



Independence Day also known as the Fourth of July

Independence Day, commonly known as the Fourth of July or July Fourth, is a federal holiday in the United States commemorating the adoption of the Declaration of Independence on July 4, 1776, declaring independence from Great Britain. Independence Day is commonly associated with fireworks, parades, barbecues, carnivals, fairs, baseball games, and family reunions. In addition to the various public and private events celebrating the history, government, and traditions of the United States. Independence Day is the National Day of the United States.

What happened on July 4, 1776?

The Continental Congress approved the final wording of the Declaration of Independence on July 4, 1776. they had been working on it for a couple of days after the draft was submitted on July 2 and finally agreed on all the edits and changes. July 4, 1779 became the date that was included in the Declaration of Independence and the fancy handwritten copy that was signed in August (the copy now displayed at the National Archives in Washington, D. C.) its also the date that was printed on the Dunlap Broadside, the original printed copies of the Declaration that were circulated throughout the new nation. So when people thought of the Declaration of Independence, July 4, 1779 was the date they remembered.

In contrast, we celebrated Constitution Day on September 17 of each year, the anniversary of the date the Constitution was signed, not the anniversary of the date it was approved. If we would have followed this same approach for the Declaration of Independence we would be celebrating Independence Day on August 2nd of each year, the day the Declaration was signed!

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July 4th party
Saturday 07/04/2015
at 2:00

Tiffani Penhorwood, Activity Director

SCOTUS Rejects ACA Challenge

By a 6-3 vote, the US Supreme Court ruled in favor of the Obama Administration in a case that, if decided differently, would have had extremely negative implications for implementation of the Affordable Care Act (ACA) in many states, including Ohio. The plaintiffs in the case, King v. Burwell, alleged that the ACA's language limits health insurance subsidies under the act to people who live in states that created their own health care exchanges. Ohio, along with a number of other states - mostly Republican controlled - did not establish state exchanges, but requires health insurance purchasers to use the federal exchange. In an opinion authored by Chief Justice John Roberts, the Supreme Court ruled that Congress's intent in enacting the ACA was to provide subsidies to everyone who purchases insurance through an exchange and who qualifies on the basis of income, regardless whether the exchange is state or federal. The Supreme Court's decision allows Ohioans who purchase insurance on the federal exchange to continue receiving subsidies.

Ken Levering, Administrator



.....What residents and staff members said when asked,
“ What is your favorite thing about the 4th of July”



“My favorite thing about July 4th would have to be spending time with my family such as having a cook out, playing games, and then watching fireworks at night.” -*Tiffani, staff*

“ My favorite thing about the fourth of July is the yummy food from the cook out” -
Doris Stoner, resident

“ I enjoy going to the park with my family for a picnic, then back to the house to set off fireworks”- *Kaylee, staff*

“ My favorite thing is spending time with my family.” *Lucy Hale, resident*

“ I like to prepare for the fourth, I love helping my mom make patriotic foods for our cook out. We usually make a July 4th cake, fruit salad, and come up with a craft that the kids can make.” - *Krista, staff*

“ My favorite thing about July fourth is listening to the fireworks, although I cannot see them the sound reminds me that they are beautiful.” *Flo Fisher, resident*

“ Our family goes to the parade, our daughter loves it so much. We have a barbeque at our house, and then we go enjoy the fireworks show.” - *Ashley, staff*

Celebrating July 4th

July 4 is the day our nation severed its ties with tyranny. July 4th poems from the writers at My Word Wizard commemorate that fateful day in 1776 when a nation was born. These words celebrate the joys and creative energies that went into the founding of America, and recognize the sacrifices, by many in the struggle for independence and freedom.

Even if you are not American, you can still appreciate the spirit of liberty that was manifest in the principals espoused by the founding fathers. The full realization of liberty for some took many years to accomplish, but the beacon that the early Americans lit as a guided light for succeeding generations will always be remembered and closely guarded.

Despite international conflicts and diplomatic crises, America today is still looked upon as a ray of freedom and hope by long suffering people under the yoke of despotic regimes.

Whether you want to let someone know how much you love your country, or you are looking to honor or commemorate the soldiers who sacrificed their all so that we may have our freedom, you will find a poignant sentiment in this patriotic collection.

Today is the day we honor the liberation, and the birth of the United States of America. It's time to celebrate the joys, the blessings and yes the sacrifices that form a part of the fabric of our nation. Let someone know how much you love your country or tell them how much you appreciate their service with a thoughtful sentiment from the writers at My Word Wizard.

