

# Hurricane Senior Center

## July 2021 Newsletter



Welcome back!

We are excited to be able to have the center open again. We have missed all your smiling faces!!

We will be continuing normal activities and opening the thrift store as allowed by guidelines. Please be patient with us as some changes are necessary for the safety of our clients.

Our Dial-A-Ride Program is operating as usual.

Lunch will be served in the dining room Monday-Thursday 11:30 to 12:30. Suggested donation is \$3.00 per meal. Under 60 clients are welcome for \$7.00 per meal.

Center will be closed July 5<sup>th</sup>.

Hurricane Senior Center  
95 N 300 W  
Hurricane, UT 84737  
435-635-2089



### Hours of Operation

Monday – Thursday  
9:00AM – 4:00PM

Lunch served daily –  
11:30AM - 12:30PM \$3

### Dial-A-Ride Program

We offer an in town Dial-A-Ride service for grocery shopping or medical needs. Bus hours are 9:30 AM – 2:30 PM Monday – Thursday.

Our Dial-A-Ride service to St. George is available Wednesday afternoon for your shopping or medical needs.

Age 60+ suggested donation:  
\$5 round trip/\$3 one way

Call 435-635-2089 to schedule.



\*\*\*FOCUS ON DIAL-A-RIDE\*\*\*

Our Dial-A-Ride program provides

Transportation to:

1. Lunch at our Senior Citizens Center.
2. Various types of appointments including shopping and medical in the Hurricane area. The program is funded in part by your donations. The suggested donation is \$3.00 one way or \$5.00 round trip, age 60+. Under 60 is \$5.00. The bus runs from 9:30 am to 2:30 pm Monday, Tuesday & Thursday. Wednesday in the Hurricane area 9:30 am to 12:30 pm and St. George from 12:30 pm to 4:00 pm.

To schedule a ride during these hours, please call the Senior Center at 435-635-2089.

So we can serve you better, please have the following information ready when calling to schedule transportation.

1. Your name, address and phone number.
2. Date you wish to schedule a ride.
3. Complete name and address of your destination.
4. Time you wish to be picked up at your home as well as your appointment time.
5. Time you wish to be picked up when finished with your appointment or shopping.

NOTE: Please allow a 15 minute window on either side of your requested pickup time. Please schedule rides at least one day in advance.

If you leave a message, we will only return your call if there is a conflict in scheduling or if additional information is required. Otherwise, consider your ride scheduled!

THRIFT STORE

OPEN MON – THURS

11:30 AM – 2:30 PM

DONATIONS ACCEPTED!

