

Liberty Letter



Liberty Commons, 390 Orleans Rd., North Chatham, MA 02650

Tel:-508 945-4611

Celebrating July

Picnic Month

National Ice Cream Month

Anti-Boredom Month

Canada Day

July 1

U.S.: Independence Day

July 4

**Hop-a-Park Day &
Clerihew Day**

July 10

France: Bastille Day

July 14

Cow Appreciation Day

July 17

Ugly Truck Day

July 20

Hammock Day

July 22

Cheesecake Day

July 30



Activity News

The month of July is usually our busiest month in these parts. Cape Cod is cranking and the summer folk are here in full force. Our fourth of July weekend cookout has historically been one of our most popular gatherings of the year with many families and visitors enjoying special events being offered in the town of Chatham. We hope that you will join us on Friday, July 2nd with your family as we celebrate our nation's birthday. Seating will be available indoors and out-weather permitting. Music requests will be taken as Singer Harry French is the entertainer for the day with his guitar.

July is national "Picnic and Ice Cream Month." Themes for the month also include Ugly Truck Day, Gorgeous Grandma Day, Cheesecake Day and the Fourth of July Weekend.

All month we will go outside as much as possible. The new benches in our front entrance walkway have been a welcomed addition. We also invite you will take the opportunity to sit outdoors and enjoy our Oyster Pond West courtyard or center courtyard which is pleasantly cool on the hottest summer days.

Wishing you a blessed month of July.

Stephen Franco, ADC

Who's Who at Liberty Commons?

Linda Dery, Dietary Department

Where were you born and where did you go to school?

*I was born at Newton Wellesley Hospital.
I went to school in Needham.*

What family do you have?

I have a twin sister in Harwich. I am mother of five children, three girls and two boys. I also have three grandchildren.

What are your favorite hobbies?

I like knitting and crocheting and reading vampire thrillers.

What are your favorite colors? Red and pink

What is your job title and how long have you worked at Liberty Commons?

I have been working in the dietary dept for the past fifteen years. I currently work three days in the kitchen, and two days per week in the main dining room. I have a lot of fun working in the dining room with the residents.

What do love about the Cape Cod?

I love going to the beach. The town of Chatham is my favorite town on the Cape.

What was the last movie that you have seen?

Alice in Wonderland

Did you know that July is national Ice Cream month? What is your favorite ice cream?

I like the chocolate chip cookie dough at Dairy Queen.

Awards and Honors

The Medal of Honor is the highest military honor awarded in the United States. It is awarded for "gallantry and intrepidity at the risk of his life above and beyond the call of duty while engaged in an action against an enemy of the United States." This distinguished medal was established on July 12, 1862, by President Abraham Lincoln, and it was originally intended to be awarded only to those fighting in the Civil War.

The first recipient of the Medal of Honor was General Winfield Scott, a 75-year-old Civil War general who was so overweight he could not even mount a horse. Scott, who some people thought was senile, devised the plan that would eventually help to defeat the Confederacy. When the Medal of Honor was first proposed, General Scott did not like it. He opposed the European idea of receiving awards for heroism, yet thanks to his plan the Union was preserved.

France's Yellow Jersey

France's race for the yellow jersey takes place from July 3 to July 25. This demanding 2,200-mile bicycle race has been compared to running a marathon several days a week for almost three weeks.



Each day, cyclists pedal as fast as they can to finish that stage, with some stages cruising over flat ground, and other stages rising up over grueling mountain passes. The winner dons the yellow jersey.

The Tour is a source of national pride in France, and millions of people watch by the roadside, sometimes even causing collisions with cyclists. The first Tour de France was staged in 1903, and in its 107-year history there has been only one seven-time winner. The American Lance Armstrong won the race for seven straight years, from 1999 to 2005.

Pack Your Picnic Basket

July is Picnic Month, and there is no better month for packing your basket full of goodies, laying a blanket over the soft, green grass, and enjoying food, friendship, and fresh air.



The first picnics were not held outdoors at all. The first usage of the word was in 1692, in a French dictionary, where the word “pique-nique” was

used to describe a group of people who brought their own wine into a restaurant. It was not until the mid-1700s that the word picnic referred to a fun meal eaten outdoors. Still, no one knows where the French got the rhyming term “pick-nick,” although many rumors of its origin exist.

In the early 1800s, a group of Londoners formed an official “Picnic Society,” where each member agreed to bring a different dish, as in a potluck. More recently, in the year 2000, the French formed a 600-mile-long picnic to celebrate the first Bastille Day of the new millennium. Towns from coast-to-coast participated, using over 400 miles of red-checked tablecloth.