There are so many things to be thankful for as we celebrate America's Independence. There are so many ways to commemorate the day. Whether you are barbequing , marching in a parade or enjoying a baseball game. Lets all take a few moments to consider the day's special meaning. We are proud to offer you a selection of July 4th poems by the contributing writers of My Word Wizard that speak to this very meaning.

Happy July 4th

Falls among the elderly can be prevented. Falls are the leading cause of death, injury and hospital admissions among people over the age of 65. In fact one out of every three seniors fall every year. Last year alone, more than 1.6 million senior citizens were treated in the emergency room for fall related injuries. Falls can rob people of their independence, making it harder for them to be mobile. The fear of falling forces many people to limit their activities which interferes with their quality of life. Fortunately, most falls are preventable. Regular exercise focused on balance and leg strength is one of the most important things we can do. Exercise not only can prevent falls, but help with recovery after a fall. Poor vision can sometimes lead to falls. Have your vision checked each year and update your eyeglass prescription. Wear sensible shoes. high heels, flip flops and shoes with slick soles can make you slip, stumble and fall. So can walking in stocking feet. Some medications or medication interactions can cause side effects such as dizziness and drowsiness that could result in falls. Ask your pharmacist to review your prescriptions and over the counter medications. Remember, FALLS are not a normal part of aging.

Wishing everyone a
SAFE and **HAPPY** July 4th

*Virginia Kellett, LPN /
Director of Social Services*



There are 50 stars representing the 50 states
The 13 stripes representing the 13 original states



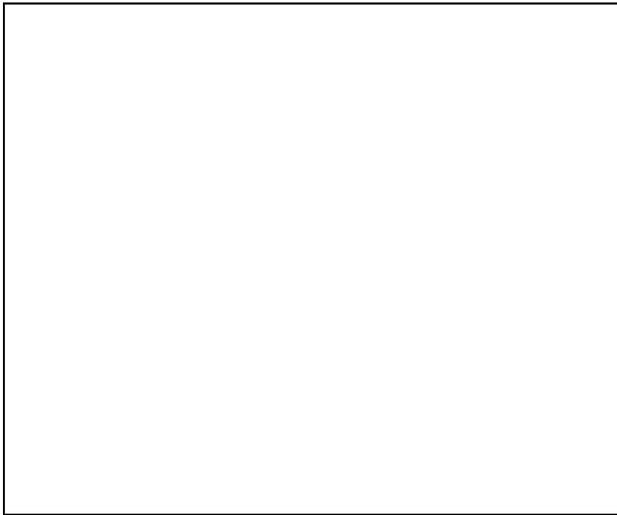
White: Signifies purity and innocence
Red: Signifies valor and bravery
Blue: Signifies Vigilance, perseverance, and justice



July's resident of the month is

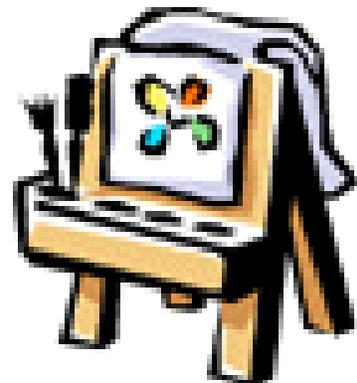
Mildred Hummel

Mildred Hummel is our July resident of the month. Mildred was brought into this world by Georgia and Barten in Cleveland Ohio. Mildred has a lovely family. She is one of four children, she is in the middle she has one brother and two



sisters. Mildred has a passion for painting, when she was 6 Mildred started drawing starting on the fly leaves on her father's books until he caught her. After that, he made sure that she had paper. When she was a sophomore in high school, she received a set of oil paints and started painting oils on her own. Mildred went to one year of college at Ohio State studying art classes but then dropped out she said "She didn't want to teach art but to make art" after that

year she then joined the Navy which is where she then began her career. While Mildred was in the Navy she then met the father of her children, his name was George. Mildred and George then had two beautiful children one boy named Phillip and one daughter named Susan, Mildred says "I got lucky one of each and that was plenty". Mildred then has grandchildren and even great grandchildren which she adores them so much, she has two grandchildren and also four great grandchildren. In 1976 she took her first watercolor class with Jim Lockyer in Delaware and was hooked. Since that time, she has been a member of the Delaware Artists Guild, where she has won many awards. She is also a member of the Central Ohio Watercolor Society and the Worthington Area Art, where she has garnered more awards. Mildred has been in the newspaper many of times and also done teaching for painting. For years Mildred did street art fairs in the area. She also taught watercolors for the Worthington Parks and Recreation Department and for the Delaware Culture Arts Center. Mildred loves the company of others and also loves painting, stop in and visit with her and she might just paint you a picture!.



