

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

July 2020

Feridean Commons Dining Menu

Dining Room Service Times: Breakfast 7:30 am to 9:00 am, Lunch 11:30 am to 1:00 pm, Dinner 4:30 pm to 6:00 pm

| | | | | | | |
|---|--|--|---|---|--|--|
| <p>Tortellini Soup 5</p> <p>Lunch Choice Blackened Catfish Cilantro Lime Chicken</p> <p>Dinner Choice Italian Sub</p> | <p>Tuscan Bean Soup 6</p> <p>Lunch Choice Roast Beef Sandwich Chicken Salad Wrap</p> <p>Dinner Choice Stuffed Shells Cabbage Rolls</p> | <p>Split Pea Soup 7</p> <p>Lunch Choice Steak Salad BBQ Pulled Pork</p> <p>Dinner Choice Chicken Pot Pie Beef Roast</p> | <p>Italian Wedding Soup 1</p> <p>Lunch Choice Ham & Cheese on Croissant Avocado Chicken Salad</p> <p>Dinner Choice Baked Ziti Lemon Pepper Cod <small>Canada Day</small></p> | <p>Cream of Mushroom 2</p> <p>Lunch Choice BLT Tri Salad</p> <p>Dinner Choice Turkey & Dumplings Shepard's Pie</p> | <p>Chicken Noodle Soup 3</p> <p>Lunch Choice Chicken Tender Taco Salad</p> <p>Dinner Choice Chicken Marsala Smoked Grilled Salmon</p> | <p>Watermelon soup 4</p> <p>Lunch Choice Ribs Grilled Chicken Brats</p> <p>Dinner Choice Bacon Cheeseburger Coney Dogs <small>Independence Day (US)</small></p> |
| <p>Chicken & Rice Soup 12</p> <p>Lunch Choice Beef Stew over Biscuit Chicken Piccata</p> <p>Dinner Choice BLT Sandwich</p> | <p>Roasted Red Pepper Soup 13</p> <p>Lunch Choice Pepperoni Roll Steak & Pepper Stromboli</p> <p>Dinner Choice Fried Chicken Meatloaf</p> | <p>Cabbage Soup 8</p> <p>Lunch Choice Sesame Chicken Egg Rolls</p> <p>Dinner Choice Polish Sausage & Perogies Corned Beef</p> | <p>Split Pea Soup 7</p> <p>Lunch Choice Steak Salad BBQ Pulled Pork</p> <p>Dinner Choice Chicken Pot Pie Beef Roast</p> | <p>Cream of Potato Soup 15</p> <p>Lunch Choice Quiche Loraine Egg Benedict Casserole</p> <p>Dinner Choice Chicken Parmesan Tuna Steak</p> | <p>Gumbo 9</p> <p>Lunch Choice Fried Green Tomatoes Lobster Roll</p> <p>Dinner Choice Chicken & Dumplings Catfish Po Boy</p> | <p>Lemon Chicken Orzo 10</p> <p>Lunch Choice Baked Mac & Cheese Cuban Sandwich</p> <p>Dinner Choice Pecan Tilapia Marinated Flank Steak</p> |
| <p>Broccoli Cheese Soup 19</p> <p>Lunch Choice Country Fried Steak White Bean Chicken Chili</p> <p>Dinner Choice French Dip Sandwich</p> | <p>Chicken Tortilla Soup 14</p> <p>Lunch Choice Grilled Chicken Sandwich Fish Sticks</p> <p>Dinner Choice Chicken Enchilada Casserole Beef Tips over Rice</p> | <p>Corn & Crab Chowder 16</p> <p>Lunch Choice Strawberry Spinach Salad Turkey & Swiss Wrap</p> <p>Dinner Choice Shrimp LoMein Beef Stew</p> | <p>Tomato Basil Soup 18</p> <p>Lunch Choice Salisbury Steak Garlic Shrimp Linguine</p> <p>Dinner Choice Penne w/ Meatballs