## Monthly Events

**Pathway Healthcare – Blood Pressure/Sugar checks** – every Monday 11:00am-12:00pm

**Video Tai Chi** – every Tues @ 10:00am

**Video Sit & Be Fit** – every Wed @ 10:00am

**Video Yoga** – every Thurs @ 10:00am

**Hand & Foot Card Game**– every Tues @ 1:00pm

**Crochet Class** – 2<sup>nd</sup> & 4<sup>th</sup> Thurs @ 1:00pm

**Beginning Knitting** – 2<sup>nd</sup> & 4<sup>th</sup> Thurs @ 1:00pm

**Craft Class** – (Not during summer months)

**Bingo 60+ Only** – 2<sup>nd</sup> & 4<sup>th</sup> Monday @ 1:00pm

\*Bingo is free to play\* **For 60+ only**

**Paint Group** – Tuesdays @ 1:00pm (Not during summer months)

**Billiards** – Open daily 9:30am – 3:30pm

**Happy Birthday/Anniversary Celebration** – last Thursday of every month!

**COME JOIN US!**



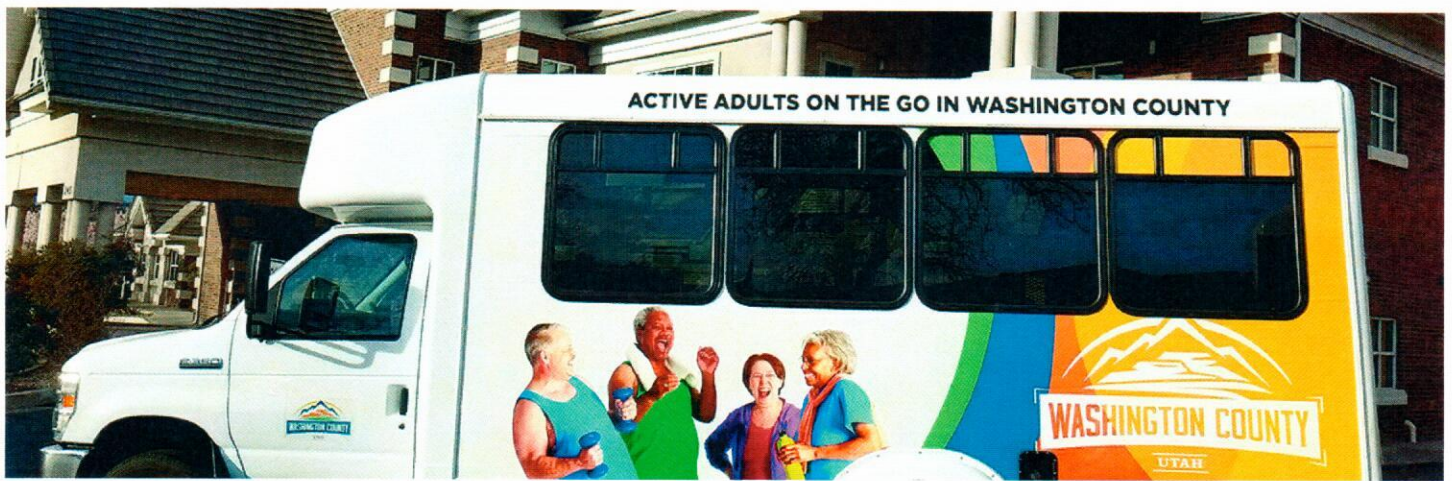
Did you know that your meal donation of \$3.00 helps ensure that programs and services continue to be offered and that any donations over \$3.00 help cover the cost of the lunch for those who cannot afford to make a donation?

Thank you for your donation to our meal program.

Washington County Council on Aging is committed to compliance with Title VI of the Civil Rights Act of 1964 and all related regulations and relevant guidance. The Agency assures that no person in the United States shall, on the grounds of race, color or nation origin, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity receiving federal financial assistance.

To request additional information on Washington County Council on Aging's Title VI policy, or to file a discrimination complaint, please contact Washington County Council on Aging at 435-634-5743.

The Complaint Procedure is located at 245 N. 200 W., St. George, Utah, 84770 or [www.stg.coa.washco.utah.gov](http://www.stg.coa.washco.utah.gov)



### FOCUS ON \*\*\*DIAL A RIDE\*\*\*

Our Dial-A-Ride program provides transportation to:

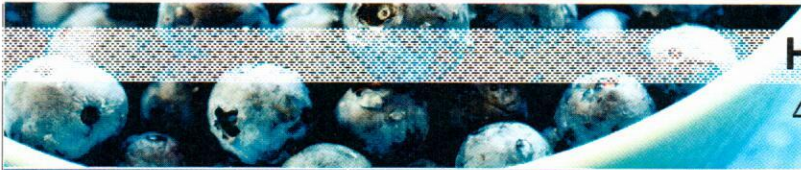
1. Lunch at our Senior Citizens Center-Currently cancelled.
2. Various types of appointments including shopping and medical in the Hurricane area. The program is funded in part by your donations. The suggested donation is \$5.00 round trip. The bus runs from 9:30 am to 2:30 pm Monday through Thursday. The bus also goes to St. George on Wednesday's from 12:30 pm to 4:00 pm. To schedule a ride during these hours, please call Senior Center at 635-2089.

So we can serve you better, please have the following information ready when calling to schedule transportation.

1. Your name, address and phone number.
2. Date you wish to schedule a ride.
3. Complete name and address of your destination.
4. Time you wish to be picked up at your home as well as your appointment time.
5. Time you wish to be picked up when finished with your appointment or shopping.

NOTE: Please allow a 15 minute window on either side of your requested Pickup time.

If you leave a message, we will only return your call if there is a conflict in scheduling or if additional information is required. Otherwise, consider your ride scheduled!



