

A Tropical Touch

Try one of today's hottest trends and add a few tropical touches to your space.

Striking colors — Greens and blues are popular for their soothing effects, and can give the look of a seaside paradise. Add accents of hot pink, bright red or sunny yellow, found in flowers from the tropics, like hibiscus.

Lush leaves — Plants bring warmth and life to a space—and they don't even have to be real to do it. Create island vibes with varieties of leafy plants such as monstera and philodendrons. You'll also find tropical leaf patterns on throw pillows, artwork and other home goods.

Natural accents — Accessories made from bamboo or rattan are a natural fit in a tropical setting. Using woven baskets and trays can easily insert an island feel.

Fun and friendly fruit — A longtime symbol of hospitality, pineapples in design are both trendy and timeless. This fruit adorns a variety of items.

Wildlife whimsy — Unleash your inner jungle animal and decorate your space with images or figurines of exotic wildlife such as colorful birds, spotted cats and playful elephants.

Vacation vibes — Have you traveled to a tropical place? Use photos, postcards and other souvenirs to decorate your space and bring back happy memories.

Employee of the Month!

Congratulations to our Employee of the Month, Mark! He has been with us in the kitchen for a month now. He does more than cook; he also helps serve, delivers meals, checks on all of the residents and even helps us sing Happy Birthday! We are so lucky to have him here, and we are happy he joined our community. Thanks for all that you do, Mark!



A Fruit Classic

A mix of diced fruit, fruit cocktail is a staple that was created as a sweet solution to satisfy both consumers and canned food companies.

Recipes for salads made of cut fruits were common since the mid-1800s. Then at the turn of the 20th century, commercial canning revolutionized the food industry and made preparing such time-consuming dishes easier for home cooks.

With its many orchards, California is where canned fruit cocktail originated, but one inventor can't be determined. Food historians say as far back as the 1920s, several canning companies there began selling fruit blends as a way to prevent wasting damaged fruit that couldn't be used in their whole-fruit products.

By the '50s, people had embraced the convenience of ready-made canned foods of all types, and fruit cocktail became a stylish dessert, served at weekday family meals and at formal dinner parties. Later, schools, restaurants and the military would make it a staple food.

The U.S. Department of Agriculture has set a standard for the mix of fruit in canned fruit cocktail since 1927, and today's guidelines are even more demanding. To be labeled fruit cocktail, it must contain 30%—50% diced peaches, 25%—45% diced pears, 6%—16% diced pineapple, 6%—20% whole seedless grapes, and 2%—6% cherry halves.



THE Harbison Shores Lifestyle

ASSISTED LIVING COMMUNITY
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AUGUST 2021

History's Lifesaving Vaccines

National Immunization Awareness Month during August is a good time to look back at some of history's most impactful vaccines:

Smallpox: In 1796, British doctor Edward Jenner discovered that exposing humans to the cowpox virus protected them from smallpox, a similar disease that had been around for 3,000 years and claimed millions of lives. Thanks to the vaccine, smallpox was officially eradicated in 1980.

Rabies: Louis Pasteur, a French chemist and biologist who produced groundbreaking work on germs, developed a rabies vaccine in 1885. This vaccine is unique in that it's typically given to a person after exposure to the disease, not before.

Influenza: First developed in the 1940s, the seasonal flu shot is now offered annually, since the influenza virus constantly changes. With ongoing scientific research, a new vaccine is developed each year to target the most common strains.

Polio: Medical researcher Jonas Salk became a global hero in 1955 after developing a vaccine against polio, a highly contagious disease among children that can lead to paralysis. The U.S. has been polio-free since 1979.

MMR: This injection that offers protection from measles, mumps and rubella was introduced in 1971, improving upon previous vaccines developed separately for each condition. All three highly contagious diseases were very common before the vaccine became widespread.

Other major vaccines that have benefited global health over the years include immunizations against pneumonia, hepatitis, chickenpox and shingles, and the new COVID-19 vaccines.

Employee Appreciation Week!

We had such a fantastic time celebrating the employees at Harbison Shores! Our Staff Appreciation Week was great and everyone enjoyed our games, cookouts, and more.



AUGUST 2021

Locations

Activity Room, Memory Care, ARMC

Outing, O

TV Room, Memory Care, TVMC

Villas, Upstairs Gathering Place, VUGP

Villas, Dining Room, VDR

“It’s important to enjoy yourself and embrace whatever comes your way.”

