:00 Strength & Balance 10:15 Resident Store 11:00 Spiritual Conversation w/Jim 1:30 Pals With Paws 1:30 Western Roundup Games 2:00 Bridge Club 3:00 Sequence 5:45 Western Film 'How the West Was Won'	9:15 News Current 10:00 Ageless Fitness 11:00 Buzz Words 1:30 Lighthouse for the Blind Presentation 2:00 Root Beer Floats 3:00 Number Me This 5:30 Make a Friend Board Games	9:15 News Flash 9:30 St. William Catholic Communion 10:00 Clothes Mentor Consignment Shop 10:00 Move to the Music 11:00 Bible Stories 1:30 Today in History 3:00 Cover All 5:30 Classic Movie Night 6:30 Bridge Club	9:15 News Summary 9:45 Bible Stories with AL 10:30 Music w/ Rick & Becky 11:00 Ralph Waldo Emerson Day 1:30 Five in a Row 3:00 Happy Hour with Vickie Lei 5:45 Netflix Original Series: The Crown	9:15 Daily News 10:00 Destiny Church Visit 11:00 Mental Floss 1:30 Book Story Club: Don't Admit Collection 3 3:00 Number Blitz 4:15 Patio Talk 5:45 Classics Movie Night	
9:15 Information Central 10:00 Joy Fellowship with Al 10:30 Book Story Club: Don't Admit Collection 2 10:30 Tour de France Finale 1:30 Music with Michael Monroe 2:00 Bridge Club 3:00 Fill in the Square 5:45 Sunday Movie Night - Versailles Pt. 4	9:15 Good News 10:00 Stretch & Be Fit 11:00 Book Story Club: Don't Admit Collection 2 1:30 Blackjack Tourney 1:30 Hangman Game: Phrases 2:00 Sunshine Committee 3:00 Five in a Row 5:30 Team Jenga	9:15 Daily Scoop 10:00 Strength & Balance 10:15 Resident Store 11:00 Spiritual Conversation with Jim 1:30 Never Have I Ever 1:30 Pals With Paws 2:00 Bridge Club 3:00 Match to Win 5:45 Netflix Movie Special				KEY AL Assisted Living IRR.....In Resident's Rooms HCDR.....Health Care Dining DR.....Day Room 2..... Second Floor AL	

I scream, you scream, we all scream, for ICE CREAM!



July is National Ice Cream Month

V K B E Y F E S E I R R E H C S M E
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- BANANA SPLIT
- BROWNIE
- CAKE CONE
- CANDY
- CHERRIES
- CHOCOLATE
- COOKIES
- HARD SERVE
- HOMEMADE
- FLOAT
- NEAPOLITAN
- NUTS
- PARFAIT
- SANDWICH
- SHAKE
- SCOOP
- SMOOTHIE
- SOFT SERVE
- SPRINKLES
- STRAWBERRY
- SUNDAE
- SWIRL
- SYRUP
- VANILLA
- WAFFLE CONE
- WHIPPED CREAM



Happy Independence Day

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Difficult





LET FREEDOM RING

It has now been 242 years since the adoption of the Declaration of Independence on July 4, 1776. A lot has changed in America since then! Here's some interesting items to ponder this July:

- The average age of the signers of the Declaration of Independence was 45. The youngest was Thomas Lynch, Jr (27) of South Carolina. The oldest delegate was Benjamin Franklin (70) of Pennsylvania. The lead author of The Declaration, Thomas Jefferson, was 33.
- The initial date the resolution of independence was approved in a closed session of Congress was July 2, 1776. The next day, John Adams remarked in a letter to his wife Abigail: "The second day of July, 1776, will be the most memorable epoch in the history of America. I am apt to believe that it will be celebrated by succeeding generations as the great anniversary festival. It ought to be commemorated as the day of deliverance by solemn acts of devotion to God Almighty."
- There were an estimated 2.5 million people living in the newly independent nation in 1776. Total U.S. population today is around 322.7 million, making it the third-most populous country in the world!
- 91% (\$3.3 million) of imported U.S. flags are from China. 97% (\$232.3 million) of imported fireworks are from China.



WORTH THE PAPER IT'S PRINTED ON

A history of the banknote

Governments print it, misers hoard it under their mattresses, rich people light their cigars with it—but where does the idea of paper money come from, anyway?

