

# Moments from JUNE...



## JULY 2020 Newsletter



### Welcome New Residents:

**Kenneth S 2407**

**Joe S 1304**

**Judy W 1409**

**Edna C 3307**

**Miller M 1212**

### Celebrating Resident

#### Birthdays:

**Sue M 7/15**

**Donald W 7/26**

**Jean P 7/29**

#### Staff Birthdays

**Rhonda R 7/11**

**Jasmine R 7/12**

**Nikki H 7/13**

### Summer's Berry Bounty

No treat enhances a summer barbeque or picnic better than fresh berries. Whether you eat them plain out of your hand or add them to your favorite recipe, give thanks for this delicious bounty all July long, for July is National Berry Month. The next time you're out at an open-air farmer's market or even at the local grocery store, keep an eye out for unusual or rare berries that may have come from another part of the country. Your taste buds will thank you. Residents of Maine in the American northeast take pride in their wild blueberries. Wild blueberries are native to North America. They are smaller, sweeter, tangier, and more flavorful than their grocery store counterparts. Wild Maine blueberries may not become available until late July, but once they are harvested by Mainers, they are put into every dish imaginable, from muffins to homemade jam. Marion County, Oregon, is awfully proud of their marionberries, the so-called "King of Blackberries." The marionberry is a cross between the Chehalem and Olallie strains, and the result is big, firm, sweet, juicy, and delicious. Oregon produces 30 million pounds of marionberries each year, shipping almost none of them out of the state. So, if you do happen to find marionberries outside of Oregon, consider yourself lucky! The gooseberry is native to Canada but almost unheard of in the United States. This is partly because gooseberries were banned when it was found that they carried a disease harmful to regional white pine trees. The ban on gooseberries was lifted in the 1960s, but they are still hard to find in the U.S. Unripe berries are green and add a sour tang to dishes. Ripe berries are sweet and sour, a perfect accompaniment to other berries like strawberries. For this reason, they are often a substitute for rhubarb. These are just a few of the wonderful berries available at the peak of summer during Berry Month. If you're lucky, you might also find dewberries, huckleberries, elderberries, cloudberry, loganberries, or others waiting for you to add them to your favorite pie, buckle, or cobbler.