# Hurricane Active Life Center

435-635-2089

July 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>1</b>			
<p>A suggested donation of \$3.00 is requested from seniors 60 and older.</p> <p>Persons under 60 can enjoy a meal for \$7.00</p> <p>Milk and Bread served with all meals.</p> <p>Follow Us on Facebook @triocommunitymeals.com</p>			<p>Tater Tot Casserole</p> <p>Parslied Carrots</p> <p>Mixed Green Salad</p> <p>Garlic Texas Bread</p> <p>Peach Crisp</p> <p>Milk</p> <p>Salad Dressing</p> <p>Diet - Hot Peaches</p>
<b>5</b>		<b>6</b>	
<p style="text-align: center;"><b>CLOSED</b></p> <p><i>Independence Day (observed)</i></p>		<b>7</b>	
		<b>8</b>	
<b>12</b>		<b>13</b>	
<p>BBQ Pork</p> <p>Spinach Greens</p> <p>Coleslaw</p> <p>Macaroni and Cheese</p> <p>Cornbread</p> <p>Strawberry Gelatin w/ Fruit</p> <p>Milk</p> <p>Margarine</p> <p>Diet - Fruited Gelatin</p>		<p style="text-align: center;"><b>Independence Day Meal</b></p> <p>Chili Cheese Dog</p> <p>Tater Tots</p> <p>Coleslaw</p> <p>Hot Dog Bun</p> <p>Apple Blueberry Crisp</p> <p>Milk</p> <p>Ketchup   Mustard</p> <p>Diet - Apple Slices</p>	
<b>14</b>		<b>15</b>	
<p>Honey Lime Chicken Breast</p> <p>Cabbage and Carrots</p> <p>Sugar Snap Peas</p> <p>Buttered Rice</p> <p>Dinner Roll</p> <p>Grapes</p> <p>Milk</p> <p>Margarine</p>		<p>Swiss Steak</p> <p>California Veg Blend</p> <p>Whole Kernel Corn</p> <p>Egg Noodles</p> <p>Wheat Bread</p> <p>Fresh Seasonal Fruit</p> <p>Milk</p> <p>Margarine</p>	
<b>19</b>		<b>20</b>	
<p>Hawaiian Chicken Haystack</p> <p>White Rice</p> <p>Tomatoes and Green Peppers</p> <p>Cucumber Salad</p> <p>Pineapple Tidbits</p> <p>Milk</p>		<p>Pot Roast w/Gravy</p> <p>Mixed Vegetables</p> <p>Spinach Salad</p> <p>Mashed Potatoes</p> <p>Wheat Bread</p> <p>Fresh Seasonal Fruit</p> <p>Milk</p> <p>Salad Dressing</p> <p>Margarine</p>	
<b>21</b>		<b>22</b>	
<p>Sliced Turkey Breast w/Gravy</p> <p>Green Beans and Onions</p> <p>Mixed Green Salad</p> <p>Mashed Potatoes</p> <p>Texas Bread</p> <p>Citrus Fruit Cup</p> <p>Milk</p> <p>Salad Dressing</p>		<b>Pioneer Day Meal</b>	
		<p>Bratwurst w/Sauerkraut</p> <p>Tater Tots</p> <p>Coleslaw</p> <p>Hot Dog Bun</p> <p>Apple Crisp</p> <p>Milk</p> <p>Ketchup   Mustard</p> <p>Diet - Apple Slices</p>	
<b>26</b>		<b>27</b>	
<p>Beef Chili w/Beans</p> <p>Baked Potato</p> <p>California Veg Blend</p> <p>Wheat Bread</p> <p>Fresh Seasonal Fruit</p> <p>Milk</p> <p>Margarine</p> <p>Sour Cream</p> <p>Shredded Cheese</p>		<p>Potato Crusted Pollock</p> <p>Black Beans</p> <p>Coleslaw</p> <p>Corn Tortilla</p> <p>Spanish Rice</p> <p>Applesauce</p> <p>Milk</p> <p>Taco Sauce</p>	
<b>28</b>		<b>29</b>	
<p>Pork Roast w/Lemon Caper Sauce</p> <p>Glazed Beets</p> <p>Green Beans</p> <p>Brown Rice</p> <p>Dinner Roll</p> <p>Fresh Seasonal Fruit</p> <p>Milk</p> <p>Margarine</p>		<p>Teriyaki Chicken Breast</p> <p>Japanese Veg Blend</p> <p>Napa Cabbage</p> <p>Jasmine Rice</p> <p>Dinner Roll</p> <p>Ambrosia Salad</p> <p>Milk</p> <p>Margarine</p>	