China, actually. The banknote apparently originated during the Tang Dynasty (7th century), to replace bulky copper coins carried by merchants. The coins were minted with rectangular holes in their center so they could be strung together on cords, but wealthy merchants found that lugging their coins around was difficult.



A system was born in which merchants left their coins with a trusted agent in exchange for a note stating exactly how much money was being held. The merchant could return the note at any time to redeem his or her coins, and in time paper money called "jiaozi" evolved.

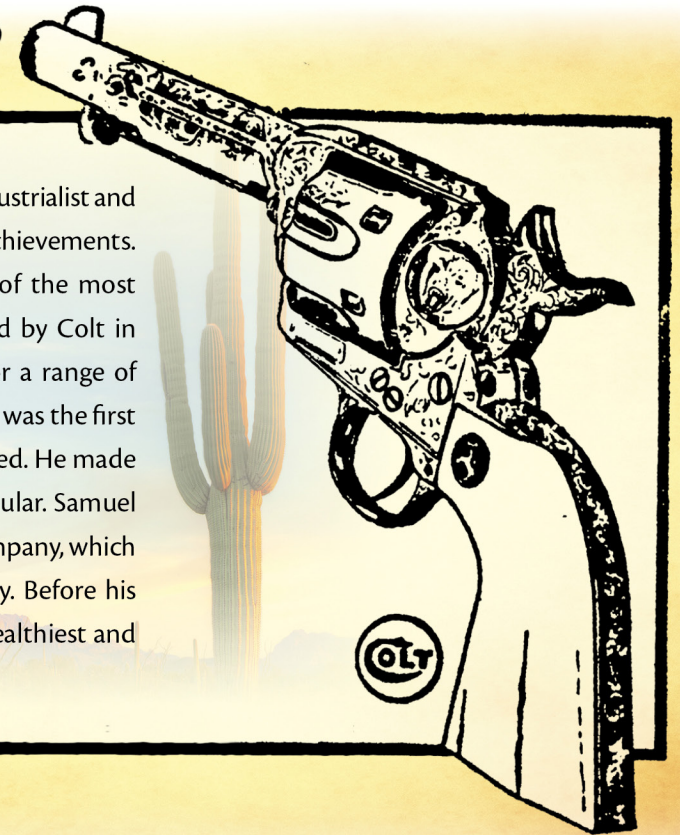
In Europe, banknotes first came into use in the 14th century. The term "banknote" derives from nota di banco. The holder of a note could redeem it for an amount of silver or gold held on deposit with a bank.

In the New World, the Massachusetts Bay Colony was the first of the American colonies to circulate its own banknotes in the early 1690s, but all 13 colonies were issuing their own notes by the early 1700s.

The First Bank of the United States, chartered by Congress in 1789 shortly after the signing of the Constitution, was authorized to issue banknotes, but the U.S. federal government didn't start printing its own paper money until 1862.

GUNS ABLAZIN'

Samuel Colt, born July 19, 1814, was an American industrialist and inventor, whose resume included a number of notable achievements. Among them was the invention of the revolver, one of the most popular gun designs in the world, which was patented by Colt in 1836. Colt's revolver was memorable and impactful for a range of reasons, but one of its major benefits was the fact that it was the first gun created that could fire without having to be reloaded. He made the concept of interchangeable parts exceptionally popular. Samuel Colt founded Colt's Patent Fire-Arms Manufacturing Company, which later became known as Colt's Manufacturing Company. Before his passing on January 10, 1862, Colt became one of the wealthiest and most influential industrialists of his era.



What Came First, the Dog or the Hot Dog?



The history of the hot dog stretches all the way back to the 9th century B.C. when sausage was mentioned in Homer's Odyssey. But honest-to-goodness frankfurters didn't roll around till the late 1600s in Germany. Some believe that the sausages were first called "dachshunds" or "little dogs" because they resembled the shape of a dachshund. We know them today as hot dogs. And this year, Americans will eat enough of them at major league ballparks to stretch from RFK Stadium in Washington, D.C., to AT&T Park in San Francisco. If that doesn't impress you, on Independence Day Americans will eat enough hot dogs to stretch from D.C. to L.A. five times over. And from Memorial Day to Labor Day—considered "hot dog season" by hot dog enthusiasts—Americans will consume 818 hot dogs every second!

—The National Hot Dog & Sausage Council