

# HAPPY BIRTHDAY!

## July Birthday's

- Jean Walsh.....July 6th
- Doris Boyce .....July 14th
- Walter Meier.....July 14th
- John Wilkinson.....July 17th
- Ruth Robinson.....July 31st

## Bronze Age Map is Oldest of Its Kind

A stone slab held privately for more than 100 years has turned out to be the oldest known map of European territory, the Sci-News website reports. The Bronze Age map, about 13-feet long by 7-feet wide, dates from 2150–1600 B.C., and was originally found in France in 1900. It went to a private collection, then a museum and was ultimately found in a castle cellar in 2014.

The slab appears to depict an area along the river Odet, and the central motif suggests an enclosure in an area with three river springs—the Odet, the Isole and the Stêr Laër. Archeologists believe the ancient map may have been used to manage the territory and control its land. The slab was used in a burial at the end of the early Bronze Age, and markings that seem to represent the distribution of elite graves in the territory could be linked to soil fertility.



**HarborChase**  
Assisted Living • Memory Care



The HarborChase Wire: A Monthly Publication of HarborChase Wildwood Sound

July 2021

## Management Team

**Melanie Boyd**  
Executive Director

**Rita Howorka**  
Director of Sales

**Tracy Ford-Howard**  
Director of Nursing

**Tara Tortora**  
Business Office Manager

**Zulaika Oliveras**  
Director of Memory Care

**Alvin Smith**  
Director of Maintenance

**Daniel Wright**  
Director of Hospitality

**Colleen Egger**  
Life Enrichment Director



## Fourth of July Fun Facts

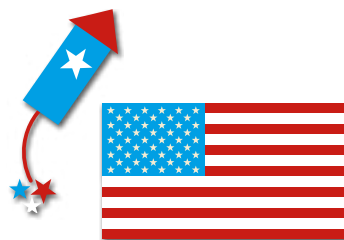
We celebrate the nation's independence on July 4 and commemorate the official adoption of the Declaration of Independence, which occurred in 1776. But the majority of the Founding Fathers didn't sign the document on that day, which you likely already know. John Hancock did, though. He was the first of the 56 to sign, and subsequently his name became synonymous with "signature." As we celebrate our nation's independence, consider these other Fourth of July fun facts to get into the holiday spirit.

- The Continental Congress actually approved the content of the Declaration of Independence on July 4.
- Three U.S. presidents have passed away on the Fourth of July: James Monroe, John Adams and Thomas Jefferson.
- One U.S. president was actually born on July 4: Calvin Coolidge.
- There have been a grand total of 28 versions of the American flag.
- The majority of the Declaration of Independence signers, well over half, were slave owners, while some were extreme abolitionists.
- Parades are a staple of the Fourth. The shortest Independence Day parade, barely over a half-mile, occurs in a little place called Aptos, California.
- Other July 4 staples are food and alcohol. Typically, Americans spend over \$6 billion on food around the Fourth, and \$1.5 billion on beer and wine.
- They also consume roughly 150 million hot dogs on the holiday.
- Independence Day fireworks displays number about 15,000, spanning from the smallest to largest of cities. Smaller towns spend an average of \$8,000 to \$15,000 on their colorful collaborations.
- The oldest Fourth of July celebration occurs in Rhode Island. The town of Bristol has been celebrating the holiday since 1785. Now, the quaint town begins its festivities on June 14, Flag Day, and concludes the fun on July 4 with a 2.5-mile parade.



**HarborChase**  
Assisted Living • Memory Care

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# HarborChase of Wildwood - Memory Care