Rosemary Pork Loin</p> | <p>Beef Vegetable Soup 17</p> <p>Lunch Choice Grilled Ham & Cheese Creamed Chicken over Noodle</p> <p>Dinner Choice Crab Cakes London Broil</p> | <p>Tomato Basil Soup 18</p> <p>Lunch Choice Salisbury Steak Garlic Shrimp Linguine</p> <p>Dinner Choice Penne w/ Meatballs Rosemary Pork Loin</p> | <p>Loaded Baked Potato Soup 25</p> <p>Lunch Choice Balsamic Pork Chops Lemon Pepper Cod</p> <p>Dinner Choice Bourbon Chicken Steak Diane</p> |
| <p>Vegetable Soup 26</p> <p>Lunch Choice Chipped Beef over Mashed Turkey Tetrazzini</p> <p>Dinner Choice Chicken Salad Sandwich</p> | <p>Black Bean Soup 20</p> <p>Lunch Choice Sloppy Joe Crispy Chicken Sandwich</p> <p>Dinner Choice Lasagna Beef Tips over Rice</p> | <p>Minestrone Soup 22</p> <p>Lunch Choice Egg Salad on Croissant Bacon Cheeseburger</p> <p>Dinner Choice Beef Roast Turkey w /Gravy</p> | <p>Minestrone Soup 22</p> <p>Lunch Choice Egg Salad on Croissant Bacon Cheeseburger</p> <p>Dinner Choice Beef Roast Turkey w /Gravy</p> | <p>New England Clam Chowder 23</p> <p>Lunch Choice BLT Pasta Salad BBQ Chicken Bites</p> <p>Dinner Choice Chicken Tender & Waffle Honey Glazed Ham</p> | <p>Italian Sausage Soup 24</p> <p>Lunch Choice Philly Cheese Steak Fish Sandwich</p> <p>Dinner Choice Stuffed Peppers BBQ Ribs</p> | <p>Onion Soup 31</p> <p>Lunch Choice Corn Dog Chicken Bacon Ranch Sandwich</p> <p>Dinner Choice Shrimp Creole Prime Rib</p> |
| <p>Vegetable Soup 26</p> <p>Lunch Choice Chipped Beef over Mashed Turkey Tetrazzini</p> <p>Dinner Choice Chicken Salad Sandwich</p> | <p>Cream of Broccoli Soup 27</p> <p>Lunch Choice BBQ Pork on Bun Chef Salad</p> <p>Dinner Choice Tuna Noodle Casserole Mango Salsa Chicken</p> | <p>Tuscan Bean Soup 28</p> <p>Lunch Choice Grilled Gyro Turkey & Swiss on Croissant</p> <p>Dinner Choice Cherry Glazed Ham Baked Potato w/ Chili & Cheese</p> | <p>Tomato Soup 29</p> <p>Lunch Choice Grilled Cheese Fried Bologna</p> <p>Dinner Choice Steak w /Shallots Seasoned Tilapia</p> | <p>Seafood Chowder 30</p> <p>Lunch Choice Supreme pizza Cheese pizza</p> <p>Dinner Choice Chicken Alfredo Lasagna Beef & Veggie Stir Fry</p> | <p>Onion Soup 31</p> <p>Lunch Choice Corn Dog Chicken Bacon Ranch Sandwich</p> <p>Dinner Choice Shrimp Creole Prime Rib</p> | <p>Executive Chef: Adam Baker Dining Services Direct Line: 614-359-5953</p> |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|--|--|--|
| <p>July 2020 Dining: 614-859-5953 Lori Coufal, Dining Director Bev Roederer, Assistant Director 614-216-9322</p> | | | 11:00 Sit and Be Fit-KC 1 1:30 Scenic Bus Ride (sign up in the front office) | 11:00 Sit & Be Fit-KC 2 1:00 Shopping with Bev 3:00 Summer Jackpot BINGO - KC | 9:30 Bible Study: Dr. Jeremiah Video-KC 3 10:30 Donuts & Cocoa-LB 11:00 Sit & Be Fit-KC (video) 4:00 Happy Hour w/ Chris DR | HAPPY FOURTH OF JULY <small>Independence Day (US)</small> |
