

July 2020

Three Forks Tribune

Three Forks of Forney Senior Living~335 South F.M. 548~Forney, TX. 75126 972-552-3426



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The city of Forney will be hosting its annual Independence Day celebration on Saturday, July 4. Be sure to look out your window at 9:30 to view the spectacular fireworks display. Wear your red, white and blue on the 4th and receive 4 bingo bucks. The bingo cart will be in the lobby from 10:30 to Noon. Make plans to come show-off your patriotic colors and get your bingo bucks. Moises will be serving a traditional Independence day luncheon. Dignity Hospice has supplied us with an abundance of home grown watermelons, so get you napkins and salt ready.





There are a few reasons why older adults are more susceptible to fluid and electrolyte imbalances. With age, our body's ability to conserve water is reduced. The sense of thirst diminishes with age. By the time a senior feels thirsty, essential fluids may be low. For most of us, drinking plenty of fluids and eating foods with high water content is a great way to keep our bodies hydrated in warmer months. Remember water isn't the only option., there are many foods that contain a high water content such as cucumber, tomato, watermelon, bell pepper, apples, grapes, cantaloupe, oranges, pears, and blueberries.

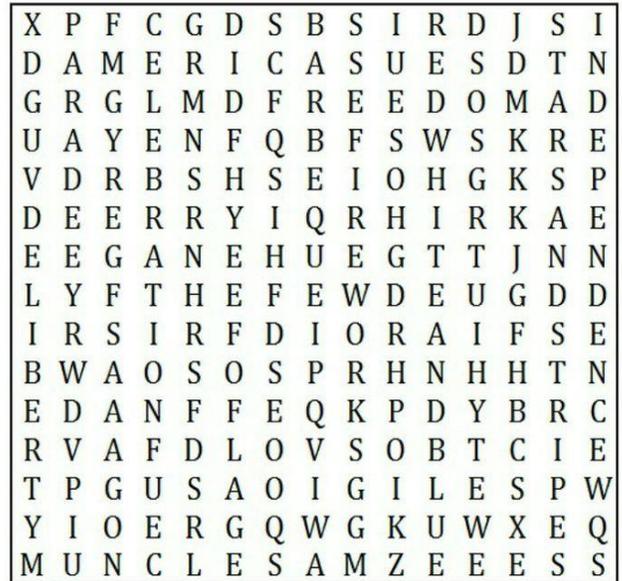
Dehydration is a common and very serious condition for older adults. The best thing to do is try to prevent it from happening, but it's much easier said than done to increase their fluid intake! It is important to prevent dehydration because it's a common cause of hospitalization in people over 65, It can also cause other major health problems like kidney stones, blood clot complications, passing out, rapid but weak pulse, and lowered blood pressure.

Be sure to beat the summer heat by staying hydrated with both liquids and with foods that have a high water content.



4th of July

Word Search



- | | |
|--------------|--------------------|
| America | Liberty |
| Barbeque | Parade |
| Celebration | Red White and Blue |
| Fireworks | Stars and Stripes |
| Flag | Uncle Sam |
| Freedom | USA |
| Independence | |

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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.

10 AMAZING Facts for the

(4) (T) (H) (O) (F) (J) (U) (L) (Y)

- 1 Benjamin Franklin wanted the turkey to be the national animal but was out-voted when John Adams and Thomas Jefferson chose the bald eagle. 
- 2 The stars on the original American flag were arranged in a circle to ensure that all colonies were represented equally. 
- 3 John Hancock was the only person to actually sign the Declaration of Independence on July 4, 1776. The other 55 signers did not sign it until later. 
- 4 Thomas Jefferson and John Adams died on the same day: July 4, 1826, the fiftieth anniversary of the signing of the Declaration of Independence. 
- 5 History's first submarine attack took place in New York Harbor in 1776. 
- 6 There were no fireworks on July 4, 1776, but there were fireworks 1 year later, on July 4, 1777. This was still 6 years before Americans knew whether the new nation would survive the war. 
- 7 George Washington was the best spy master in American History! He ran espionage rings in British-held areas and he was a genius at misinformation. He constantly befuddled the British by leaking, through double agents, inflated reports of the strength of his army. 
- 8 Washington was robust man with a seeming immunity to disease and bullets. In one encounter in the French and Indian War, he absorbed 4 bullets in his coat and hat and had 2 horses shot from under him without any injury to himself. 
- 9 The United States of America won it's independence despite the fact that the British Army was established, experienced, disciplined, and trained and the American army was not. In addition to this, the British Army had ample quantities of powder, guns, and clothing and the American Army was not well supplied. 
- 10 The song "Yankee Doodle" was sung originally by British officers making fun of backwoods Americans. 

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JUL. 15



National Give Something Away Day

Let's make plans to celebrate National Give Something Away Day on Thursday, July 16. Think about surprising your neighbor with a sweet note, or an item that they might enjoy. You may also give a smile away that is always a nice thing to receive.

THE VALUE OF A MAN RESIDES
IN WHAT HE GIVES
AND NOT IN WHAT HE IS
CAPABLE OF RECEIVING.

ALBERT EINSTEIN



STEPHMAGNEY.COM

GRANDPARENTS fill the world with LOVE

GORGEOUS GRANDMA DAY~JULY 23

Three Forks of Forney honors all of our Gorgeous Grandma's on July 23.

All in all there are four types of grandmothers.

Grandmother-Hen's which are eager to interfere in all your affairs. This type of grandmother worries about the baby's being fed correctly, and the baby not being dressed warmly enough.

Strict Grandmother's are rather pessimistic. This type is quick to said "no" to candy etc..

Nanny Grandmother's usually are the type that feed all the neighborhood cats, and tells wild tales of day's gone by. Nanny Grandmother's spend much of their days in the kitchen cooking down-home goodness every day.

Sophisticated Grandmother's These grandmothers are very fashionable and never seen without lipstick and each hair in place. Their home is always welcoming and very neat.

As a whole, beloved grannies do not limit sweets are cartoon watching time. Modern grandma's can be found doing all the things that their children do. The day's of a grandmother keeping her apron on all day, and baking bread at daybreak are all over. Grandmother's nowadays are livley and doing all the things that their health and finances allow.



- Vicky K. July 12-----Staff
- Jane K. July 15-----Staff
- Don S. July 20-----Resident
- Jean Y. July 27-----Resident

- 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

Fourth of July Word Scramble

Unscramble the words, then use the highlighted letters to write out the scrambled secret message.

- ASTSET [][][][][][]
- ENDDEEPPNICN [][][][][][][][][][][][][]
- DEARAP [][][][][][]
- LUEB [][][][][]
- TENIUD [][][][][][]
- TWEHI [][][][][]
- AEQTIULY [][][][][][][][]
- ERIRFKWOS [][][][][][][][][]
- ARLANCDITEO [][][][][][][][][][]
- FDREOME [][][][][][][]
- DER [][][]
- ILBEYTR [][][][][][]

[][][] [][][] [][][]
[][][][][][][] [][][][][][]