

Reach for a Star

Moths are known to be attracted to light, but one young moth took it to extremes: He fell completely in love with a bright star high up in the sky.

All his friends and family made fun of him, telling the moth that he'd never reach the object of his desire and that he should pick a closer, more attainable goal, like a porch lamp or a candle or a campfire. But the moth wouldn't be deterred.

So one by one all of his friends and relatives went off in search of "practical" targets, and one by one they burned out, incinerated by the heat of the lights they followed. But the moth sailed up into the sky, never reaching his star, but living a long and happy life in pursuit of his dream.

Sometimes a goal that's seemingly out of reach can keep you safe and happy.

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
Independent & Assisted Living
Memory Care



*Celebrating
Senior Living*

The HarborChase Wire: A Monthly Publication of HarborChase Jasper MC

July 2018

Management Team

Anita Williams
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!

Frankie P./AL.....July 4th
Carolyn K./AL.....July 16th



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.

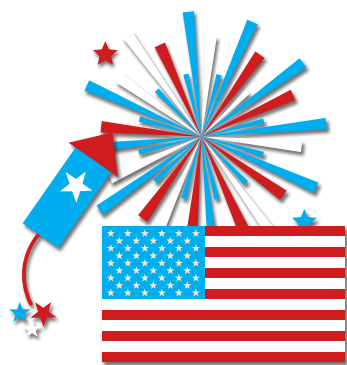
Dare To Be Bare

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.



2100 Viking Drive
Jasper, AL 35501
205-686-4125



Designed/Printed by Corwin Design & Graphics Corp.
www.MyCorwinOnline.com • 1-877-CORWIN2