| No BINGO 5 | 9:30 A.M. Shopping with Bev 6 10:00 Art w/ Dianne - KC 11:00 Sit & Be Fit-KC 1:00 Shopping with Bev 2:00 Monday Music with Debbie Zimmerer - NW patio | 9:00 Nail Care - Spa 7 11:00 Sit & Be Fit(video)-KC 11:30 Birthday Celebration-DR 1:00 Reminiscing Time-KC "How you filled your piggy banks \$\$\$\$\$" 3:00 Summer Jackpot BINGO - KC | <small>Canada Day</small> 11:00 Sit and Be Fit-KC 8 1:30 Scenic Bus Ride (sign up in the front office) | 11:00 Sit & Be Fit-KC 9 1:00 Shopping with Bev 3:00 Summer Jackpot BINGO - KC | 9:30 Bible Study: Dr. Jeremiah Video-KC 10 10:30 Donuts & Cocoa-LB 11:00 Sit & Be Fit-KC 4:00 Happy Hour w/ Chris DR | 1:00 BINGO w/ Kathy - KC 11 |
| 3:00 BINGO w/ Kathy - KC 12 | 9:30 A.M. Shopping with Bev 13 11:00 Sit & Be Fit-KC 1:00 Shopping with Bev 2:00 Summer treats & trivia - NW patio | 9:00 Nail Care - Spa 14 10:00 Hearing Aid Clinic - EW 11:00 Sit & Be Fit(video)-KC 1:00 Reminiscing Time-KC "Hooray for a parade" 3:00 Summer Jackpot BINGO - KC | 11:00 Sit and Be Fit-KC 15 1:30 Scenic Bus Ride (sign up in the front office) | 11:00 Sit & Be Fit-KC 16 1:00 Shopping with Bev 3:00 Summer Jackpot BINGO - KC | 9:30 Bible Study: Dr. Jeremiah Video-KC 17 10:30 Donuts & Cocoa-LB 11:00 Sit & Be Fit-KC 4:00 Happy Hour w/ Chris DR | 1:00 BINGO w/ Kathy - KC 18 |
| 3:00 BINGO w/ Kathy - KC 19 | 9:30 A.M. Shopping with Bev 20 10:00 Art w/ Dianne - KC 11:00 Sit & Be Fit-KC 1:00 Shopping with Bev 2:00 Monday Music with Anne Hawe - NW patio | 9:00 Nail Care - Spa 21 11:00 Sit & Be Fit(video)-KC 1:00 Reminiscing Time-KC "A day at the ballpark" 3:00 Summer Jackpot BINGO - KC | Podiatrist Visits 22 11:00 Sit and Be Fit-KC 1:30 Scenic Bus Ride | 11:00 Sit & Be Fit-KC 23 1:00 Shopping with Bev 3:00 Summer Jackpot BINGO - KC | 9:30 Bible Study: Dr. Jeremiah Video-KC 24 10:30 Donuts & Cocoa-LB 11:00 Sit & Be Fit-KC 4:00 Happy Hour w/ Chris DR | 1:00 BINGO w/ Kathy - KC 25 |
| 3:00 BINGO w/ Kathy - KC 26 | 9:30 A.M. Shopping with Bev 27 11:00 Sit & Be Fit-KC 1:00 Shopping with Bev 2:00 Cocktails and chat time-EW | 9:00 Nail Care - Spa 28 11:00 Sit & Be Fit(video)-KC 1:00 Reminiscing Time-KC "Your favorite songs" 3:00 Summer Jackpot BINGO - KC | 11:00 Sit and Be Fit-KC 29 2:45 Surprise treat w/ Lori - KC 3:00 Resident Council Meeting - KC | 11:00 Sit & Be Fit-KC 30 1:00 Shopping with Bev 3:00 Summer Jackpot BINGO - KC | 9:30 Bible Study: Dr. Jeremiah Video-KC 31 10:30 Donuts & Cocoa-LB 11:00 Sit & Be Fit-KC 4:00 Happy Hour w/ Chris DR | <p>RETIREMENT HOME OF THE CITY OF FINDLAY, OHIO 43082 419-898-7488</p> |