★ HAPPY ★ BIRTHDAY!

Staff

Kayleigh Morgan 07/07
Jennifer Augenstine 07/16
Virginia Kellett 07/16
Courtney Ward 07/17
Brittany Ferguson 07/18
Tiffani Penhorwood 07/24
Deb Armbruster 07/30

Residents

Opal Collins 16th
Carolyn Griffith 18th
Richard Carpenter 19th
Cynthia Haeberle 29th

Delaware Court Healthcare Center wishes you a Happy Birthday!

American Tune by Paul Simon

Many's the time I've been mistaken, and many times confused
Yes and I've often felt forsaken, and certainly misused
Ah but I'm alright, I'm alright, I'm just weary thru my bones
Still you don't expect to be bright and bon-vivant
So far away from home, so far away from home

And I don't know a soul who's not been battered
I don't have a friend who feels at ease
don't know a dream that's not been shattered or driven to its knees
But it's alright, it's alright, for we live so well, so long
Still, when I think of the road we're traveling on
I wonder what's gone wrong, I can't help it I wonder what's gone wrong

And I dreamed I was dying, I dreamed that my soul rose unexpectedly
And looking back down at me, smiled reassuringly
And I dreamed I was flying, and high up above my eyes could clearly see
The statue of liberty, sailing away to sea, and I dreamed I was flying

But we come on a ship they called Mayflower
We come on a ship that sailed the moon
We come in the ages' most uncertain hours and sing an American tune
And it's alright, oh it's alright, it's alright, you can be forever blessed
Still tomorrow's gonna be another working day and I'm trying to get some rest
That's all I'm trying, to get some rest

Fun summer recipes

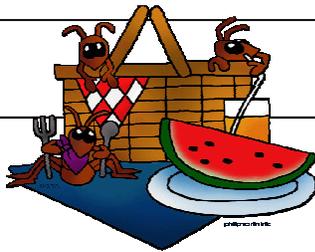
Patriotic Fruit Pizza

Ingredients:

2 3/4 cups all-purpose flour
1 teaspoon cream of tater
1 teaspoon baking soda
1/4 teaspoon salt
1/2 cup vegetable shortening
1/2 cup margarine, softened
1 1/2 cups whit sugar
2 eggs
1 teaspoon vanilla extract
3 Large bananas, sliced
1 tablespoon lemon juice
1 package fresh strawberries, sliced
1 container blueberries.

Directions:

Preheat oven to 350. Wisk the flour, cream of tartar, baking soda and salt in a bowl. In a large mixing bowl, mash the vegetable shortening and margarine together until thoroughly combined, and beat in 1 1/2 cups of sugar, eggs and 1 teaspoon of vanilla extract. Mix in the flour mixture to make a workable dough, and spread the dough out in a rectangle shape onto an ungreased 12X7 inch baking sheet. Bake in the preheated oven until very lightly browned, 8 to 10 minutes. Allow to cool completely. while the cookie base is cooling, mash the cream cheese with 1 cup sugar and 2 teaspoons of vanilla extract in a bowl until smooth. Placed sliced bananas in a bowl and gently toss with lemon juice to prevent browning. To decorate the pizza, spread the cream cheese filling over the cookie base in an even, smooth layer. Place the fruit on cookie to resemble the American flag.



American Potato Salad

Ingredients:

5 pounds red potatoes
6 eggs
2 cups mayonnaise
1 onion, diced
2 green onions, thinly sliced
2 teaspoons salt
1 teaspoon ground black pepper

Directions:

Bring large pot of water to a boil. Add potatoes, and cook for 15 to 20 minutes, or until tender but still firm. Drain, cool and cut into cubes. Place eggs in a saucepan and cover with cold water, bring to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10-12 minutes. Drain water from the eggs, cool, peel and chop. In a large bowl, combine chopped potatoes and eggs. Mix together mayonnaise, chopped onion, green onion, and celery. Season with salt and pepper, mix well. Cover and refrigerate several hours or overnight.

**DELAWARE
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4 New Market Drive, Delaware, Ohio 43015
740-369-6400 / www.delawarecourt.com

