The Heat is On

August is a month in which sweltering heat sweeps across our nation. From the West to East Coast, North to South, many of our bodies are drenched in sweat on a very regular basis. But let's not dwell on the obvious. Here are some random “cool” facts for the month of August. See how many of them you know:

- Of the major U.S. cities in the lower 48 states, San Francisco, CA has the lowest average temperature for August. It would be easy to stay cool there, with an average high of 68°F and a low of 59°F.
- Antartica reached a new low on Aug. 10, 2010, as the air’s temperature reached its coldest temperature on record: -135.8°F. This temperature was approximated by a satellite reading.
- Of the major U.S. cities, 14 of them stay below 80° F, on average, during the summer: San Francisco, San Diego, San Jose, Seattle, Buffalo, Milwaukee, Portland (Oregon), Boston, Rochester, Providence, Cleveland, Minneapolis, Pittsburgh, and Detroit.
- The average high temperatures in Alaska during August range from 40° F to 68° F.

August Birthdays!

Martha R. ................................................................. 8/6
Carrie P. ................................................................. 8/15
Ed B. ....................................................................... 8/17
Henry G. ................................................................. 8/18

August Happenings

August 9th is “Book Lovers Day” and as a way we can give back we are asking residents and family members to donate their gently used books in the month of August. These books will then be packed and shipped to servicemen and women and their families who serve abroad.

On Friday, August 25th we have invited a Gemologist in for “Gem Day”. It’ll be like Antique Road Show- you bring your gems and they tell you what you have. Find out if your “Mother of Pearl” is really the “Aunt of Opal”!

Please join us as we wrap up our Summer of Fun. Aug. 8th will be our barbeque dinner with line dancing and Aug. 22nd will be ice cream treats as the truck pulls under the portico. Immediately following, Elvis will be in the building!

Please join us for....

Please join us the third Wednesday of every month for our Dementia Support Group. This month it is on the 17th at 5:00 pm. Light appetizers and refreshments will be provided. We look forward to seeing you there. For more information or to RSVP please call us at 904-821-5247.

If you haven’t already, check out and “like” our Facebook page. HarborChase of Jacksonville, there is always something exciting going on here at HarborChase and you never know, you may even your own picture on there! Plus it is also a source of information for upcoming events.

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ALL PROGRAMS ARE SUBJECT TO CHANGE DUE TO CIRCUMSTANCES BEYOND OUR CONTROL. THANK YOU FOR YOUR UNDERSTANDING.

**SUNDAY**

- **9:30** Worship & Praise
- **10:45** Name Three
- **11:15** Password Challenge
- **1:00** Finish the Title
- **2:15** The Judge
- **3:30** Buddy Talk
- **6:30** Checkers in the Tea Room

**MONDAY**

- **6:30** Frame a Photo Day!
  - **9:30** Coffee & Conversation
  - **10:15** Art Trivia
  - **11:15** Fitness is Fun
  - **1:00** Challenge It!
  - **2:15** Call All Crafters
  - **3:30** Wine Round Up
  - **6:30** Soothing Sounds

**TUESDAY**

- **9:15** Life in the Fast Lane
  - **9:45** Reflections of the Past
  - **10:15** Say Yes to Knowledge
  - **11:15** Movement Matters
  - **1:00** Hit It Big
  - **2:15** Skill Challenge in the Afternoon
  - **3:30** Nail Care & Music
  - **5:30** Family Night Ice Cream
  - **6:00** Elvis is in the Bldg!

- **9:15** Hope & Encouragement w/Pastor Keith
  - **10:30** Moments to Remember
  - **11:15** Fitness Becomes You
  - **1:00** Let's Chance It
  - **2:15** Oldies Sing Along
  - **3:30** Social Hour With Friends
  - **6:30** Ladies' Board Game Night

**WEDNESDAY**

- **9:15** Family Night Ice Cream
  - **9:45** Reflections of the Past
  - **10:15** Say Yes to Knowledge
  - **11:15** Movement Matters
  - **1:00** Hit It Big
  - **2:15** Skill Challenge in the Afternoon
  - **3:30** Nail Care & Music
  - **5:30** Family Night Ice Cream
  - **6:00** Elvis is in the Bldg!

