

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 of the Month

Please congratulate our Employee of the Month, Mark! Mark has been with us in the kitchen for a month now, and he does more than cook our food. He also helps serve, helps to deliver food to residents and even helps us sing happy birthday! He has been a great addition to the team. We are so lucky to have him here!



Employee Appreciation Week!

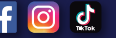
We loved celebrating our amazing staff during Employee Appreciation Week! Everyone enjoyed the cookouts, prizes, games and special treats, and we loved getting to honor the special things our staff do! We're so thankful for our Harbison Shores family!



THE Harbison Shores Lifestyle



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AUGUST 2021

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.

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.



MEMORY CARE
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 Soothing Yoga, ARMC 10:30 Snack Time, ARMC 11:00 Virtual Church Service, ARMC 1:30 Summertime Carnival, TVMC 2:30 Snack Time, ARMC	2 9:15 Zumba Fitness, TVMC 10:15 Learning the Shag, TVMC 10:30 Snack Time, ARMC 1:30 Devotional Discussion, TVMC 2:30 Baking Club, ARMC 2:30 Snack Time, ARMC	3 9:15 Soothing Yoga, ARMC 10:30 Painting and Piano, ARMC 10:30 Snack Time, ARMC 1:30 Bingo, ARMC 2:30 Snack Time, ARMC 3:00 Handbells and Hymns, ARMC	4 9:15 Balloon Tennis, ARMC 10:30 Snack Time, ARMC 1:30 Puzzles and Card Games, TVMC 2:00 Designing w/ Diamonds, ARMC 2:30 Snack Time, ARMC 3:30 Bible Study, TVMC	5 9:15 Zumba Fitness, TVMC 10:30 Painting and Piano, ARMC 10:30 Snack Time, ARMC 1:30 Bingo, ARMC 2:00 Cowboys and Princesses: Learning about Westerns, ARMC 2:30 Snack Time, ARMC	6 9:15 Balloon Tennis, ARMC 10:30 Painting and Piano, ARMC 10:30 Snack Time, ARMC 1:30 Afternoon Team Sports, ARMC 2:30 Snack Time, ARMC 3:00 Happy Hour, VDR	7 9:15 Dance Exercise, ARMC 10:30 Snack Time, ARMC 1:00 History of the Royal Family, TVMC 2:30 Snack Time, ARMC 6:00 Cinema Saturday, TVMC
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