June 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p><b>6:00</b> <b>Weekly Devotion w/ Lydia</b></p> <p><b>7:00</b> <b>Break &amp; Tea</b></p> <p><b>7:30</b> <b>Apple Tea Bunch</b></p> <p><b>8:00</b> <b>Relax and Coffee</b></p> <p><b>9:00</b> <b>Movie: Railroad and Paper</b></p> <p><b>9:30</b> <b>Relax in-Chair w/ Jean</b></p> <p><b>1:00</b> <b>Table Top Games</b></p>	<p><b>6:00</b> <b>Monday Even Review</b></p> <p><b>6:30</b> <b>Break and Tea w/ Lydia</b></p> <p><b>7:00</b> <b>Table</b></p> <p><b>7:30</b> <b>Arts and Crafts</b></p> <p><b>8:00</b> <b>Hand-Eye Fun</b></p> <p><b>8:30</b> <b>Table Challenge</b></p> <p><b>9:00</b> <b>Relax and Coffee</b></p> <p><b>9:30</b> <b>Open All Days</b></p>	<p><b>6:00</b> <b>Monday Even Review</b></p> <p><b>6:30</b> <b>Monday Devotion</b></p> <p><b>7:00</b> <b>Movie: Movie Review</b></p> <p><b>7:30</b> <b>Chalkboard</b></p> <p><b>8:00</b> <b>Relax and Coffee</b></p> <p><b>9:00</b> <b>Movie Night</b></p>	<p><b>6:00</b> <b>Office &amp; Lunch</b></p> <p><b>7:00</b> <b>Monday &amp; Overview of Week</b></p> <p><b>7:30</b> <b>Movie in a Minute</b></p> <p><b>8:00</b> <b>Arts and Crafts</b></p> <p><b>8:30</b> <b>Relax and Coffee</b></p> <p><b>9:00</b> <b>Movie Night</b></p>	<p><b>6:00</b> <b>Monday Review</b></p> <p><b>7:00</b> <b>Monday &amp; Overview of Week</b></p> <p><b>7:30</b> <b>On the Day</b></p> <p><b>8:00</b> <b>Arts and Crafts</b></p> <p><b>8:30</b> <b>Chalkboard</b></p> <p><b>9:00</b> <b>On the Day</b></p> <p><b>9:30</b> <b>Relax in-Chair w/ Jean</b></p> <p><b>9:00</b> <b>Movie Night</b></p>	<p><b>6:00</b> <b>Monday Devotion</b></p> <p><b>7:00</b> <b>Monday Review</b></p> <p><b>7:30</b> <b>Break and Tea</b></p> <p><b>8:00</b> <b>Movie: The Princess</b></p> <p><b>8:30</b> <b>Arts and Crafts</b></p> <p><b>9:00</b> <b>Relax and Coffee</b></p> <p><b>9:30</b> <b>Movie Night</b></p>	<p><b>6:00</b> <b>Monday Review</b></p> <p><b>6:30</b> <b>Break &amp; Tea</b></p> <p><b>7:00</b> <b>Movie: The Princess</b></p> <p><b>7:30</b> <b>Arts and Crafts</b></p> <p><b>8:00</b> <b>Relax and Coffee</b></p> <p><b>8:30</b> <b>Movie Night</b></p>
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# 4th OF JULY

# HAPPY INDEPENDENCE DAY

HOME OF THE BRAVE

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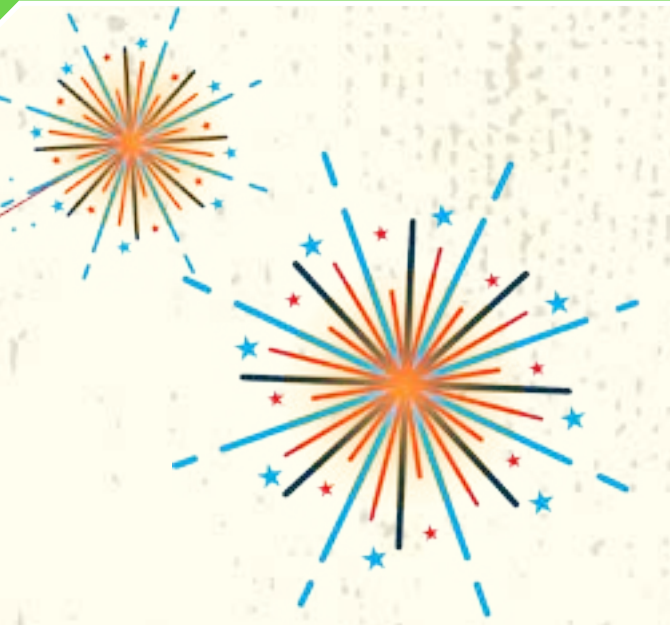
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- BARBECUE
- BLUE
- CONSTITUTION
- COURAGE
- FIGHTING
- FIREWORKS
- FLAG
- FREEDOM
- HOLIDAY
- HOME OF THE BRAVE
- INDEPENDENCE
- LADY LIBERTY
- OLD GLORY
- PARADE
- RED
- STAR SPANGLED BANNER
- STARS
- STRIPES
- THIRTEEN COLONIES
- UNCLE SAM
- UNITED STATES
- VICTORY
- WHITE

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EASY

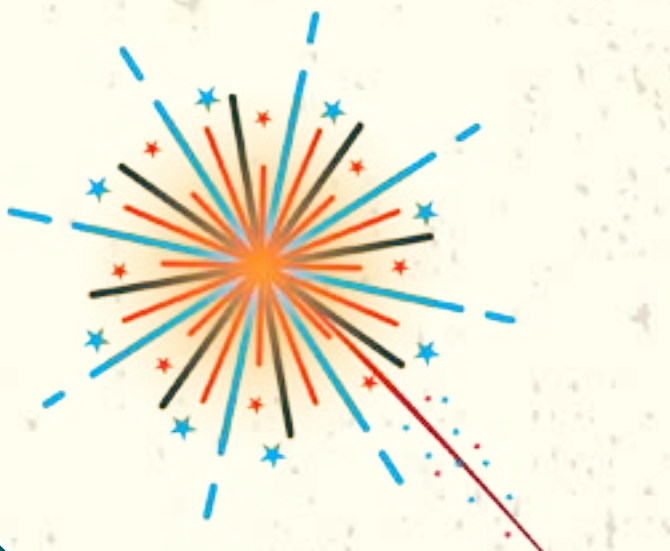
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MEDIUM