# Assisted Living Activities Calendar



For more information, contact Santino Tedesco, Activity Director at Santino.Tedesco@waterstoneonaugusta.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>All Activities (Date, Time, Place) Subject to Change</p> <p>More details will be given on weekly activities schedules</p>	<p>B—Bistro (1st Floor) CR—Card Room (2nd Floor) CY 1—Courtyard 1 (Behind Bistro) CY 2—Courtyard 2 (Behind WC) DR—Dining Room (1st Floor) L—Library (3rd Floor) T—Theater (3rd Floor) WC—Wellness Center (1st Floor) S—Salon (1st Floor) MC—Memory Care (1st Floor) WD—Welcome Desk (1st Floor)</p>	<p>Important Times to Know MEAL TIME Breakfast 8:00—9:00 A.M Lunch 12:00—1:00 P.M Dinner 5:00—6:00 P.M Hydration Times 10am, 4pm &amp; 7pm <b>Snacks &amp; Hydration offered throughout each day!</b></p>	<p>1 10:00 Its Yoga 11:00 Devotion 11:30 Crosswords and Coffee 2:00 Pampered Hands 3:00 Brain Teasers 4:00 BINGO 5:00 Daily Chronicles</p>	<p>2 10:00 Chit Chat and Coffee 11:00 5 Second Rule 2:00 Matinee Movie 3:00 Craft Time 3:30 Daily Chronicles 4:00 Community Social 6:15 Bistro Card Games</p>	<p>3 <b>Community Cook Out</b> 10:00 Coffee &amp; Current Events 11:00 This Day in History 2:00 Garden Club 3:30 Daily Chronicles 4:00 Happy Hour</p>	<p>4 <b>4th OF JULY</b> 10:00 Devotion w/ Louisa 11:00 Loosie Goosey w/Louisa 2:00 Firework Craft 3:00 BINGO 4:00 Cranium Crunches 8-9 Fireworks !!!</p>
<p>5 9:30 Coffee/Muffins w/Louisa 10:30 Church Service 2:00 Crafts w/Louisa 3:30 Pampered Hands 4:00 Cards</p>	<p>6 10:00 Sit and Stretch w/ Santino 10:30 Devotion 11:00 Painting with Santino 2:00 Comedy Movie Time 3:00 BINGO 5:00 Daily Chronicles 6:15 Movie Night:</p>	<p>7 10:30 Sunrise BINGO 11:30 Brain Exercise 2:00 Hydration Corner 2:30 Seated Exercise with Santino 3:30 Puzzle Time 5:00 Daily Chronicles 6:15 Movie Night</p>	<p>8 10:00 Its Yoga 11:00 Devotion 11:30 Cranium Crunches 2:00 Pampered Hands 3:00 Community Social 4:00 BINGO 5:00 Daily Chronicles</p>	<p>9 10:00 Sugar Scrub Kit 11:00 5 Second Rule 2:00 Matinee Movie 3:00 Craft Time/Paint Time 4:00 Community Social 5:00 Daily Chronicles 6:15 Bistro Card Games</p>	<p>10 10:00 Coffee &amp; Current Events 11:00 Scavenger Hunt 2:00 Craft <del>Friday</del>!!! 3:00 Jewelry Making 4:00 Happy Hour 5:00 Daily Chronicles 6:15 Movie Night:</p>	<p>11 10:00 Devotion with Louisa 11:00 Loosie Goosey w/Louisa 2:00 Snack Crate 3:00 BINGO with Louisa 4:00 Cranium Crunches</p>
<p>12 9:30 Coffee/Muffins w/Louisa 10:30 Church Service 2:00 Working on that fitness 3:30 Pampered Hands 4:00 Cards</p>	<p>13 10:00 Sit and Stretch w/ Santino 10:30 Devotion 11:00 Arm Chair Travel 2:00 Comedy Movie Time 3:00 BINGO 5:00 Daily Chronicles 6:15 Movie Night:</p>	<p>14 10:30 Sunrise BINGO 11:30 Wheel of Fortune 2:00 Hydration Corner 2:30 Seated Exercise w/ Santino 3:30 Family Feud 5:00 Daily Chronicles 6:15 Movie Night</p>	<p>15 10:00 Its Yoga 11:00 Devotion 11:30 Word Search and Coffee 2:00 Pampered Hands 3:00 Snack Crate 4:00 BINGO 5:00 Daily Chronicles</p>	<p>16 10:00 Letters to our kids 11:00 Paint By Numbers 2:00 Matinee Movie 3:00 Pictionary 4:00 Community Social 5:00 Daily Chronicles 6:15 Bistro Card Games</p>	<p>17 10:00 Coffee &amp; Current Events 11:00 Community Crossword 2:00 Craft <del>Friday</del>! 3:00 The Price is Right 4:00 Happy Hour 5:00 Daily Chronicles 6:15 Movie Night:</p>	<p>18 10:00 Devotion w/Louisa 11:00 Loosie Goosey w/ Louisa 2:00 Arm Chair Travel 3:00 BINGO 4:00 Cranium Crunches</p>
<p>19 9:30 Coffee/Muffins w/Louisa 10:30 Church Service 2:00 Working on that fitness 3:30 Pampered Hands 4:00 Cards</p>	<p>20 10:00 Sit and Stretch w/ Santino 10:30 Devotion 11:00 Painting with Santino 2:00 Comedy Movie Time 3:00 BINGO 5:00 Daily Chronicles 6:15 Movie Night</p>	<p>21 10:30 Sunrise BINGO 11:30 Community Crossword 2:00 Hydration Corner 2:30 Seated Exercise w/ Santino 3:30 Building WALK 5:00 Daily Chronicles 6:15 Movie Night:</p>	<p>22 10:00 Its Yoga 11:00 Devotion 11:30 Mystery Bag Gag 2:00 Pampered Hands 3:00 Picture Puzzles 4:00 BINGO 5:00 Daily Chronicles</p>	<p>23 10:00 Tongue Twister Madness 11:00 Pictionary 2:00 Matinee Movie 3:00 Craft Time /Paint Time 4:00 Community Social 5:00 Daily Chronicles 6:15 Bistro Card Games</p>	<p>24 10:00 Coffee &amp; Current Events 11:00 This day in History 2:00 Craft <del>Friday</del> 3:00 Jewelry Making 4:00 Happy Hour 5:00 Daily Chronicles 6:15 Movie Night:</p>	<p>25 10:00 Devotion w/ Louisa 11:00 Loosie Goosey w/ Louisa 2:00 Paint by Numbers 3:00 BINGO 4:00 Cranium Crunches</p>
<p>26 9:30 Coffee/Muffins w/Louisa 10:30 Church Service 2:00 Crafts 3:00 Pampered Hands 4:00 Cards</p>	<p>27 10:00 Sit and Stretch w/ Santino 10:30 Devotion 11:00 This Day in History 2:00 Comedy Movie Time 3:00 BINGO 5:00 Daily Chronicles 6:15 Movie Night</p>	<p>28 10:30 Sunrise BINGO 11:30 Brain Exercises 2:00 Hydration Croner 2:30 Seated Exercise w/Santino 3:30 Building WALK 5:00 Daily chronicles 6:15 Movie Night:</p>	<p>29 10:00 Its Yoga 11:00 Devotion 11:30 Mystery Bag Gag 2:00 Pampered Hands 3:00 Community Social 4:00 BINGO 5:00 Daily Chronicles</p>	<p>30 10:00 UNO Card Game 11:00 Cranium Crunches 2:00 Matinee Movie 3:00 Community Crossword 4:00 Community Social 5:00 Daily Chronicles 6:15 Bistro Card Games</p>	<p>31 10:00 Coffee &amp; Current Events 11:00 Garden Club 2:00 Craft <del>Friday</del> 3:00 3000 Questions 4:00 Happy Hour 5:00 Daily Chronicles 6:15 Movie Night:</p>	<p>10:00 Devotion w/ Louisa 11:00 Loosie Goosey w/ Louisa 2:00 Paint by Numbers 3:00 BINGO 4:00 Cranium Crunches</p>