# July Activities

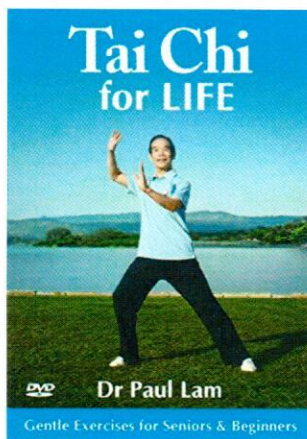
95 N. 300 W. Hurricane 435-635-2089

1-Jul			
			Billiards 9:30-3:00 Chyrrel & Terry Maupin entertain @ lunch
5-Jul	6-Jul	7-Jul	8-Jul
Closed for Holiday	Billiards 9:30-3:00 Video Tai Chi 10:00 Hand & Foot Cards after lunch	Billiards 9:30-3:30 Video Sit & Be Fit 10:00	Billiards 9:30-3:00 Video Chair Yoga 10:00 Chyrrel & Terry Maupin entertain @ lunch Knitting/Crochet 1:00
12-Jul	13-Jul	14-Jul	15-Jul
Billiards 9:30-3:00 Blood Pressure/Sugar 11:00-12:00 Bingo after lunch	Billiards 9:30-3:00 Video Tai Chi 10:00 Hand & Foot Cards after lunch	Billiards 9:30-3:30 Video Sit & Be Fit 10:00	Billiards 9:30-3:00 Video Chair Yoga 10:00 Chyrrel & Terry Maupin entertain @ lunch
19-Jul	20-Jul	21-Jul	22-Jul
Billiards 9:30-3:00 Blood Pressure/Sugar 11:00-12:00	Billiards 9:30-3:00 Video Tai Chi 10:00 Hand & Foot Cards after lunch	Billiards 9:30-3:30 Video Sit & Be Fit 10:00 Dixie Can Do's	Billiards 9:30-3:00 Video Chair Yoga 10:00 Chyrrel & Terry Maupin entertain @ lunch Knitting/Crochet 1:00
26-Jul	27-Jul	28-Jul	29-Jul
Billiards 9:30-3:00 Blood Pressure/Sugar 11:00-12:00 Bingo after lunch	Billiards 9:30-3:00 Video Tai Chi 10:00 Hand & Foot Cards after lunch	Billiards 9:30-3:30 Video Sit & Be Fit 10:00	Billiards 9:30-3:00 Video Chair Yoga 10:00 Chyrrel & Terry Maupin entertain @ lunch Happy Anniversary/Birthday Celebration @ Lunch

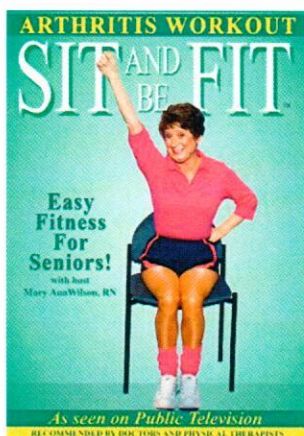
\*Thrift Store is Open Mon-Thurs 11:00 am to 2:30 pm\*

# Exercise Classes Starting July 6<sup>th</sup>

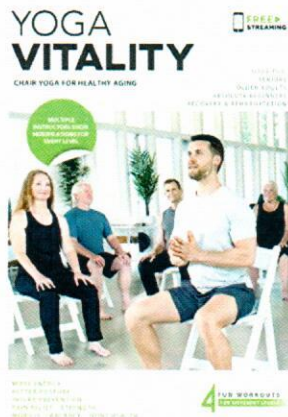
**\*TAI-CHI\*** — Tuesday's @ 10:00am



**\*SIT & BE FIT\*** — Wednesday's @ 10:00am



**\*YOGA\*** — Thursday's 10:00am



Exercise Classes are a suggested donation for 60+ clients.