www.HarborChase.com/Jasper.htm



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 Amazing Grace Devotions 1 10:00 Fit4Life Stretches 2:00 Church Of Christ 3:30 Daily Mt. Eagle Review 6:30 Ring Toss Competition 7:00 Zip Code Fun Facts 8:00 Nightline News 9:00 Soulful Sounds Of Sunset	9:00 Community Coffee 2 10:00 Fit4Life Stretches 2:00 Bargain Bingo 3:30 Health Focus/Drink Your Water! 6:30 Brain Bafflers 7:30 Checkers Competition 9:00 World News Tonight 10:00 Meditation & Relaxation	9:00 Headlines & Horoscopes 3 10:00 Music & Muscle 2:00 Shaking Memories Loose/American Patriotic Songs 3:30 Dog Days Of Summer Trivia 6:30 Ring Toss Competition 7:30 TV Shows Trivia 8:30 Cool Color Art 10:00 Slumber Stretch	INDEPENDENCE DAY 4 9:00 History Of The 4th Of July 10:30 Step In Strength 2:00 Positively Patriotic Fashion Show 3:30 American Flag Fold & Color Representation 6:30 Ring Toss Competition 7:30 Fireworks Word Search Challenge 9:00 Inner Rhythm Yoga	5 9:00 Jasper Hometown News 10:00 Cha Cha In Your Chair 2:00 Bingo Bogo 3:30 Ring Toss Competition 6:30 Cracker Jack Fun Facts 7:30 This Was The Year/1994 8:30 Name That Tune 9:30 Laughing Yoga	CAMP HARBORCHASE 6 9:00 Community Coffee 10:00 Music & Muscle 2:00 4-H Club Cookie Creations W/Recipe Cards 3:30 Spirit Of America Banners & Flags 6:30 Minute To Win It! 7:30 National Geographic News 8:30 Inner Peace YOGA 9:00 Classic TV/The Golden Girls	TOUR DE FRANCE 7 9:00 Hometown News 10:00 Chair Cha Cha 2:00 History Of The Race/Tour de France 3:30 Color My world 6:30 Diamonds & Gems Trivia Challenge 7:30 Brain Bafflers 8:30 Garden Humor 9:00 Relaxing Yoga
9:00 Amazing Grace Devotions 8 10:00 Fit4Life Stretches 2:00 Church Of Christ 3:30 Daily Mt. Eagle Review 6:30 Ring Toss Competition 7:00 TV Classics/Lawrence Welk 8:00 Nightline News 9:00 Soulful Sounds Of Sunset	9:00 Community Coffee 9 10:00 Fit4Life Stretches 2:00 Bargain Bingo 3:30 Health Focus/Summer Berries 6:30 Brain Bafflers 7:30 Checkers Competition 9:00 World News Tonight 10:00 Meditation & Relaxation	9:00 Headlines & Horoscopes 10 10:00 Music & Muscle 2:00 Tuesday Tunes/The Rolling Stones 3:30 Lady Liberty Trivia 6:30 Ring Toss Competition 7:30 Person, Place Or Thing 8:30 Cool Color Art 10:00 Slumber Stretch	9:00 Inspirational Reading 11 10:30 Step In Strength 2:00 Tickets & Tours: Asian Gardens 3:30 Ring Toss Competition 6:30 Memory Journal & Nifty Nibbles 7:30 Southern Gospel 8:30 Daily Mt. Eagle Review 9:00 Inner Rhythm Yoga	12 9:00 Jasper Hometown News 10:00 Cha Cha In Your Chair 2:00 Bingo Bogo 3:30 Ring Toss Competition 6:30 Vacation Destinations 7:30 Foods That Shaped America 8:30 Name That Tune 9:30 Laughing Yoga	CAMP HARBORCHASE 13 9:00 News Currents Review 10:00 Music & Muscle 2:00 Ice Cream Treats With Local VBS 3:30 Rubik's Cube 6:30 Checkers Competition 7:30 Name That Tune 8:30 Inner Peace YOGA 9:00 Classic TV/Green Acres	14 9:00 Community Chatter 10:00 Tone & Stretch 11:00 Person, Place Or Thing 2:00 Menagerie Mania/Shark-The Great White Tooth 3:30 Historic Trees 6:30 Color Me Happy 7:30 It All Happened In July 8:30 Inner Rhythm's Yoga
ICE CREAM DAY 15 9:00 Upper Room Devotions 10:00 Trail Blazers 11:00 Sundae Toppings Word Search Challenge 2:00 Church Of Christ Service 3:30 All Things Ice Cream Social 6:30 Ice Cream Trivia/Top Ice Cream Flavors 7:00 Domino's Challenge 8:30 Slumber Stretches	16 9:00 Hometown News 10:00 Cha Cha In Your Chair 2:00 The Jubilance Of July 3:30 Person, Place Or Thing 6:30 Wheel Of Fortune 7:30 Ring Toss Challenge 9:00 Name The... Trivia 10:00 Slumber Stretches	17 9:00 Magazine Scavenger Hunt 10:00 Music & Muscle 2:00 Soda Fountain Delights/Soda Fountain Jerk Lingo 3:30 Ring Toss Competition 6:30 Checkers Competition 7:30 Tuesday Tunes & Trivia 8:30 Nightline News 9:00 YOGA Stretch	18 9:00 Inspirational Reading/Psalms 10:00 Step In Strength 2:00 Poetry Pals 3:30 Person, Place or Thing? 6:30 Mexican Dominoes 7:30 Classic TV/I Love Lucy 8:30 Daily Mt. Eagle Review 9:30 Slumber Stretches	19 9:00 News Currents 10:00 Happy Trails Walking Adventures 2:00 'Olympics Of The Forest' Fun Facts 3:30 Dance Fitness 6:30 Person, Place Or Thing 7:30 Brain Builders 8:30 Classic TV/Hee Haw 9:00 Tranquil YOGA	CAMP HARBORCHASE 20 9:00 News Currents Review 10:00 Cha Cha In My Chair 2:00 Hula Hoop & Corn Hole Competition 3:30 Moon Landing Trivia 6:30 Magazine Scavenger Hunt 7:30 Mental Aerobics 8:30 Friday Funnies 9:30 Stress Buster Tai Chi	21 9:00 Walk Fit 10:00 Tone & Stretch Yoga 2:00 Junk Food Day Trivia 3:30 Colors Of Spring 6:30 Chess & Checker Challenge 7:30 Name That Tune 8:30 Mermaids & Mythology 10:00 Soothing Sounds Of Nature
22 9:00 Only In America... 10:00 Moving To The Music 2:00 Church Of Christ Service 3:30 State Nickname Match Up 6:30 Guitar Player Greats 7:30 Name The ... Trivia 8:00 Daily Mt. Eagle Review 10:00 Slumber Stretches	23 9:00 Ice Cream Cone Birthday Trivia 10:00 Chair Cha Cha 2:00 Bingo Blitz 3:30 National Hotdog Day Fun Facts 6:30 Power Steps 7:30 Checkers Competition 8:30 Movie Theatre Magic/Second Hand Lions 9:00 YOGA Stretch	24 9:00 Get Up & Crossword 10:00 Bluegrass Pilgrims 2:00 Polish Me Pretty 3:30 Ribbon Chair Dancing 6:30 Name That Tune Crossword Challenge 7:30 Old Remedies Myths 8:30 Tuesday Tabloids 9:00 Best Of Big Band Music	25 9:30 Inspirational Reading 10:30 Step In Strength 2:00 Bingo Or Bust 3:30 Tic Tac Toe & Dominoes 6:30 Wheel Of Fortune Marathon 7:30 Poetry Match Ups 8:30 Juke Box Heroes 9:00 Late Show w/Carol Burnette	26 9:00 News Currents 10:00 Moving To The Music 2:00 Mystery Quotes Team Up 3:30 Walking Adventures 6:30 Mental Aerobics 7:30 Movie Magic/Alice In Wonderland 9:00 Checkers Competition 10:00 Slumber Stretches	CAMP HARBORCHASE 27 9:30 News Currents Review 10:00 Patriotic Inspirations/Card Crafting For US Troops 2:00 Bugs Bunny Birthday Trivia 3:30 Chair Dancing 6:30 Girl Scout Troop Campfire Sing Along 7:30 S'mores Galore! 9:00 Relaxing Yoga	DAY OF THE COWBOY 28 9:00 Hometown News 10:00 Trail Blazers 2:00 Cowboy Day Trivia 3:30 Name That Country Tune 6:30 Two Stepping Line Dance 7:30 Cowboy Cinema/TOMBSTONE 9:00 Tranquil YOGA
29 9:00 Upper Room Devotions 10:30 Power Walkers 2:00 Church Of Christ Service 3:30 Cha Cha In Your Chair 6:30 NASA Trivia & Fun Facts 7:00 Guess The Decade 9:00 Nightline News 10:00 Meditation & Relaxation	FRIENDSHIP DAY 30 9:00 Puzzling Adventures 10:00 Moving To The Music 2:00 Friendship Social 3:30 Name That Tune 7:30 Memory Journal & Nifty Nibbles 8:30 Jazz Greats 9:00 Slumber Stretch	31 9:00 Get Up & Crossword 10:00 Bluegrass Pilgrims 2:00 Polish Me Pretty 3:30 Ribbon Chair Dancing 6:30 Mutt Day Fun Facts 7:30 Seven Word Brain Games 8:30 Tuesday Tabloids 9:00 Best Of Big Band Music				