### JULY Birthdays

In astrology, those born between July 1–22 are Cancer’s Crabs. Crabs care deeply about their family and home. After all, they carry one on their backs! Guided by their hearts, Crabs are sympathetic and loyal friends and imaginative collaborators. Those born between July 23–31 are Leo’s Lions, the zodiac’s natural-born leaders. Dramatic, confident, and humorous, Leos are adept at rallying people to a common cause and finding creative solutions in the trickiest of situations.



### RESIDENT SPOTLIGHT

This month we are shining our spotlight on Ms. Tilda aka Lelia Watson. We absolutely LOVE your energy Leila and honesty. You bring so much laughter into our community. BINGO is “Tilda’s” absolute “FAVOURITE” game and she remind you too. Tilda is active in ALL of our activities and if you’re ever in need of a HUG, she will do that too. If you see Tilda say hello, She will be so happy. Thanks again for your spirit SUGAH!!



### What's Happening in JULY

- Celebrating July
- Ice Cream Month
- Parks & Recreation Month
- Cell Phone Courtesy Month
- Canada Day July 1
- Independence Day: U.S. July 4 Collector Car Appreciation Day July 10
- World Emoji Day July 17
- Space Exploration Day July 20
- Tell an Old Joke Day July 24
- Support Public Education Day July 30

### The Buffalo Soldiers

Buffalo Soldiers Day on July 28 remembers the formation of the very first all-African American army regiments. On July 28, 1866, after the end of the Civil War, the U.S. Congress passed the Army Reorganization Act, which called for the creation of six all-black infantry and cavalry regiments. They were deployed to the Western frontier, where they were ordered to protect settlers, stagecoaches, and railroad crews while fending off Native Americans and capturing cattle rustlers. Why were they called “buffalo soldiers” by the Native Americans? One story tells that they fought as fiercely as the buffalo of the plains. Other theories suggest that the soldiers’ dark curly hair resembled that of the buffalo. Whatever the reason, the name stuck, and buffalo soldier regiments served courageously until the desegregation of the Army in the 1950s.