CR-Club Room, DR-Dining Room, PDR-Private Dining Room, LB-Library, FL-Front Lobby, WW-West Wing Great Room, EW-East Wing Great Room, NW-North Wing Great Room, KC-Killeen Center

July 2020

FERIDEAN HERON

Feridean Commons 6885 Freeman Road Westerville, Ohio 43082 614-898-7488



Celebrating July

Ice Cream Month

Parks & Recreation Month

Cell Phone Courtesy Month

Canada Day

July 1

Independence Day: U.S.

July 4

**Collector Car Appreciation
Day**

July 10

World Emoji Day

July 17

Space Exploration Day

July 20

Tell an Old Joke Day

July 24

Support Public Education Day

July 30

Summer's Berry Bounty

No treat enhances a summer barbeque or picnic better than fresh berries. Whether you eat them plain out of your hand or add them to your favorite recipe, give thanks for this delicious bounty all July long, for July is National Berry Month. The next time you're out at an open-air farmer's market or even at the local grocery store, keep an eye out for unusual or rare berries that may have come from another part of the country. Your taste buds will thank you.

Residents of Maine in the American northeast take pride in their wild blueberries. Wild blueberries are native to North America. They are smaller, sweeter, tangier, and more flavorful than their grocery store counterparts. Wild Maine blueberries may not become available until late July, but once they are harvested by Mainers, they are put into every dish imaginable, from muffins to homemade jam.

Marion County, Oregon, is awfully proud of their marionberries, the so-called "King of Blackberries." The marionberry is a cross between the Chehalem and Olallie strains, and the result is big, firm, sweet, juicy, and delicious. Oregon produces 30 million pounds of marionberries each year, shipping almost none of them out of the state. So, if you do happen to find marionberries outside of Oregon, consider yourself lucky!

The gooseberry is native to Canada but almost unheard of in the United States. This is partly because gooseberries were banned when it was found that they carried a disease harmful to regional white pine trees. The ban on gooseberries was lifted in the 1960s, but they are still hard to find in the U.S. Unripe berries are green and add a sour tang to dishes. Ripe berries are sweet and sour, a perfect accompaniment to other berries like strawberries. For this reason, they are often a substitute for rhubarb.

These are just a few of the wonderful berries available at the peak of summer during Berry Month. If you're lucky, you might also find dewberries, huckleberries, elderberries, cloudberry, loganberries, or others waiting for you to add them to your favorite pie, buckle, or cobbler.

Legends of the Wild West



The fourth Saturday of July is celebrated as the Day of the Cowboy. Even though the Wild West era in America ended in the early 20th century, cowboys still loom large in the mythology and ethos of America. But how many of the West's most compelling stories—those of cowboys

and Indians, outlaws and lawmen, shoot-outs, bank heists, and train robberies—are actually true?

The story of the North American cowboy did not start in America at all but rather in Mexico. During Spain's colonization of Mexico during the 1500s, Spaniards flooded the dry northern grasslands with cows and sheep. Tending these herds were the first cowboys, called *vaqueros*, a Spanish word derived from *vaca*, meaning "cow." These *vaqueros* developed a ranching culture that stretched north into modern-day Texas and California. When Americans moved West, they adopted many iconic traits from *vaqueros*, such as cowboy hats, spurs, chaps, lariats and lassos, and ponchos.

