

Cuisine of the Caribbean

The traditional foods from the countries in and around the Caribbean Sea are a vibrant blend of many cultures. Explore a little taste of the tropics.

Jerk chicken — The spicy seasoning mixture known as jerk has been called Jamaica's signature flavor. It features habaneros or the Caribbean's native Scotch bonnet chili peppers, which bring a fiery heat to roasted or barbecued chicken.

Pepperpot — Versions of this slow-simmered stew are found throughout the region. In Guyana, meat and peppers are cooked for hours in a rich gravy flavored with cinnamon and cassareep, a syrup from cassava, a root vegetable. In Antigua and Barbuda, cornmeal dumplings called fungee are added to the pot.

Roti — This soft, chewy flatbread is a common street food in the Caribbean, where it's typically filled with various curries, tightly folded and eaten on the go.

Callaloo — This side dish is named for its star ingredient, a green leafy vegetable similar to spinach. Native to West Africa but popular throughout the islands, callaloo leaves are often steamed with coconut milk and other veggies such as peppers, onion and okra.

Flying fish — In Barbados, this exotic fish with long fins that look like wings is a symbol of national pride. Usually served steamed, it's eaten with cou-cou, a cornmeal and okra mixture similar to fungee.

Ways To Drink More Water

During warm weather, it's important to drink plenty of water to prevent dehydration. Increase your intake and stay refreshed by following these tips:

Make it part of your daily routine — Dietitians recommend drinking water at several specific points during the day: after you wake up, with meals, before and after exercise, and when taking medication.

Pick a cup and fill 'er up — An insulated bottle, a colorful tumbler, a mug with a handle ... it doesn't matter what kind of drinkware you use, as long as you like it. Choose a container that is comfortable to use and suits your style.

Sip through a straw — Many people find it easier to drink through a straw, and you'll get more water with every sip. Plus, sipping slowly is better than guzzling, which can cause bloating.

Find your favorite flavor — If you don't like plain water or simply want some variety, enhance the flavor with a few fresh berries, some sliced fruit, a splash of juice, or sprigs of fresh herbs such as spearmint.

Adjust the temp — Whether you like it served over ice or lukewarm, water is hydrating no matter its temperature. Let food servers know your preference so you're sure to drink water at mealtimes.



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JUNE 2020

U.S. Military Helmets Through History

A crucial piece of equipment for a soldier in battle is their helmet. The head protectors have continually evolved over America's military history.

The U.S. Army first issued helmets when America entered World War I in 1917. Modeled after the British Army's Brodie helmet, the headgear resembled an upside-down metal bowl with a brim and chinstrap. The steel helmet helped protect the tops of soldiers' heads, but the face and sides of the head were left exposed.

World War II soldiers wore the M1 helmet, which extended farther down the head and had a steel shell and adjustable liner, similar to construction hard hats. Its sturdiness prompted troops to nickname it the "steel pot." The M1 went on to be the standard-issue helmet during the Korean and Vietnam wars.

The invention of the synthetic fiber Kevlar led to the PASGT helmet, short for personal armor system for ground troops. Layers of puncture-resistant Kevlar provided a more lightweight yet effective shield against battlefield hazards for troops during the 1980s and '90s.

Since 2003, U.S. ground forces have worn the ACH, or advanced combat helmet, but officials are continually testing new options to provide the most state-of-the-art military helmet.

Bananas for Bananas

A staple for breakfast meals and the perfect on-the-go snack, bananas are one of the world's most consumed fruits.

Bananas were cultivated thousands of years ago in Southeast Asia and reached the New World in the 16th century. When first imported to the U.S. in the 1800s, the banana was considered an exotic food and eaten with a knife and fork.

Although bananas are considered fruits, botanically they are berries. They grow upside down on giant herb plants, not trees, in tropical climates. Their familiar curved shape is the result of growing against gravity toward the sunlight. An individual banana is called a finger, and a bunch is called a hand.