Under 60 clients-\$5.00.

## July 1: Medicare and Long-Term Care

The Administration on Aging calculates that 70% of people who reach age 65 will need some long-term care services during the remainder of their lives. Long term care is more than just nursing homes. It includes any services for people who cannot perform tasks of daily living, like bathing or toileting. It can be provided by family members, in-home providers, or in a residential setting (like an assisted living facility or nursing home). Most long-term care is not medical in nature, but considered custodial. And because Medicare doesn't cover custodial care, many older adults find themselves unprepared for the financial costs associated with long-term care.

Medicare does cover home health care if it is skilled care (like physical therapy) or intermittent (less than 8 hours per day for less than 21 days) but it must be ordered by a doctor and you must be considered homebound to qualify. Medicare can also cover up to 100 days in a Skilled Nursing Facility but only after a qualifying hospital stay and not every stay qualifies for the full 100 days. Any care in a Skilled Nursing Facility after Medicare has provided notice of the end of coverage is considered custodial care and not covered.

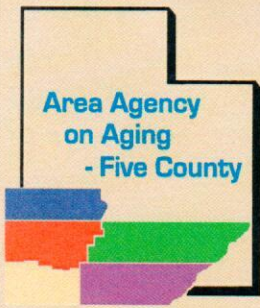
So, what are the options to pay for Long-Term Care? Many insurance companies offer Long-Term Care insurance policies, which can be used to pay for in-home or facility level care. These policies get more expensive the older you get and many have waiting periods before coverage begins. For people without long-term care insurance, the first option is to private pay for services. Many home health companies provide custodial care for clients who are private paying for the services. For people with limited income and assets, there are programs available to help cover the costs of long-term care. State programs like the Caregiver Program or the Alternatives Program can help cover some of the costs of long-term care. However, these programs often have long waiting lists and immediate assistance may not be available. Medicaid also covers long-term care either through Nursing Home Medicaid or through Medicaid Waivers. Most people need to private pay for services until they reach the asset limits for Medicaid. If you have questions about long-term care and how to pay for it, the Area Agency on Aging – Five County is here to help. You can speak to an Options Counselor by calling (435)673-3548.

## July 2: Placemat or How to Stop Nursing Home Fraud

What can you do to stop nursing home care fraud?

- Read your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB) to compare the services Medicare was charged with what you received.
- Be sure you work with your doctor to enroll you in any skilled nursing facility (SNF) therapy services you may need and to determine medical necessity for these services.
- Do not accept gifts (such as money, gift cards, or groceries) in return for choosing a nursing home in which to receive skilled nursing.
- Do not sign forms that you do not understand or any form that is blank.
- Report charges on your MSN or EOB for services or visits you did not receive.
- Report charges on your MSN or EOB for services that are different than what you received.
- Report quality-of-care complaints to your local SMP and the Beneficiary Family Centered Care Quality Improvement Organization (BFCC-QIO).





AAA- FIVE COUNTY PRESENTS

# SOUTHERN UTAH SENIORS LECTURE SERIES

ONGOING EDUCATION FOR OLDER ADULTS

Register for this webinar, or others in the series at [areaagencyonagingfivecounty.org](http://areaagencyonagingfivecounty.org)

## SOCIAL SECURITY AND RETIREMENT 101 DAVID BAIER, SSA

July 13, 2021 10AM



An estimated 10,000 people will retire every day this year. And for most Americans, Social Security income plays a significant part in determining what kind of retirement you will have and when it will begin. Yet many people do not know when they should begin collecting their benefits. In this webinar, a representative from the Social Security Administration will cover how you qualify for benefits, how age and earnings affect benefits and what to consider when deciding when to start collecting benefits.



David Baier began his career with Social Security in 2008. He has gained policy experience from Claims Specialist work and later sharpened his SSA knowledge as a Supervisor. He currently serves as the Public Affairs Specialist for Montana. He is a Montana native, who graduated from Montana State University with a B.S. in Business Administration and Accounting.

Register online at: [www.areaagencyonagingfivecounty.org](http://www.areaagencyonagingfivecounty.org)



# July Events:

Sponsored by AAA-Five County

## 13

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### **Social Security and Retirement 101**

In this webinar, a representative from the Social Security Administration will cover how you qualify for benefits, how age and earnings affect benefits and what to consider when deciding when to start collecting benefits.

