

Taste of the Tropics

Grown in warm, lush locales around the world, tropical fruits are famous for their bright colors and refreshingly sweet flavors. Be on the lookout for these varieties you may find on summer menus.

Mango — This fruit's thick skin, often a rosy blend of red, yellow and green, is peeled away to reveal tender yellow-orange flesh. Sweet and versatile, mangoes are delightful as a snack or dessert ingredient, but also shine in savory dishes such as salads, stir-fries and salsas.

Papaya — The pear-shaped papaya's soft, orange interior is rich in antioxidants. It's often enjoyed fresh, like melons, or roasted, like squash, and its black seeds can be dried and used as peppercorns.

Guava — Varieties of this fruit have green or yellow skin with pink, yellow or white flesh. Guava is entirely edible, from the rind to the seeds, and featured in jams, candies and thirst-quenching Latin American fruit drinks called aguas frescas.

Passion fruit — The common types of passion fruit are about the size and shape of a plum, and purple or yellow in color. Beyond the tough outer peel is a yellow, pulpy center filled with tart seeds, which can be eaten with a spoon or added to recipes.

Lychee — Round and bumpy like a golf ball, this unique fruit is also known as the alligator strawberry. Peeling away its red husk exposes translucent white flesh that covers an inedible brown seed. The lychee's flavor is described as light and floral, with hints of strawberry, watermelon and grape.

Hanging Out in Hammocks

A hammock hanging between two trees is an inviting sight. This swinging bed has provided safety and rest in the centuries since its invention.

Anthropologists say the native people of Central and South America hung the first hammocks about 1,000 years ago, weaving bark and leaves into lightweight nets they called hamacas. While some were used for fishing, others were strung between trees and used as a bed, providing a clean, dry place to sleep, plus protection from animals on the jungle floor.

When Christopher Columbus arrived in the Caribbean in the 1400s, he was fascinated by the sleeping nets and wrote about them in his journal. The explorer took hamacas back to Europe, where they became known as hammocks.

Sailors quickly adopted the suspended beds. Easily rolled up for storage on a crowded ship, hammocks were more hygienic and also helped prevent seasickness by swaying with a vessel's movement. Through the 20th century, hammocks were standard equipment on naval vessels.

In some cultures, hammocks are still the bed of choice. Scientists have discovered that a hammock's gentle rocking helps people doze off faster and get a deeper sleep.



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AUGUST 2020

At the Beach

The combination of sand and surf creates scenic coastlines across the world. Relax, unwind and find out what makes some beaches fascinating and fantastic.

- Beaches became popular destinations during the 1700s. Doctors often prescribed a visit to the seashore to improve a person's health.
- Most beach sand is tan or white in color, but there are beaches with sand that's black, green, pink, purple and red.
- Brazil is home to the world's longest beach, Casino Beach, which stretches 150 miles long.
- You'll find the "shark tooth capital of the world" at Venice Beach in Florida. Every year, hundreds of fossilized teeth from prehistoric sharks wash ashore there.
- At 58 feet high, the world's tallest sandcastle was built on a German beach in 2019.
- Tides have turned California's Glass Beach from trash to treasure. Its shore is covered with polished pebbles of colorful sea glass, made from garbage tossed into the ocean long ago.
- A day at the beach or the spa? You can have both at New Zealand's Hot Water Beach, where the water underneath the beach heats up to 150 degrees. Beachgoers dig holes in the sand to soak in their own hot tubs.

Remembering V-J Day

The happy news came on Aug. 14, 1945. Calling it "the day we have been waiting for since Pearl Harbor," U.S. President Harry S. Truman announced to crowds gathered outside the White House that Japan had surrendered unconditionally to the Allies. World War II was finally over.

Three months earlier, fighting had ended in Europe with Germany's surrender. Now relief and jubilation erupted at word that the battle in the Pacific had been won. In the U.S., millions of people flooded city streets to hold impromptu parades, complete with marching bands, confetti and fireworks.

In New York City's Times Square, sailors climbed lampposts and waved American flags, while strangers cheered and embraced. One celebratory moment, of a sailor excitedly kissing a woman in a white dress, was captured by photographer Alfred Eisenstaedt and printed a week later in Life magazine. The iconic image is an enduring symbol of Victory Over Japan Day, or V-J Day.

Allied nations also broke out in festivities, which continued through Aug. 15, the date the United Kingdom declared as V-J Day. Japan's formal surrender took place a few weeks later on Sept. 2.



