

The Meadows Monthly Newsletter

July 2018

The History of Independence Day

On July 4, 1776, the thirteen colonies claimed their independence from England, an event which eventually led to the formation of the United States. Each year on July 4th, also known as Independence Day, Americans celebrate this historic event.

Conflict between the colonies and England was already a year old when the colonies convened a Continental Congress in Philadelphia in the summer of 1776. In a June 7 session in the Pennsylvania State House (later Independence Hall), Richard Henry Lee of Virginia presented a resolution with the famous words: "Resolved: That these United Colonies are, and of right ought to be, free and independent States, that they are absolved from all allegiance to the British Crown, and that all political connection between them and the State of Great Britain is, and ought to be, totally dissolved."

Lee's words were the impetus for the drafting of a formal Declaration of Independence, although the resolution was not followed up on immediately. On June 11, consideration of the resolution was postponed by a vote of seven colonies to five, with New York abstaining. However, a Committee of Five was appointed to draft a statement presenting to the world the colonies' case for independence. Members of the Committee included John Adams of Massachusetts, Roger Sherman of Connecticut, Benjamin Franklin of Pennsylvania, Robert R. Livingston of New York and Thomas Jefferson of Virginia. The task of drafting the actual document fell on Jefferson.

On July 1, 1776, the Continental Congress reconvened, and on the following day, the Lee Resolution for independence was adopted by 12 of the 13 colonies, New York not voting. Discussions of Jefferson's Declaration of Independence resulted in some minor changes, but the spirit of the document was unchanged. The process of revision continued through all of July 3 and into the late afternoon of July 4, when the Declaration was offi-



cially adopted. Of the 13 colonies, nine voted in favor of the Declaration, two -- Pennsylvania and South Carolina -- voted No, Delaware was undecided and New York abstained. John Hancock, President of the Continental Congress, signed the Declaration of Independence. It is said that John Hancock's signed his name "with a great flourish" so England's "King George can read that without spectacles!"

Today, the original copy of the Declaration is housed in the National Archives in Washington, D.C., and July 4 has been designated a national holiday to commemorate the day the United States laid down its claim to be a free and independent nation.

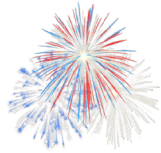


Resident Spotlight

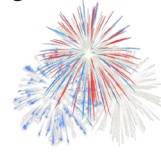


Meet Donna ~

Donna grew up in Wadena and has lived here most of her life. She thinks it is such a “great town”. Her favorite color is green! She has 4 sisters, 3 daughters, 1 son, 12 grandchildren and 9 great-grandchildren. They all live in various states. Donna has lived at The Meadows for 9 months and just loves all the people here. Since Donna had 4 children she was a mother full time that kept her busy, but also did a lot of volunteer work. Donna is creative and on the side of that she taught ceramic classes in her basement. She had 4 kilns and enjoyed this hobby very much and being around the people. Another hobby was knitting. Her husband loved to travel so they have made it to all 50 states and to Europe several times. Though her favorite state is still MN. Donna loves all food, but a favorite is pasta. She has always enjoys cooking and baking! One of her most favorite childhood memories is talking with her grandfather about Ger-



A Month in History...



July 1, 1862 - President Abraham Lincoln signed the first income tax bill, levying a 3% income tax on annual incomes of \$600-\$10,000 and a 5% tax on incomes over \$10,000. Also on this day, the Bureau of Internal Revenue was established by an Act of Congress.

July 4, 1776 - The Declaration of Independence was approved by the Continental Congress.

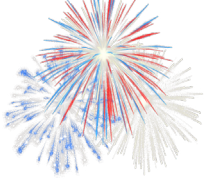
July 12, 1943 - During World War II, in the Battle of Kursk, the largest tank battle in history took place outside the small village of Prohorovka, Russia. About nine hundred Russian tanks attacked an equal number of German tanks fighting at close range. When Hitler ordered a cease-fire, 300 German tanks remained strewn over the battlefield.

July 16, 1945 - The experimental Atomic bomb “Fat Boy” was set off at 5:30 a.m. in the desert of New Mexico desert, creating a mushroom cloud rising 41,000 ft. The bomb emitted heat three times the temperature of the interior of the sun and wiped out all plant and animal life within a mile.