July 10 is the Teddy Bears’ Picnic Day, a day honoring both picnics and the classic tune by John Walter Bratton and Jimmy Kennedy. This marks the perfect day for children to gather their teddy bears, lay down a blanket, and eat some snacks with their stuffed friends. They can even sing the song that made that day famous. Here’s the first verse:

*If you go out in the woods today,
You're sure of a big surprise.
If you go out in the woods today,
You'd better go in disguise.*

*For every bear that ever there was □
Will gather there for certain, because □
Today's the day the teddy bears have their
picnic.*

Liberty Commons Special Events for July 2010

July 2 nd	12:00p.m.	<i>Cook out with Harry French</i>
July 7 th	2:30p.m.	<i>The Sound of Ethan Stone</i>
July 14 th	2:30a.m.	<i>Piano Man – Ken Leray</i>
July 15 th	11:00a.m.	<i>Hearth & Kettle Lunch Outing</i>
July 16 th	10:30a.m.	<i>Stage Harbor Coffee House Rock</i>
July 21 nd	2:30p.m.	<i>The Richie Berns Show</i>
July 23 rd	12:00p.m.	<i>Cook-Out with Liz Saunders</i>
July 26 th	11:00a.m.	<i>Resident Council Meeting</i>
July 28 th	2:30p.m.	<i>Paul Ashley “Resident Birthday Party”</i>

If you have any questions regarding our Special Events or Activities Groups
Please call Stephen Franco, Recreation Dept. (508-945-2511) ext- 245

Santa’s Busy Summer

Can you imagine Christmas without snow and sleigh bells? Well, in the Southern Hemisphere, Christmas falls in the middle of the summer. For those who desire a little winter wonderland, the answer is simple – have Christmas in July.



The scientists on Antarctica really like their Christmas cold. July is the middle of Antarctica’s winter, with temperatures reaching -90 degrees Fahrenheit. High winds and ice make it too dangerous to land supply planes, so food, mail, and gifts must be dropped by parachute. The delightful arrival of presents dropping from the sky is like a mid-winter visit from Santa. On July 25, don’t be surprised if you hear sleigh bells.

First Fingerprints

In July of 1858, an English official in India named William James Herschel began asking locals to press their fingerprints on contracts. This had nothing to do with identification. Rather, the Indians believed that personal contact with the document, pressing their hands onto it, made the contract more binding. As Herschel's fingerprint collection grew, he noticed how not only each was different and unique, but that a person's fingerprint was permanent throughout their entire lifetime. Fingerprints as a method of personal identification was discovered.



Fingerprints come in three different patterns, whorls, loops, and arches. Why do we have them? (It's not just to leave as evidence at the scene of a crime.) At first it was thought that fingerprints increased friction to help us grab and hold objects. Other studies suggest that the tiny ridges act to drain water away from our finger pads, helping us to grip wet objects. Still other scientists believe that the ridges may help to prevent blisters, as well as increase our sensitivity to touch so that we can feel very subtle textures. But the real truth is that fingerprints are a bit of an evolutionary mystery.



Humans are not the only "animals" with fingerprints. Gorillas, chimpanzees, and even koala bears have them. In fact, under a microscope, koala fingerprints look exactly the same as human ones. Some monkeys even have fingerprints at the tips of their tails.

Take the time to look at your own fingerprints, perhaps under a magnifying glass, and compare them to a friend's. You'll be surprised to see how unique and different your fingers and palms really are. And, in case you were wondering, the fingerprint above is from a koala. Does it look anything like yours?

July Birthdays

If you were born from June 22-July 22, you are a Cancer, the crab. If you were born from July 23-August 22, you are a Leo, the lion. A Cancer can be highly emotional, caring, generous, and intuitive. Leos are creative, enthusiastic, charismatic, and ambitious.

Geraldo Rivera (host)	July 4, 1943
Ann Landers (advice columnist)	July 4, 1918
P.T. Barnum (circus showman)	July 5, 1810
Doc Severinsen (band leader)	July 7, 1927
Giorgio Armani (fashion mogul)	July 11, 1934
Phyllis Diller (comedienne)	July 17, 1917
"Red" Skelton (clown)	July 18, 1913
Natalie Wood (actress)	July 20, 1938
Don Drysdale (pitcher)	July 23, 1936
Dorothy Hamill (ice skater)	July 26, 1956
Paul Anka (singer/songwriter)	July 30, 1941
Milton Friedman (economist)	July 31, 1912

Happy July Birthday!

Mirror, Mirror on the Wall

While standing in front of your mirror on July 3, give both your good-looking self and your mirror a compliment because the third is Compliment Your Mirror Day. After years of displaying your beautiful or handsome face, isn't it time you thanked your mirror for all its wonderful work?



Humans have been admiring themselves in mirrors for 10,000 years. The first mirrors were probably pools of water, and then people of ancient cultures fashioned mirrors out of polished stone and metal. Today, mirrors are made by applying a reflective silver coating to the back of a pane of glass. No matter what they're made of, their shape, size, or style, mirrors have played an important role throughout civilization – reminding us of how good we look. Time to return the favor.