—Miranda Kerr

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:15 Bowling and Outdoor Games, VDR 10:30 Individual Snack Social 11:00 TV Church Service, Chan 9, VUGP 2:30 Afternoon Snack	2 8:15 Morning Exercise, VDR 10:30 Individual Snack Social 11:00 Daily Devotional Discussion, VUGP 2:30 Afternoon Snack 3:00 Board Games and Bingo, VDR	3 8:15 Morning Exercise, VDR 10:30 Individual Snack Social 10:30 Bedazzling, VDR 2:00 Book Club, VUGP 2:30 Hymns and Snacks, VDR	4 10:15 Morning Yoga, VUGP 10:30 Individual Snack Social 2:30 Afternoon Snack 2:30 Cooking w/Chef Brenda, VDR 2:30 Meditation, VUGP 3:00 Board Games and Bingo, VDR	5 8:15 Morning Exercise, VDR 10:00 Weekly Trivia, VDR 10:30 Individual Snack Social 1:30 Bible Study, VUGP 2:30 Afternoon Snack 3:00 Board Games and Bingo, VDR	6 8:15 Morning Exercise, VDR 9:30 Some Good News: Self-Directed, VUGP 10:00 Jewelry Making, VUGP 10:30 Individual Snack Social 2:30 Afternoon Snack 3:00 Happy Hour, VDR	7 10:30 Individual Snack Social 1:30 Afternoon Walk, O 2:30 Afternoon Snack 3:00 Song Trivia, VDR 6:00 Cinema Saturday, VUGP
8 9:15 Bowling and Outdoor Games, VDR 10:30 Individual Snack Social 11:00 TV Church Service, Chan 9, VUGP 2:30 Afternoon Snack	9 8:15 Morning Exercise, VDR 10:30 Individual Snack Social 11:00 Daily Devotional Discussion, VUGP 2:30 Afternoon Snack 3:00 Board Games and Bingo, VDR	10 8:15 Morning Exercise, VDR 10:30 Individual Snack Social 11:00 History of Diamonds, VUGP 2:00 Book Club, VUGP 2:30 Hymns and Snacks, VDR	11 10:15 Morning Yoga, VUGP 10:30 Individual Snack Social 2:30 Afternoon Snack 2:30 Cooking w/Chef Brenda, VDR 2:30 Meditation, VUGP 3:00 Board Games and Bingo, VDR	12 8:15 Morning Exercise, VDR 10:00 Weekly Trivia, VDR 10:30 Individual Snack Social 1:30 Bible Study, VUGP 2:30 Afternoon Snack 3:00 Board Games and Bingo, VDR	13 8:15 Morning Exercise, VDR 9:30 Some Good News: Self-Directed, VUGP 10:30 Individual Snack Social 10:45 Patchwork Jeans 2:30 Afternoon Snack 3:00 Happy Hour, VDR	14 10:30 Individual Snack Social 1:30 Afternoon Walk, O 2:30 Afternoon Snack 3:00 Song Trivia, VDR 6:00 Cinema Saturday, VUGP
15 9:15 Bowling and Outdoor Games, VDR 10:30 Individual Snack Social 11:00 TV Church Service, Chan 9, VUGP 2:30 Afternoon Snack	16 8:15 Morning Exercise, VDR 10:30 Individual Snack Social 11:00 Daily Devotional Discussion, VUGP 2:30 Afternoon Snack 3:00 Board Games and Bingo, VDR	17 8:15 Morning Exercise, VDR 9:45 Awards Show Trivia, VDR 10:30 Individual Snack Social 2:00 Book Club, VUGP 2:30 Hymns and Snacks, VDR 6:30 Country Hoedown, VDR	18 10:15 Morning Yoga, VUGP 10:30 Individual Snack Social 2:30 Afternoon Snack 2:30 Cooking w/Chef Brenda, VDR 2:30 Meditation, VUGP 3:00 Board Games and Bingo, VDR	19 8:15 Morning Exercise, VDR 10:00 Weekly Trivia, VDR 10:30 Individual Snack Social 1:30 Bible Study, VUGP 2:30 Afternoon Snack 3:00 Board Games and Bingo, VDR	20 8:15 Morning Exercise, VDR 9:30 Some Good News: Self-Directed, VUGP 10:30 Individual Snack Social 2:30 Afternoon Snack 2:30 Drink Blending, VDR 3:00 Happy Hour, VDR	21 10:30 Individual Snack Social 1:30 Afternoon Walk, O 2:30 Afternoon Snack 3:00 Song Trivia, VDR 6:00 Cinema Saturday, VUGP
22 9:15 Bowling and Outdoor Games, VDR 10:30 Individual Snack Social 11:00 TV Church Service, Chan 9, VUGP 2:30 Afternoon Snack	23 8:15 Morning Exercise, VDR 10:30 Individual Snack Social 11:00 Daily Devotional Discussion, VUGP 2:30 Afternoon Snack 3:00 Board Games and Bingo, VDR	24 8:15 Morning Exercise, VDR 10:15 Smartphone Literacy Class, VUGP 10:30 Individual Snack Social 2:00 Book Club, VUGP 2:30 Hymns and Snacks, VDR	25 10:15 Morning Yoga, VUGP 10:30 Individual Snack Social 2:30 Afternoon Snack 2:30 Cooking w/Chef Brenda, VDR 2:30 Meditation, VUGP 3:00 Board Games and Bingo, VDR	26 8:15 Morning Exercise, VDR 10:00 Weekly Trivia, VDR 10:30 Individual Snack Social 1:30 Bible Study, VUGP 2:30 Afternoon Snack 3:00 Board Games and Bingo, VDR	27 8:15 Morning Exercise, VDR 9:30 Some Good News: Self-Directed, VUGP 10:30 Individual Snack Social 11:00 Lima Bean Auction, VDR 2:30 Afternoon Snack 3:00 Happy Hour, VDR	28 10:30 Individual Snack Social 1:30 Afternoon Walk, O 2:30 Afternoon Snack 3:00 Song Trivia, VDR 6:00 Cinema Saturday, VUGP
29 9:15 Bowling and Outdoor Games, VDR 10:30 Individual Snack Social 11:00 TV Church Service, Chan 9, VUGP 2:30 Afternoon Snack	30 8:15 Morning Exercise, VDR 10:30 Individual Snack Social 11:00 Daily Devotional Discussion, VUGP 2:30 Afternoon Snack 3:00 Board Games and Bingo, VDR	31 8:15 Morning Exercise, VDR 10:30 Individual Snack Social 1:00 Town Hall Meeting, VDR 2:00 Book Club, VUGP 2:30 Hymns and Snacks, VDR				