## 27

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### **I'm A Caregiver; Now What?**

Whether becoming a caregiver is a sudden or expected event in your life, it can be overwhelming and can lead you to look for a place to turn. I'm A Caregiver; Now What? is a guided training on what to expect when becoming a caregiver.

## **Join Us!**

Learn more at:

[www.areaagencyonagingfivecounty.org/events](http://www.areaagencyonagingfivecounty.org/events)

## 15

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### **Dealing With Dementia-Family Caregiver**

A four hour workshop for Family Dementia Caregivers. The workshop combines a learning experience with a Dealing with Dementia Guide, a comprehensive reference for caregivers of people living with dementia.

## 29

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### **The Caregiver Academy-Online**

Our FREE six-week skill-building workshops for family caregivers is now available virtually! The workshop aims to assist family and community caregivers in developing the skills needed to manage in-home care.

## Ongoing

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- AFEP - St. George
- TAI CHI - St. George
- TAI CHI - Cedar City - beginners
- TAI CHI - Cedar City - advanced
- TAI CHI - Kanab
- AFEP - Escalante
- TAI CHI - Escalante
- TAI CHI - Central FD

Grass, plants, trees and shrubs are all healthier when watered deeply and infrequently. Each month throughout the year, water the recommended times per week for best results.

- \* 1 day a week: November, February
- \* 1-3 days a week: March through May
- \* 3-5 days a week: June through August
- \* 1-3 days a week: September through October

## KNOW · WATER

# Watering Guide Reminder

1 day per week

**Nov. & Feb.**

1-3 days per week

**Mar. - May**

3-5 days per week

**June - Aug.**

1-3 days per week

**Sept. - Oct.**





## Blueberries are proof that good things come in small packages!

### Blueberries are:

- nutrient-dense, meaning they are low in calories and provide many beneficial nutrients.
- one of the richest sources of antioxidants that help protect against disease such as heart disease, diabetes and cancer. The antioxidants found in blueberries may also improve brain function, particularly memory.
- a good source of fiber, providing 14% of your Daily Value in one cup. Fiber promotes a healthy gut and may help manage weight.
- a good source of Vitamin C and manganese. Vitamin C supports growth and development of tissues and promotes wound healing. Manganese contributes to the metabolism of amino acids, carbohydrates, cholesterol, and glucose.

Blueberries make eating right super easy. Simply wash and eat by the handful. Top on your favorite cereal or salad. Fold into muffins, pancakes, breads, hand-made burgers, meatballs or meatloaf. Whip into a smoothie or make a blueberry jam or sauce.

## Eat the BeWell Way for Better Health

Blueberries are the perfect symbol for our BeWell wellness platform, which provides an eating pattern that is based on scientific evidence to promote health. Make your own BeWell plate by following the steps below.

- 1.** Make a commitment to eating mostly whole foods vs processed foods, which will automatically limit artificial trans fat consumed.
- 2.** Load your plate with plant-based foods, like vegetables, whole grains, and fruit, which will boost fiber.
- 3.** Add a healthy fat such as walnuts, avocado, or olive oil during food preparation and 2 – 4 oz of lean or plant-based protein like poultry, seafood, legumes, nuts or tofu.
- 4.** Try to include a daily probiotic food like yogurt, kefir, miso, or kimchi.
- 5.** Be mindful of portion size and added salt. Try herbs and spices, like garlic, cumin, cilantro, ginger or fennel to flavor your food instead.
- 6.** Limit added sugar. Opt for fruit as dessert most days of the week. Or try small pieces of health-promoting dark chocolate to satisfy your sweet tooth.