Worldwide, there are over 1,000 varieties of bananas, but the one most commonly found in stores and eaten fresh is the bright yellow Cavendish, due to its sweet taste and creamy texture. Bananas are rich in potassium, which can help lower blood pressure. The mineral also improves muscle function and boosts energy, and that's why many athletes eat a banana during competition and after workouts.

In the U.S., bananas are grown in Hawaii and Florida, but most of the nation's supply comes from Central and South America.

JUNE 2020

Locations

- Activities Room, AR
- Activities Room Hallway, AH
- Court Yard, CY
- Dining Room, DR
- Game Room, GR
- Independent Living Activities Room, IA
- Independent Living Dining Room, IL
- Outing, O
- Patio, P
- Windsor Room, WR

Birthdays

- Marion Wilson, 10th
- Walter Tapp, 12th

Transportation Schedule

- Thursday, 11:10 a.m.
- Lunch Outings

Country Store

- Monday—Saturday
- 11 a.m.-Noon

“Life isn’t about waiting for the storm to pass; it’s about learning to dance in the rain.”

—Vivian Greene

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>10:00 Fitness & Moves, AR 10:15 Daily Update, Deep Breathing & Stretching 1:30 Hallway Bingo, AH</p>	<p>1 10:00 Fitness & Moves, AR 10:15 Daily Update, Deep Breathing & Stretching 1:30 Hallway Bingo, AH</p>	<p>2 10:00 Health Talk (fruits) 10:30 Outside w/Finish the Line, CY 11:00 Physical Game: Horse Racing Outside, CY 1:30 Nail Care, AR 2:00 Library Books</p>	<p>3 10:15 Daily Update, Deep Breathing & Stretching 10:30 Spiritual Reading, AR 10:45 Springtime Trivia Outside, CY 1:30 Hallway Bingo, AH 3:15 Outside w/Nature, CY</p>	<p>4 10:30 Outside w/Finish the Line, CY 11:00 Today in History 2:00 Individual Nature Artwork Painting 3:00 Outside Chat and Juice, CY 3:15 Music in the Hallway Day</p>	<p>5 10:00 National Doughnut Day, AR 10:15 Daily Update, Deep Breathing & Stretching 10:30 Door-to-Door Trivia, AR 1:30 Hallway Bingo, AH 3:00 Door-to-Door Ice Cream Stop</p>	<p>6 10:00 Individual Word finding and Crossword puzzle 11:00 Individual Adult Coloring 2:30 Outside Sitting, AR</p>
<p>7 9:30 Bible Scripture Reading, AR 10:30 Gospel Sounds in Residents’ rooms 2:00 <i>Sunday Matinee, AR</i> 5:45 Individual Art for the Heart</p>	<p>8 10:00 Fitness & Moves, AR 10:00 Ice Tea Day 10:15 Daily Update, Deep Breathing & Stretching 1:30 Hallway Bingo, AH 3:30 Nature Video (Birds), AR</p>	<p>9 10:30 Outside w/Finish the Line, CY 11:00 Physical Game: Horse Racing Outside, CY 1:30 Nail Care, AR 2:00 Library Books 3:00 Root Beer Float</p>	<p>10 10:00 Ice Tea Day 10:15 Daily Update, Deep Breathing & Stretching 10:30 Spiritual Reading, AR 10:45 Springtime Trivia Outside, CY 1:30 Hallway Bingo, AH</p>	<p>11 10:30 Outside w/Finish the Line, CY 11:00 Today in History 2:00 Individual Nature Artwork Painting 3:00 Outside Chat and Juice, CY 3:15 Music in the Hallway Day</p>	<p>12 10:15 Daily Update, Deep Breathing & Stretching 10:30 Door-to-Door Trivia, AR 1:30 Hallway Bingo, AH 3:00 Door-to-Door Ice Cream Stop</p>	<p>13 10:00 Individual Word finding and Crossword puzzle 10:30 Men’s Group Cowboy Shows, AR 11:00 Individual Adult Coloring 2:30 Outside Sitting, AR</p>
