

# ◆ APPLE CORE ◆

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NUTRITION & SERVICES FOR SENIORS

July 2019



“The strength of a nation lies in the homes of its people.”

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“In the truest sense, freedom cannot be bestowed; it must be achieved.”

**Franklin D. Roosevelt**

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“May we think of freedom, not as the right to do as we please, but as the opportunity to do what is right.”

**Peter Marshall**

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“True heroism is remarkably sober, very undramatic. It is not the urge to surpass all others at whatever cost, but the urge to serve others at whatever cost.”

**Arthur Ash**

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“Freedom makes a huge requirement of every human being. With freedom comes responsibility. For the person who is unwilling to grow up, the person who does not want to carry their own weight, this is a frightening prospect.”

**Eleanor Roosevelt**

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Freedom is the atmosphere in which humanity thrives.

Breathe it in.

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## Celebrate the 4th of July

Here are some fun facts!!

- Contrary to popular belief, only two Founding Fathers signed the Declaration of Independence on July 4, 1776. The majority of signers penned their signatures on August 2, 1776.
- The holiday does not celebrate the *signing* of the Declaration; it celebrates the *adoption* of the Declaration of Independence by the Second Continental Congress.
- In a now-famous letter to his wife, Abigail, dated July 3, 1776, John Adams made a prediction that the “Second Day of July” would be celebrated as American Independence Day, since the Congress had actually voted to sever ties with Great Britain the day before.
- Independence Day became a federal holiday in 1870.
- Other countries, including Denmark, England, Norway, Portugal and Sweden also celebrate the Fourth of July as a way to bring in American tourists.
- Our country now boasts 318.9 million citizens, but on the first Fourth of July there were only 2.5 million.
- The original draft of the Declaration of Independence was lost.
- The back of the Declaration of Independence says, “Original Declaration of Independence dated 4<sup>th</sup> July 1776.”
- The Pennsylvania Evening Post was the first newspaper to print the Declaration on July 6, 1776.



## Scattegories



Write down words that start with the letter at the top of each list and fit into the category.

	U	S	A
Famous Celebrity			Adam Sandler
Item of Clothing			
City		Singapore	
Family Relation			
Country	Ukraine		
Things in Gardens			
State			



How come there's no knock-knock joke about America?  
**Because freedom rings.**

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What's red, white, black and blue? **Uncle Sam falling down the stairs.**

\*\*\*\*\*

What kind of tea did the American colonists want?  
**Liber-tea.**

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What was the most popular dance in 1776?  
**Indepen-dance.**

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What's the difference between a duck and George Washington? **One has a bill on his face, and the other has his face on a bill.**

\*\*\*\*\*

What do you get when you cross a dinosaur and fireworks? **Dino-mite!**

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What did one flag say to the other flag? **Nothing. It just waved.**

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# Recipe: Freedom Pops

## WHAT YOU NEED:

1. 1-1/3 cups boiling water, divided
2. 1 pkg. (3 oz.) JELL-O Strawberry Flavor Gelatin
3. 1 pkg. (3 oz.) JELL-O Blue Flavor Gelatin
4. 1 pkg. (3.4 oz.) JELL-O Vanilla Flavor Instant Pudding
5. 2 cups cold milk
6. 8 - 5oz. Paper cups
7. 3 - 8x4 inch loaf pan
8. Cooking spray
9. Wood popsticks



## LET'S MAKE IT:

1. Add 2/3 cup boiling water to each flavor gelatin mix in separate bowls; stir 2 minutes until completely dissolved. Pour each flavor gelatin into separate 8x4-inch loaf pan sprayed with cooking spray. Refrigerate 1 hour or until firm.
2. Unmold gelatins; cut into 1/2-inch cubes. Beat pudding mix and milk in medium bowl with whisk 2 mins. Add gelatin cubes, stir gently.
3. Spoon into 8 (5 oz.) paper cups. Insert wooden popstick into center of each. Freeze 4 hours or until firm. Peel off cups before serving.

# Disaster Preparedness Tips

*Hurricane Season is here!*

*Be as prepared as possible with these tips.*

- Prepare to be self-sufficient for at least three days by putting together an emergency kit, including: non-perishable food, water, a flashlight, a portable, battery-operated radio or television, batteries, medicines, anti-bacterial hand wipes or gel, first aid kit, money, seasonal clothing, and sanitation supplies.



- Conduct practice drills so you and your family know the safe locations in your home for each type of emergency. Decide how and where your family will reunite if separated. Choose an out-of-state friend or relative that separated family members can call to report their whereabouts and conditions.
- Learn first aid and CPR from your local Red Cross chapter or other community organizations.
- Learn how to shut off gas, water and electricity in case the lines are damaged. Make sure insurance coverage is up-to-date and reflects present property values. Check on flood insurance.
- Compile an inventory of home contents. Take pictures and/or video. Store in a safe place.
- Check chimneys, roofs, walls and foundations for stability. Make sure your house is bolted to its foundation.
- Secure your water heater and major appliances, as well as tall, heavy furniture, hanging plants, picture frames and mirrors (especially those over beds).
- Make arrangements for pets.
- Organize your neighborhood to be self-sufficient after a disaster.