We often refer to the "Wild" West, but it wasn't really that wild at all. In books and on film, cowboys are depicted in constant danger of being raided by Indians. In reality, the hundreds of thousands of people living on the frontier rarely clashed with Native Americans. Only a few hundred died in skirmishes. When it comes to outlaws and shoot-outs in the street, the numbers are even smaller. There is evidence of only eight bank robberies over the 40-year Wild West period. And the most famous shoot-out of all, the Gunfight at the O.K. Corral, lasted little more than 30 seconds and was not even at the O.K. Corral. Wyatt Earp, despite his reputation as a shoot-first type of lawman, had actually earned his renown for keeping peace without a gun. The Gunfight at the O.K. Corral was the first time he had ever been in a shoot-out, and his victims were likely the first he ever shot. Today's notions of the Wild West are largely the fictional creations found in books and movies. We enjoy this made-up history thanks to romanticized notions of rugged individualism and adventure.

Jumping for Joy

The first full week of July brings World Jump Rope Week. People began jumping rope as soon as the rope was invented. In early China, it was traditional to play the Hundred Rope Jumping game during New Year's celebrations. "Rope skipping," as the sport is called in the Netherlands, was brought to America in the 1600s by Dutch colonists. Dutch children would often jump over two swinging ropes while singing songs to keep the rhythm. From this came the popular jump rope style called "Double Dutch." Jumping rope is not all fun and games, though. It has become a regular part of intense workout routines thanks to its cardiovascular and calorie-burning benefits. Ten minutes' worth of skipping rope is equivalent to running an eight-minute mile and can burn up to 16 calories per minute. Jumping rope is so beneficial for heart health that the American Heart Association has teamed up with physical education teachers across the country to sponsor jump rope programs in schools. The practice also improves quickness and agility. No wonder boxers train with jump ropes to keep them light on their feet. Stepping into a boxing ring is not for the faint of heart. Jumping rope can certainly help with that.

The Disco Demolition



People are still unsure how Disco Demolition Night at Comiskey Park got so out of hand. Back in July 1979, the Chicago White Sox were owned by Bill Veeck, who often came up with creative promotions to draw fans to watch his struggling ball club. Disco Demolition Night was a tongue-in-cheek swipe at disco, a musical genre that Chicago's working class despised. Fans who brought disco records to the doubleheader got a ticket for just 98 cents. Best of all, in between the games, the records would be blown up on the field. No one expected that the stadium would be packed. No one expected the explosion to leave a crater in center field. And no one expected 7,000 fans to rush onto the field and riot. Needless to say, play was suspended, and the White Sox forfeited the game.

A Fight for Women's Rights



On July 19, 1848, hundreds of women converged upon the Wesleyan Chapel in Seneca Falls, New York, to attend what was billed as the Women's Rights Convention. Organizer Elizabeth Cady Stanton had brought women together to fight for the social, civil, and religious rights of women.

Stanton was a well-educated woman who worked alongside her husband as an abolitionist. While attending an anti-slavery conference in London, Stanton met Lucretia Mott, and the two women discovered that they also shared a disgust for the unequal treatment of women in society. The two friends kept in touch, and eight years later they enjoyed the fruits of their labors: the convention in Seneca Falls. Stanton opened the convention with a stirring speech:

"We are assembled to protest against a form of government, existing without the consent of the governed—to declare our right to be free as man is free, to be represented in the government which we are taxed to support, to have such disgraceful laws as give man the power to chastise and imprison his wife, to take the wages which she earns, the property which she inherits, and, in case of separation, the children of her love."

Stanton, Mott, and others had penned their Declaration of Sentiments, a rewriting of the Declaration of Independence that added the words *woman* and *women* throughout. The document also listed 18 grievances highlighting the disempowerment of women in society. Attendees discussed and passed 11 resolutions on women's rights, resolutions that demanded women be held as equals to men in the eyes of the law and society. Ten of the 11 passed unanimously. The ninth resolution, which demanded the right to vote for women, struggled to pass. It took stirring speeches by Stanton and fellow abolitionist Frederick Douglass to muster support. The Seneca Falls convention remains a watershed moment for women's rights, a struggle that continues to this day.