<p>FLAG DAY 14 9:30 Bible Scripture Reading, AR 10:00 Flag Day 10:30 Gospel Sounds in Residents’ rooms 2:00 <i>Sunday Matinee, AR</i> 5:45 Individual Art for the Heart</p>	<p>15 10:00 Fitness & Moves, AR 10:15 Daily Update, Deep Breathing & Stretching 10:30 Bible Trivia and Daily Word, AR 1:30 Hallway Bingo, AH</p>	<p>16 10:00 Physical Games, AR 10:30 Outside w/Finish the Line, CY 11:00 Physical Game: Horse Racing Outside, CY 1:30 Men’s Group outside 1:30 Nail Care, AR 2:00 Library Books</p>	<p>17 10:15 Daily Update, Deep Breathing & Stretching 10:30 Spiritual Reading, AR 10:45 Springtime Trivia Outside, CY 1:30 Hallway Bingo, AH 3:15 Outside w/Nature, CY</p>	<p>18 10:00 Connect Four & Jenga, AR 10:30 Outside w/Finish the Line, CY 11:00 Today in History 2:00 Yoga w/Tina, AR 2:00 Individual Nature Artwork Painting 3:00 Outside Chat and Juice, CY 3:15 Music in the Hallway Day</p>	<p>19 10:15 Daily Update, Deep Breathing & Stretching 10:30 Door-to-Door Trivia, AR <i>11:00 Juneteenth</i> 1:30 Hallway Bingo, AH 3:00 Door-to-Door Ice Cream Stop</p>	<p>20 SUMMER BEGINS 10:00 Individual Word finding and Crossword puzzle 11:00 Individual Adult Coloring 2:30 Outside Sitting, AR</p>
<p>FATHER’S DAY 21 9:30 Bible Scripture Reading, AR 10:00 Pre Father’s Day Shout-Out! 10:30 Gospel Sounds in Residents’ rooms 2:00 <i>Sunday Matinee, AR</i> 5:45 Individual Art for the Heart</p>	<p>22 10:00 Fitness & Moves, AR 10:15 Daily Update, Deep Breathing & Stretching 10:30 Springtime Trivia, AR 1:30 Hallway Bingo, AH</p>	<p>23 10:00 Coffee & Tea Time Talk, AR 10:30 Outside w/Finish the Line, CY 11:00 Physical Game: Horse Racing Outside, CY 12:30 Residents’ Council Meeting, AR 1:30 Nail Care, AR 2:00 Library Books</p>	<p>24 10:15 Daily Update, Deep Breathing & Stretching 10:30 Spiritual Reading, AR 10:45 Springtime Trivia Outside, CY 1:30 Hallway Bingo, AH</p>	<p>25 10:30 Outside w/Finish the Line, CY 11:00 Today in History 2:00 Individual Nature Artwork Painting 3:00 Outside Chat and Juice, CY 3:15 Music in the Hallway Day</p>	<p>26 10:15 Daily Update, Deep Breathing & Stretching 10:30 Door-to-Door Trivia, AR 1:30 Hallway Bingo, AH 3:00 Door-to-Door Ice Cream Stop 3:15 TGIF Happy Hour Social, AR</p>	<p>27 10:00 Individual Word finding and Crossword puzzle 11:00 Individual Adult Coloring 2:30 Outside Sitting, AR</p>
<p>28 9:30 Bible Scripture Reading, AR 10:30 Gospel Sounds in Residents’ rooms 2:00 <i>Sunday Matinee, AR</i> 5:45 Individual Art for the Heart</p>	<p>29 10:00 Fitness & Moves, AR 10:15 Daily Update, Deep Breathing & Stretching 1:30 Hallway Bingo, AH</p>	<p>30 10:30 Outside w/Finish the Line, CY 11:00 Physical Game: Horse Racing Outside, CY 1:30 Nail Care, AR 2:00 Library Books</p>				