## *Hot Weather Safety for Older Adults*

Too much heat is not safe for anyone. It is even riskier if you are older or have health problems. It is important to get relief from the heat quickly. If not, you might begin to feel confused or faint. Your heart could become stressed and stop beating. Being hot for too long can be a problem. It can cause several illnesses, all grouped under the name hyperthermia:

- **Heat syncope** is a sudden dizziness that can happen when you are active in hot weather. If you take a heart medication called a beta blocker or are not used to hot weather, you are even more likely to feel faint. Rest in a cool place, put your legs up, and drink water to make the dizzy feeling go away.
- **Heat cramps** are the painful tightening of muscles in your stomach, arms, or legs. Cramps can result from hard work or exercise. Though your body temperature and pulse usually stay normal during heat cramps, your skin may feel moist and cool. Find a way to cool your body down. Rest in the shade or in a cool building. Drink plenty of fluids, but not those with alcohol or caffeine.
- **Heat edema** is a swelling in your ankles and feet when you get hot. Put your legs up to help reduce swelling. If that doesn't work fairly quickly, check with your doctor.
- **Heat exhaustion** is a warning that your body can no longer keep itself cool. You might feel thirsty, dizzy, weak, uncoordinated, and nauseated. You may sweat a lot. Your body temperature may stay normal, but your skin may feel cold and clammy. Some people with heat exhaustion have a rapid pulse. Rest in a cool place and get plenty of fluids. If you don't feel better soon, get medical care. Be careful—heat exhaustion can progress to heat stroke.

### Heat Stroke—A Medical Emergency

If you have heat stroke, you need to get medical help right away. Older people living in homes or apartments without air conditioning or fans are at most risk. People who become dehydrated or those with chronic diseases or alcoholism are also at most risk. Signs of heat stroke are:

- Fainting (possibly the first sign) or becoming unconscious
- A change in behavior—confusion, agitation, staggering, being grouchy, or acting strangely
- Body temperature over 104°F (40°C)
- Dry, flushed skin and a strong, rapid pulse or a slow, weak pulse
- Not sweating even if it is hot

### Who Is at Risk?

Each year, most people who die from hyperthermia are over 50 years old. Health problems that put you at greater risk include:

- Heart or blood vessel problems
- Poorly working sweat glands or changes in your skin caused by normal aging

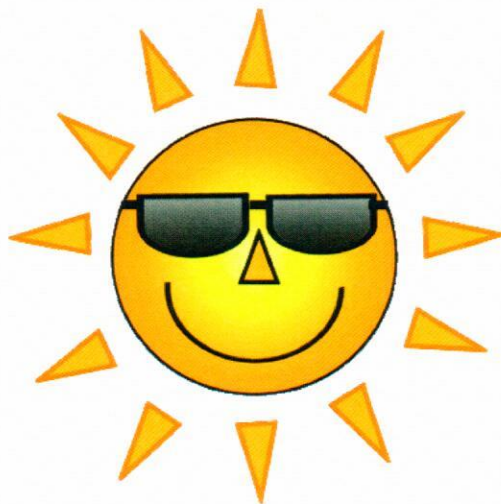
- Heart, lung, or kidney disease as well as any illness that makes you feel weak all over or results in a fever
- Conditions treated by drugs, such as diuretics, sedatives, tranquilizers, and some heart and high blood pressure medicines; they may make it harder for your body to cool itself
- Taking several prescription drugs; ask your doctor if any of your medications make you more likely to become overheated.
- Being very overweight or underweight
- Drinking alcoholic beverages

## How Can I Lower My Risk?

Things you can do to lower your risk of heat-related illness:

- Drink plenty of liquids, such as water or fruit or vegetable juices. Stay away from drinks containing alcohol or caffeine. If your doctor has told you to limit your liquids, ask what you should do when it is very hot.
- If you live in a home or apartment without fans or air conditioning, try to keep your house as cool as possible. Limit your use of the oven. Keep your shades, blinds, or curtains closed during the hottest part of the day. Open your windows at night.
- If your house is hot, try to spend time during mid-day some place that has air conditioning—for example, go to the shopping mall, movies, library, senior center, or a friend's house.
- If you need help getting to a cool place, ask a friend or relative. Some religious groups, senior centers, and Area Agencies on Aging provide this service. If necessary, take a taxi or call for senior transportation. Don't stand outside in the heat waiting for a bus.
- Dress for the weather. Some people find natural fabrics, such as cotton, to be cooler than synthetic fibers.
- Don't try to exercise or do a lot of activities outdoors when it's hot.
- Avoid crowded places when it's hot outside. Plan trips during non-rush-hour times.