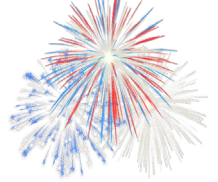
July 16, 1999 - A small plane piloted by John F. Kennedy Jr. took off at 8:38 p.m. from Fairfield, New Jersey, heading toward Martha’s Vineyard, Massachusetts. His wife, Carolyn Bessette Kennedy, and her sister Lauren were passengers on the 200 mile trip. The plane was expected to arrive about 10 p.m. but disappeared off radar at 9:40 p.m. Five days later, July 21, following an extensive search, the bodies were recovered from the plane wreckage in 116 feet of water roughly 7 miles off Martha’s Vineyard. The next day, following an autopsy, the cremated remains of John F. Kennedy, 38, his wife Carolyn, 33, and her sister Lauren, 34, were scattered at sea from a U.S. Navy ship, with family members present, not far from where the plane had crashed.

July 27, 1953 - The Korean War ended with the signing of an armistice by U.S. and North Korean delegates at Panmunjom, Korea. The war had lasted just over three years.

July 31, 1790 - The U.S. Patent Office first opened its doors. The first U.S. patent was issued to Samuel Hopkins of Vermont for a new method of making pearlsh and potash. The patent was signed by George Washington and Thomas Jefferson.



Nurses Notes ~



Summer is the time of year lots of people look forward to most, when we're able to get outside and enjoy the warmth, sunshine and longer days with family and friends. However, all that fun in the sun can lead to some serious health issues, especially for the elderly.

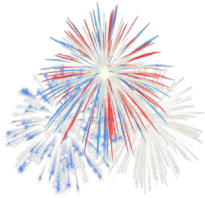
Extreme summer heat actually causes thousands of heat-related illnesses throughout the country, and seniors are among the most vulnerable. While too much heat is dangerous at any age, the elderly have a particularly hard time dealing with overheating. One of the main reasons is that as we age, our body's ability to regulate temperature through our sweat glands and blood circulation tends to decrease. Other reasons include factors like weakness from age-related illnesses such as heart disease or COPD, side effects from medications, and a reduced feeling of thirst that leads to dehydration.

Some of the main heat-related health issues include:

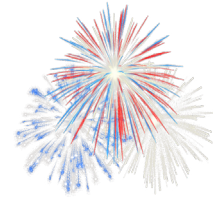
Dehydration. As mentioned above, dehydration is a cause of concern for seniors because our sense of thirst tends to decrease as we age. This means seniors aren't drinking enough to keep them properly hydrated on a blazing summer day.

Heat Exhaustion. Heat exhaustion is non-life threatening, however it can be a serious condition nonetheless. It can occur after several days of exposure to high temperatures as the body begins to lose salt and fluid. Some of the warning signs of heat exhaustion include nausea, headache, muscle cramps, fatigue, weakness, blurred vision, vomiting, rapid weak heartbeat, excessive sweating and dizziness.

Heat Stroke. Heat stroke is a very serious heat-related illness and is a life-threatening condition. It occurs when the body cannot cool itself down properly. Symptoms of heat stroke include headache, dizziness, disorientation, agitation and confusion, body temperature over 104 degrees, staggering, flushed or hot, dry skin, rapid heartbeat, and loss of consciousness. If you or an elderly loved one is experiencing any of these symptoms, it's vital to seek emergency medical help immediately.



Straight From our Kitchen S'more Bars



Ingredients

- 1/2 cup butter, melted
- 1 can Sweetened Condensed Milk
- 2 cups of graham cracker crumbs
- 1 (12oz) pkg semi-sweet chips (2 cups) divided
- 1/3 cup of sugar
- 1 tsp vanilla extract

Directions

Heat oven to 350 degrees. Combined graham cracker crumbs, butter and sugar until well blended. Press firmly into bottom of 13x9 inch baking pan to form crust. MICROWAVE sweetened condensed milk and 1 cup chocolate chips in medium microwave safe bowl on HIGH 1 to 1 1/2 minutes or until melted and smooth when stirred. Stir in vanilla. Pour evenly over crust. Sprinkle evenly with remaining chocolate chips. Bake 15 to 20 minutes or until edges are bubbly. HEAT broiler to HIGH. Sprinkle marshmallows evenly over bars. Broil 4 to 5 inches from heat 1 to 2 minutes or until marshmallows are lightly browned. Cool completely in pan or wire rack. Cut into bars.

A Month in Review...



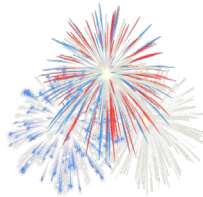
Root Beers at the Carnival



Listening to music at the Carnival



June Jubilee Parade



HAPPY BIRTHDAY

Duane N - July 15th

Maxine E - July 19th



Enjoying Strawberry Malts