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
 D S E A B D M A F R A P K H N E D A
 T E T R W A N B A N A N A S P L I T
 O A M U D F I A K O A C H S I E E P
 L D S I N K F E C E P E S S H P O Y
 F N M R A S H O M E M A D E E S E A
 H U L H S B F S T R A W B E R R Y C
 A S S W H I P P E D C R E A M N S E
 F S C R S W I R L Y C S E H N E E R
 U H E V R E S D R A H E C S I N S A
 B R O W N I E C A L F I E K O Y E I
 E S C O O P C C R N W L O C A V W I
 T S A L L I N A V D K O E H R T A R
 A T K B W S O H N N C K T E I F E S
 L R E W A C I A I S A O S A A O D S
 O A C S F T S R I C O T F E S E A T
 C W A T F V P K O M F R S W E I M C
 O B N A L S O I S O A B Y T U N E O
 H E E O E O N B S P L S R A N I M A
 C A I L C H E R R E I S U O H A M E
 C U I F O T L O C O H C P T W W O I
 S S F C N A L L I N V N O A O N H I
 S Y U P E D N A T I L O P A E N I A
 B R O W N I A E R N M B D D F Y S U
 E D S P E N A W C S K H Y E S W C I

- 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

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

Easy

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

Medium

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

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.

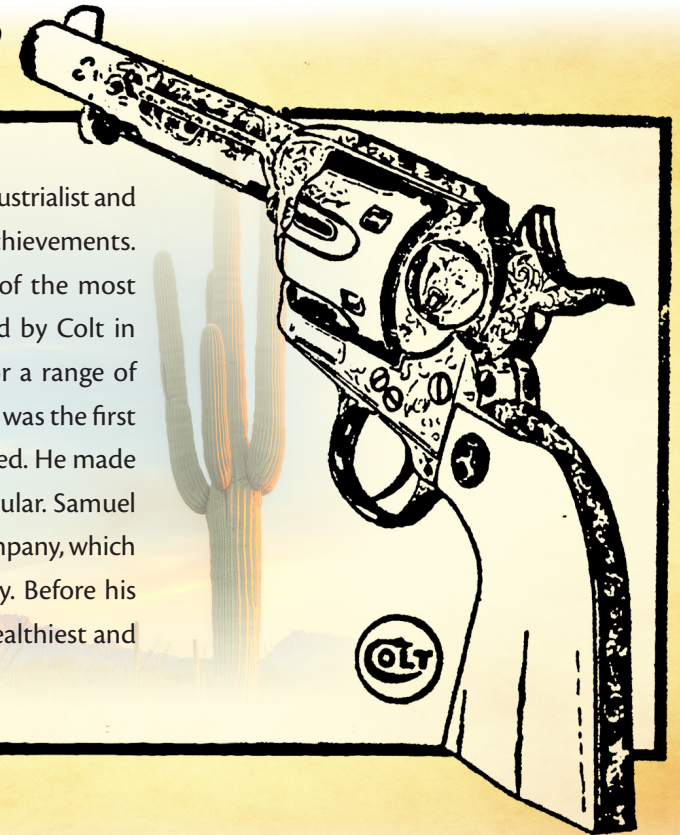
In Europe, banknotes first came into use in the 14th century. The term "banknote" derives from nota di banco. The holder of a note could redeem it for an amount of silver or gold held on deposit with a bank.

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