July Resident Birthdays

| | |
|--------------------|------|
| Marjorie Schneider | 7/2 |
| Hisae Lucas | 7/8 |
| Marilyn Veatch | 7/11 |
| Jeanne Iverson | 7/14 |
| Edward Hatch | 7/20 |
| Carol Van Dyke | 7/21 |
| Betty Richardson | 7/22 |

July Employee Birthdays

| | |
|----------------------|------|
| Miranda Howard | 7/9 |
| Ernestina Adu-Gyamfi | 7/11 |
| Mercy Twumasi | 7/12 |
| Adam Baker | 7/17 |

The World in Watercolor

July is World Watercolor Month, which gives us 31 days to appreciate this amazing painting medium. The term *watercolor* refers to how the paint is made. The earliest watercolor artists made their paints from natural pigments found in vegetables or minerals. Then, as now, the pigments were suspended in a water-based solution. Once the liquid paint is applied to a surface, the water begins to evaporate, leaving behind the colored pigments. The cave paintings of paleolithic Europe and manuscripts of ancient Egypt and the Middle Ages were all done in watercolors. Watercolors may very well be considered humanity's first artistic medium!



The golden age of watercolor emerged during the mid-18th to mid-19th-century in Britain. Amongst the British upper class, watercolor painting

was part of an aristocratic education. Mapmakers, geologists, military officers, and engineers all need watercolorists to depict landscapes or notable sites. The medium soon turned from the professional to the private, with well-to-do travelers painting scenes of their favorite pastoral getaways: rivers, valleys, seaside cliffs, old castles, and churches. Watercolor soon became England's unofficial national art form. Some of the most notable watercolorists rose to prominence during this era—Joseph Mallord William (J.M.W.) Turner, Paul Sandby, and Thomas Girtin—and their works spurred an international hunger for watercolor paintings.

Today, thanks to the availability of inexpensive watercolor sets, anyone can try their hand at watercolor painting. For those in need of inspiration, Doodlewash (the masterminds behind World Watercolor Day) has provided a list of 31 painting prompts, one for each day of the month. Past prompts have included such varied subjects as “sunny sky,” “window view,” “monochromatic,” “fruits,” and “window view.” Of course, the best advice is to paint what you love most. All throughout July, express yourself through watercolor.

July Birthdays

In astrology, those born between July 1–22 are Cancer's Crabs. Crabs care deeply about their family and home. After all, they carry one on their backs! Guided by their hearts, Crabs are sympathetic and loyal friends and imaginative collaborators. Those born between July 23–31 are Leo's Lions, the zodiac's natural-born leaders. Dramatic, confident, and humorous, Leos are adept at rallying people to a common cause and finding creative solutions in the trickiest of situations.

Princess Diana (royal) – July 1, 1961
Bill Withers (musician) – July 4, 1938
Della Reese (singer) – July 6, 1931
Tom Hanks (actor) – July 9, 1956
Mavis Staples (singer) – July 10, 1939
Andrew Wyeth (painter) – July 12, 1917
Nelson Mandela (president) – July 18, 1918
Ernest Hemingway (writer) – July 21, 1899
Jennifer Lopez (singer) – July 24, 1969
Peggy Fleming (ice skater) – July 27, 1948
Wesley Snipes (actor) – July 31, 1962

The Buffalo Soldiers



Buffalo Soldiers Day on July 28 remembers the formation of the very first all-African American army regiments. On July 28, 1866, after the end of the Civil War, the U.S. Congress passed the Army Reorganization Act, which called for the creation of six all-black infantry and cavalry regiments. They were deployed to the Western frontier, where they were ordered to protect settlers, stagecoaches, and railroad crews while fending off Native Americans and capturing cattle rustlers. Why were they called “buffalo soldiers” by the Native Americans? One story tells that they fought as fiercely as the buffalo of the plains. Other theories suggest that the soldiers' dark curly hair resembled that of the buffalo. Whatever the reason, the name stuck, and buffalo soldier regiments served courageously until the desegregation of the Army in the 1950s.