### The World in Watercolor

July is World Watercolor Month, which gives us 31 days to appreciate this amazing painting medium. The term watercolor refers to how the paint is made. The earliest watercolor artists made their paints from natural pigments found in vegetables or minerals. Then, as now, the pigments were suspended in a water-based solution. Once the liquid paint is applied to a surface, the water begins to evaporate, leaving behind the colored pigments. The cave paintings of paleolithic Europe and manuscripts of ancient Egypt and the Middle Ages were all done in watercolors. Watercolors may very well be considered humanity’s first artistic medium! The golden age of watercolor emerged during the mid-18th to mid-19th-century in Britain. Amongst the British upper class, watercolor painting was part of an aristocratic education. Mapmakers, geologists, military officers, and engineers all need watercolorists to depict landscapes or notable sites. The medium soon turned from the professional to the private, with well-to-do travelers painting scenes of their favorite pastoral getaways: rivers, valleys, seaside cliffs, old castles, and churches. Watercolor soon became England’s unofficial national art form. Some of the most notable watercolorists rose to prominence during this era—Joseph Mallord William (J.M.W.) Turner, Paul Sandby, and Thomas Girtin—and their works spurred an international hunger for watercolor paintings. Today, thanks to the availability of inexpensive watercolor sets, anyone can try their hand at watercolor painting. For those in need of inspiration, Doodlewash (the masterminds behind World Watercolor Day) has provided a list of 31 painting prompts, one for each day of the month. Past prompts have included such varied subjects as “sunny sky,” “window view,” “monochromatic,” “fruits,” and “window view.” Of course, the best advice is to paint what you love most. All throughout July, express yourself through watercolor.

### The Disco Demolition

People are still unsure how Disco Demolition Night at Comiskey Park got so out of hand. Back in July 1979, the Chicago White Sox were owned by Bill Veeck, who often came up with creative promotions to draw fans to watch his struggling ball club. Disco Demolition Night was a tongue-in-cheek swipe at disco, a musical genre that Chicago’s working class despised. Fans who brought disco records to the doubleheader got a ticket for just 98 cents. Best of all, in between the games, the records would be blown up on the field. No one expected that the stadium would be packed. No one expected the explosion to leave a crater in center field. And no one expected 7,000 fans to rush onto the field and riot. Needless to say, play was suspended, and the White Sox forfeited the game.

## A Fight for Women's Rights

On July 19, 1848, hundreds of women converged upon the Wesleyan Chapel in Seneca Falls, New York, to attend what was billed as the Women's Rights Convention. Organizer Elizabeth Cady Stanton had brought women together to fight for the social, civil, and religious rights of women. Stanton was a well-educated woman who worked alongside her husband as an abolitionist. While attending an anti-slavery conference in London, Stanton met Lucretia Mott, and the two women discovered that they also shared a disgust for the unequal treatment of women in society. The two friends kept in touch, and eight years later they enjoyed the fruits of their labors: the convention in Seneca Falls. Stanton opened the convention with a stirring speech: "We are assembled to protest against a form of government, existing without the consent of the governed—to declare our right to be free as man is free, to be represented in the government which we are taxed to support, to have such disgraceful laws as give man the power to chastise and imprison his wife, to take the wages which she earns, the property which she inherits, and, in case of separation, the children of her love." Stanton, Mott, and others had penned their Declaration of Sentiments, a rewriting of the Declaration of Independence that added the words woman and women throughout. The document also listed 18 grievances highlighting the disempowerment of women in society.

Attendees discussed and passed 11 resolutions on women's rights, resolutions that demanded women be held as equals to men in the eyes of the law and society. Ten of the 11 passed unanimously. The ninth resolution, which demanded the right to vote for women, struggled to pass. It took stirring speeches by Stanton and fellow abolitionist Frederick Douglass to muster support. The Seneca Falls convention remains a watershed moment for women's rights.