## Not Just a Fad: The Mediterranean Diet Promotes Healthy Aging

If you've ever seen an advertisement in a health magazine or on TV, you're familiar with some of the popular "fad" diets. Like the Atkins diet or the HCG diet, these diets promise noticeable results in a short period of time. And while these trendy diets may cause some people to shed pounds quickly, they do not help sustain long-term nutrition, don't encourage healthy aging and can sometimes be downright dangerous. One diet is continuously awarded as the best diet (and has even won the "Best Overall Diet" Award by U.S. News & World Report for four consecutive years!): the Mediterranean diet.

So, what is the Mediterranean diet? Why is it regarded as "the best"?

HarborChase Senior Living offers independent living, assisted living and memory care services at communities across the United States. We like to celebrate and encourage healthy aging at our communities through socialization, activity, and nutritious meals. We're answering what the Mediterranean diet is, why it's so good for you and how to incorporate it into your life.



Unlike other diets, the most important thing about the Mediterranean diet is that you focus on the overall quality of the foods you eat, rather than add or eliminate one single food.

### More Than Just Food

In addition to the food, there are also several other aspects of the Mediterranean lifestyle that are key elements in this diet. In the United States, we might be used to eating meals in a rush or in front of the TV, but the Mediterranean culture enjoys relaxed and leisurely meals with friends and family and a glass of red wine. Sitting down and enjoying a meal with others can sometimes be just as important as what you are eating.

Another critical element in the Mediterranean lifestyle and diet is physical activity. In countries surrounding the Mediterranean, exercise doesn't necessarily mean carving out two hours a day to do heavy lifting at the gym. Walking is a central part of these cultures, and physical movement is naturally incorporated throughout the day.

### Ways to Incorporate the Mediterranean Diet

One of the good things about the Mediterranean diet is that it doesn't take extensive knowledge

or planning to incorporate it into your life. These simple tips can help you get started:

- Eat more fruits and vegetables by having a salad for a starter, roasting them as a side, or snacking on them instead of chips
- Sauté food in olive oil instead of butter
- Choose whole grains over refined white bread and pasta
- Try to eat seafood twice a week by grilling or baking fatty fish
- Limit high-fat dairy by switching to low-fat Greek yogurt and hard cheeses
- Avoid red meats and sugars unless it's a special occasion
- Sit down at a table instead of in front of the TV to eat meals
- Incorporate more physical activity naturally into your life (take the stairs instead of the elevator, walk or ride a bike to places close by, take a walk every evening)

The Mediterranean diet is a delicious and nutritious way to eat that's associated with several benefits, including heart health, protection from disease and diabetes and overall healthy aging. Unlike some diets, the Mediterranean diet allows for endless variety and flavor, and, best of all, you don't need to travel beyond your kitchen to enjoy it!

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## SUNSCREEN AND WHAT YOU SHOULD KNOW

During the hottest months of the year, and even the not-so-warm months, sunscreen is a must-have for anyone interested in stepping foot outside his or her home. Most people are aware of this fact. So make sure you choose the correct sunscreen for your skin type and apply it correctly. After all, misapplied sunscreen is basically useless in the fight against skin cancer and the addition of wrinkles.

Here are a few tips to ensure your skin is well protected:

- Liberally apply sunscreen indoors at least 15 minutes before you head outside. Sunscreen has to dry on your skin to be effective.
  - Be sure to cover all exposed areas during the application process. This means all body parts, including ears and toes, which might see a little bit of sunshine.
- Reapply often! Second and third coats of sunscreen are necessary when it comes to avoiding a sunburn. Every two hours a new layer of sunscreen should reach your skin, especially if water activities, sports or anything promoting sweatiness is involved.
  - Does your sunscreen have an SPF of 30 or higher? If not, you need a new bottle. SPF 30+ is necessary to be effective. For lips, SPF 15 will do. The label should also say the product is water-resistant and that it protects skin from both UVB and UVA rays.

These tips should help you maintain a successful skincare routine and minimize your potential for sunburns.

EQUALITY  
FOR ALL



Differences in gender, national origin, religion and race have been the driving force behind discrimination for hundreds of years. This particular struggle continues to be an uphill battle, but some days great strides are made. July 2, 1964, was one of those days.

The state of Civil Rights in America changed when President Lyndon B. Johnson signed the Civil Rights Act of 1964. President John F. Kennedy was a strong Civil Rights advocate. Following his

assassination in 1963, Johnson took office and also pushed for similar Civil Rights legislation, resulting in the Civil Rights Act of 1964. Incidentally, Johnson signed the act with 75 pens that were distributed among those who supported the bill, including Civil Rights leaders and Congressmen.

The bill eventually broadened to include the disabled and elderly, among other minorities. Provisions were made to ensure equality for all.