Locations

Birthdays

Country Store

—Barbara Kingsolver

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
												1 10:00 Individual Word finding and Crossword puzzle 11:00 Individual Adult Coloring 2:30 Outside Sitting, AR	
2 9:30 Bible Scripture Reading, AR 10:30 Gospel Sounds in Residents' rooms 2:00 Sunday Matinee, AR 5:00 Individual Art		3 10:30 Daily Update, Deep Breathing & Stretching 11:00 Outside w/Today in History, CY 1:30 Hallway Bingo, AH 3:00 Watermelon Social Door to Door, AH		4 10:00 Health Talk (fruits) 10:30 Outside w/Finish the Line, CY 11:00 Physical Game: Ring toss, AH 1:30 Nail Care, AR 4:00 Library Books		5 10:00 Spiritual Reading, AR 10:30 Daily Update, Deep Breathing & Stretching 1:30 Hallway Bingo, AH 3:15 Outside w/Nature, CY		6 10:30 Outside w/Finish the Line, CY 11:00 Today in History 2:30 Individual Nature Artwork Painting, AH 3:00 Outside Chat and Juice, CY 3:15 Music in the Hallway Day		7 10:00 Door-to-Door Trivia, AR 10:30 Daily Update, Deep Breathing & Stretching 1:30 Hallway Bingo, AH 3:00 Root Beer Floats, AR		8 10:00 Individual Word finding and Crossword puzzle 11:00 Individual Adult Coloring 2:30 Outside Sitting, AR	
9 9:30 Bible Scripture Reading, AR 10:30 Gospel Sounds in Residents' rooms 2:00 Sunday Matinee, AR 5:00 Individual Art		10 10:00 Iced Tea Day 10:30 Daily Update, Deep Breathing & Stretching 1:30 Hallway Bingo, AH 3:30 Nature Video (Birds), AR		11 10:30 Outside w/Finish the Line, CY 11:00 Physical Game: Ring toss, AH 1:30 Nail Care, AR 3:00 Root Beer Float 4:00 Library Books		12 10:00 Spiritual Reading, AR 10:30 Daily Update, Deep Breathing & Stretching 1:30 Hallway Bingo, AH 3:00 Individual Crosswords		13 10:30 Outside w/Finish the Line, CY 11:00 Today in History 2:30 Individual Nature Artwork Painting, AH 3:00 Outside Chat and Juice, CY 3:15 Music in the Hallway Day		14 10:00 Door-to-Door Trivia, AR 10:30 Daily Update, Deep Breathing & Stretching 1:30 Hallway Bingo, AH 3:00 TGIF Social (Door to Door), AH		15 10:00 Individual Word finding and Crossword puzzle 11:00 Individual Adult Coloring 2:30 Outside Sitting, AR	
16 9:30 Bible Scripture Reading, AR 10:30 Gospel Sounds in Residents' rooms 2:00 Sunday Matinee, AR 5:00 Individual Art		17 10:00 Door to Door Check 10:30 Daily Update, Deep Breathing & Stretching 1:30 Hallway Bingo, AH 2:30 A Taste of S'mores, AH 3:30 Outside w/Nature, CY		18 10:00 Physical Games, AR 10:30 Outside w/Finish the Line, CY 11:00 Physical Game: Ring toss, AH 1:30 Nail Care, AR 4:00 Library Books		19 10:00 Spiritual Reading, AR 10:30 Daily Update, Deep Breathing & Stretching 1:30 Hallway Bingo, AH 3:15 Outside w/Nature, CY		20 10:00 Connect Four & Jenga, AR 11:00 Today in History 2:00 Watermelon: Door to Door 2:30 Individual Nature Artwork Painting, AH 3:15 Music in the Hallway Day		21 10:00 Door-to-Door Trivia, AR 10:30 Daily Update, Deep Breathing & Stretching 11:00 Things in History Today 1:30 Hallway Bingo, AH 3:00 Hawaii Day, AH		22 10:00 Individual Word finding and Crossword puzzle 11:00 Individual Adult Coloring 2:30 Outside Sitting, AR	
23 9:30 Bible Scripture Reading, AR 10:30 Gospel Sounds in Residents' rooms 2:00 Sunday Matinee, AR 5:00 Individual Art		24 10:00 Springtime Trivia, AH 10:30 Daily Update, Deep Breathing & Stretching 11:00 Things in History Today, AH 1:30 Hallway Bingo, AH		25 10:30 Outside w/Finish the Line, CY 11:00 Physical Game: Ring toss, AH 12:30 Residents' Council Meeting, AR 1:30 Nail Care, AR 3:00 Hydration Drinks (Door to Door), AH		26 10:00 Spiritual Reading, AR 10:30 Daily Update, Deep Breathing & Stretching 11:00 Summertime Trivia Outside, CY 1:30 Hallway Bingo, AH 3:00 Popcorn Social (Door to Door), AH		27 10:30 Outside w/Finish the Line, CY 11:00 Today in History 2:30 Individual Nature Artwork Painting, AH 3:00 Outside Chat and Juice, CY 3:15 Music in the Hallway Day		28 10:00 Door-to-Door Trivia, AR 10:30 Daily Update, Deep Breathing & Stretching 11:00 Outside w/Ring Toss, CY 1:30 Hallway Bingo, AH 3:15 TGIF Happy Hour Social, AR		29 10:00 Individual Word finding and Crossword puzzle 11:00 Individual Adult Coloring 2:30 Outside Sitting, AR	
30 9:30 Bible Scripture Reading, AR 10:30 Gospel Sounds in Residents' rooms 2:00 Sunday Matinee, AR 5:00 Individual Art		31 10:00 Door to Door Check and Hydration Drinks, AH 10:30 Daily Update, Deep Breathing & Stretching 11:00 Things in History Today 1:30 Hallway Bingo, AH 3:00 Root Beer Floats, AH											