### Around and Around

The spinning carousel with its prancing ponies and circus music endures as a symbol of the joy of our youth and the carnivals of yesteryear. Tap into that carefree spirit on July 25, Carousel Day. It may come as a surprise to learn that this carnival ride began as a device for training a cavalry for battle. The word carousel comes from the Italian garosello, meaning "little war." During the 12th century, Christian knights crusading in the Middle East observed Turkish and Arabian horsemen training for combat. The horsemen rode in a tight circle, using one hand to rein the horse and the free hand to toss and catch a clay ball filled with a nasty perfume. A rider unable to catch the ball risked it breaking and covering them in an awful smell. The French modified the game, hanging wooden horses by chains from a post affixed to a rotating center pole. Horsemen mounted the wooden horses and practiced their lancing skills. Soon, the devices were used not for training but for entertainment. Thus, the modern carousel evolved from a war-training tool to a children's carnival ride.

### Getting a Leg Up

If you've ever wanted to feel a little bit taller, then get ready for Walk on Stilts Day on July 27. Stilts are most often associated with clowns who teeter above crowds at the circus or in parades to get a laugh, but stilts originated as utilitarian tools. During the 1600s in the Landes region of southeastern France, shepherds used five-foot-tall stilts to watch their flocks and traverse the soggy lowlands.

For hundreds of years stilts have been used to pick fruit from high branches, to prune trees, and even to harvest hops.

One of the strangest stilt traditions is the sport of stilt jousting that has occurred in Namur, Belgium, since 1411. Two teams vie for the Golden Stilt award by attempting to knock the stilts out from underneath their opponents. The award goes to the last man standing... on stilts.



The Fourth of July—also known as Independence Day or July 4th—has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. On July 2nd, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4th has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues. The Fourth of July 2020 is on Saturday, July 4, 2020.

### A History of Independence Day

When the initial battles in the Revolutionary War broke out in April 1775, few colonists desired complete independence from Great Britain, and those who did were considered radical. By the middle of the following year, however, many more colonists had come to favor independence, thanks to growing hostility against Britain and the spread of revolutionary sentiments such as those expressed in the bestselling pamphlet "Common Sense," published by Thomas Paine in early 1776. On June 7, when the Continental Congress met at the Pennsylvania State House (later Independence Hall) in Philadelphia, the Virginia delegate Richard Henry Lee introduced a motion calling for the colonies' independence. Amid heated debate, Congress postponed the vote on Lee's resolution, but appointed a five-man committee—including Thomas Jefferson of Virginia, John Adams of Massachusetts, Roger Sherman of Connecticut, Benjamin Franklin of Pennsylvania and Robert R. Livingston of New York—to draft a formal statement justifying the break with Great Britain. On July 2nd, the Continental Congress voted in favor of Lee's resolution for independence in a near-unanimous vote (the New York delegation abstained, but later voted affirmatively). On that day, John Adams wrote to his wife Abigail that July 2 "will be celebrated, by succeeding Generations, as the great anniversary Festival" and that the celebration should include "Pomp and Parade...Games, Sports, Guns, Bells, Bonfires and Illuminations from one End of this Continent to the other." On July 4th, the Continental Congress formally adopted the Declaration of Independence, which had been written largely by Jefferson. Though the vote for actual independence took place on July 2nd, from then on the 4th became the day that was celebrated as the birth of American independence.

### Fourth of July Becomes a Federal Holiday

The tradition of patriotic celebration became even more widespread after the War of 1812, in which the United States again faced Great Britain. In 1870, the U.S. Congress made July 4th a federal holiday; in 1941, the provision was expanded to grant a paid holiday to all federal employees.

Over the years, the political importance of the holiday would decline, but Independence Day remained an important national holiday and a symbol of patriotism.

Falling in mid-summer, the Fourth of July has since the late 19th century become a major focus of leisure activities and a common occasion for family get-togethers, often involving fireworks and outdoor barbecues. The most common symbol of the holiday is the American flag, and a common musical accompaniment is "The Star-Spangled Banner," the national anthem of the United States.