<https://www.nia.nih.gov/health/hot-weather-safety-older-adults>





## 17 Facts You Never Knew About the 4th of July

- Thomas Jefferson was the main author of the Declaration of Independence. Four others were also on the committee: Roger Sherman, Benjamin Franklin, John Adams and Robert Livingston.
- John Hancock was the first person to sign the Declaration of Independence. He made his mark in the center and it's the largest signature on the document, likely because he was President of Congress at the time, according to the National Archives. His bold signature is the reason people use the phrase "put your John Hancock" when referring to signing your name.
- Independence Day should have been celebrated on July 2, 1776. Although the document was dated July 4, congress actually voted for independence from Great Britain two days prior on July 2, 1776. It apparently wasn't signed by everyone until August 2, 1776.
- John Adams wrote a letter to his wife about how memorable Independence Day would be in American history. He was obviously right-in his letter, he said the day should be celebrated with parades, bonfires and fireworks.
- The Pennsylvania Evening Post was the first newspaper to print the Declaration. It came out in the newspaper on July 6, 1776 for everyone to see, after a local printer named John Dunlap produced copies of the declaration's manuscript.
- An estimated 2.5 million people lived in the nation in July 1776. As of July 2017, about 325.7 million people live in the U.S., according to the US Census.
- Three presidents who signed the Declaration of Independence died on July 4. John Adams and Thomas Jefferson both died on July 4, 1826-on the 50th anniversary of the country's independence. James Monroe died five years later on July 4, 1831.
- The Liberty Bell rings 13 times every Independence Day to honor the 13 original states. Descendants of people who signed the Declaration of Independence tap the bell, located in Philadelphia, Pennsylvania, at 2 p.m. eastern time every 4th of July.
- Independence Day was once celebrated on July 5. The holiday fell on a Sunday in 1779, so the country celebrated on July 5th instead.
- The very first 4th of July fireworks show took place in Philadelphia in 1777. Fireworks, canons and bells all went off to honor the 13 original states. Much like modern celebrations, they even had a dinner and parade for the Declaration of Independence's first anniversary.
- U.S. soldiers got a special treat on the 4th of July in 1778. George Washington helped the troops celebrate by allowing them a double ration of rum, according to Live Science.

- Americans spend over \$1 billion on fireworks every year. According to the American Pyrotechnics Association, the numbers continue to go up every year. The biggest celebration is the Macy's 4th of July Fireworks show, which takes over 8,000 hours to prepare!
- 4th of July sales have been a thing for a while. According to Live Science, it was seen as unpatriotic if you kept your business open on Independence Day before the Civil War. But after, restaurants and stores started having sales on red, white and blue merchandise and they've continued to ever since.
- There are 33 places in the United States with the word "liberty" in their names. According to the US Census, four of them are counties-Georgia, Florida, Montana and Texas have a Liberty County.
- Calvin Coolidge was the only president born on the 4th of July. That probably helped his presidential campaign, right?
- It didn't become a federal holiday until 1870. It took nearly 100 years for it to be recognized as such, but when it finally happened it was up in the ranks with Christmas and a few other holidays.
- The Declaration of Independence and the Constitution were both signed in Philadelphia. The Constitution was signed in September of 1787, a little over 11 years after the Declaration of Independence. While both are important to U.S. history, they are totally separate documents with different meanings.

<https://www.goodhousekeeping.com/holidays/g22022801/4th-of-july-trivia/?slide=17>





# JULY

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

H C I N C I P O T F J U R L  
Y B H I K I N G I R P E G R  
I N C G S N C R O A M N O E  
S H L A U I E N R M I G L C  
R H O F M W S A U T H O I R  
O W T L O P D S A E F R B E  
O S Y R I E I O A S A P E A  
D R K B U D B N I D M C R T  
T S O T U O A S G N I D T I  
U A N D G R F Y I E L N Y O  
O S E A S H O R E I Y A L N  
B O N F I R E L Y R F B L O  
G N I M M I W S W F E R S R  
M L V H N G A L F K P F R R

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Band	Fourth	Parade
Boating	Friends	Picnic
Bonfire	Fun	Recreation
Camping	Hiking	Ruby
Family	Holiday	Seashore
Fireworks	Liberty	Summer
Flag	Outdoors	Swimming