- **9:15** Music & Message w/Pastor Keith
  - **10:30** Recalling When
  - **11:15** Fitness & Fun Alert!
  - **1:00** A Game of Chance
  - **2:15** All In Across
  - **3:30** Mix & Mingle
  - **6:30** Putting Challenge

- **9:15** Watermelon Facts
  - **9:30** Worship Hour
  - **10:15** Word Chain
  - **11:15** Fitness Becomes You
  - **1:00** Dad's Day Surprise
  - **2:15** Circle of Friends Social Hour
  - **3:30** Mix & Mingle
  - **6:30** Ladies' Board Game Night

**THURSDAY**

- **9:15** Worksheets w/Pastor Keith
  - **10:30** Chronological Order
  - **11:15** License to Move
  - **1:00** Game of Numbers
  - **2:15** Crossword Challenge
  - **3:30** Time to Shine
  - **5:30** Family Fued

- **9:15** Fellowship w/Pastor Keith
  - **10:30** Our Time Chronical
  - **11:15** Stretch to Win
  - **1:00** Challenge Your Luck
  - **2:15** Music & Dance w/Dwain Primm
  - **3:30** Casual Cocktail & Conversation
  - **6:30** Family Fued

- **9:15** Campfire w/Pastor Keith
  - **10:30** Moments to Remember
  - **11:15** Fitness Becomes You
  - **1:00** Let's Chance It
  - **2:15** Oldies Sing Along
  - **3:30** Social Hour With Friends
  - **6:30** Ladies' Board Game Night

**FRIDAY**

- **9:15** Country Music & Message w/Pastor Keith
  - **10:30** Mom's Day Surprise
  - **11:15** Fitness Becomes You
  - **1:00** Dad's Day Surprise
  - **2:15** Circle of Friends Social Hour
  - **3:30** Mix & Mingle
  - **6:30** Ladies' Board Game Night

**SATURDAY**

- **9:15** Motivational Audio
  - **10:30** Moments to Remember
  - **11:15** Fitness Becomes You
  - **1:00** Let's Chance It
  - **2:15** Circle of Friends Social Hour
  - **3:30** Mix & Mingle
  - **6:30** Ladies' Board Game Night

** noted programs are subject to change due to circumstances beyond our control. Thank you for your understanding. **
ACROSS
1. A devilish side dish
4. Keep the fire going with a bag of
8. Baste the meats with 
10. Protect your skin from harmful rays with
11. Keep items cold in a
12. Spare, baby back, St. Louis
13. Favorite baked dish

DOWN
1. Balloons & streamers
2. Often served with relish
3. Ketchup, mustard, pickles, etc.
5. Meat & veggies on sticks
6. Grill inside the stalk or without
7. These come with cheese or without
9. Meat of the feathered kind
Are you male or female? The answer to this seemingly simple question can have a major impact on your health. While both sexes are similar in many ways, researchers have found that sex and social factors can make a difference when it comes to your risk for disease, how well you respond to medications, and how often you seek medical care. That’s why scientists are taking a closer look at the links between sex, gender, and health. Here’s a list of quick facts and differences between men and women:

- Women and men have different symptoms of heart attack.
- Women are twice as likely as men to experience depression.
- Men are less likely than women to admit to negative moods and seek treatment for mental health issues.
- Men are more likely than women to have gout, a type of arthritis. Female risk for gout increases after menopause.
- Osteoporosis is more common in women than men, yet it still poses a risk to men as they age.
- Some medicines affect women and men differently, such as aspirin and some sleep medications.
- Females are more likely to injure their knees playing sports.
- Males are more likely than females to develop autism spectrum disorders and certain other neurodevelopmental conditions.
- Two-thirds of people age 40 and up who are visually impaired or blind are women.
- Pain disorders like chronic TMD are more common in women.
- Women are often primary caretakers of children, household needs, and aging family members, but they are more likely to delay their own health needs.

Sources:
- newsinhealth.nih.gov

A Dynamic Discovery
What can you buy with $7.6 million? Try the largest Tyrannosaurus rex fossil available to date. This 40-foot-long fossil better known as “Sue,” named after its discoverer paleontologist Sue Hendrickson, was unearthed on Aug. 12, 1990, on the Cheyenne River Indian Reservation in South Dakota. It was unquestionably well maintained for its age, with a skull measuring roughly 5 feet in length. A dispute erupted over the land in which Sue was discovered, as several parties claimed rights to the enormous dinosaur’s bones. Many believed this find belonged in a museum, for all the world to see. Therefore, multiple donors and charitable organizations joined together in 1997 to purchase Sue at a Sotheby’s auction on behalf of Chicago’s Field Museum of Natural History. The fossil’s safekeeping was ensured, and Sue, teeth and all, can currently be found resting comfortably in her home at the Field Museum.

Women, Men, and Health

Taking Stock of Woodstock
“Three days of peace and music” turned into a historic movement like no other. The Woodstock festival, more than 400,000 in attendance, began on Aug. 15, 1969, and ended with the sounds of Jimi Hendrix on August 18. This legendary Bethel, New York, music and arts festival occurred at a pivotal time in history, as the Vietnam War was in full force, and the Civil Rights and Women’s Movements were at the forefront of societal issues.

The upstate New York town had no idea what it was in for when the festival took shape. The weekend was welcomed by some, and shunned by others. Barefoot beauties danced in the grass. Long-haired, bell-bottomed wearing hippies were everywhere. A host of volunteer nurses and medics tended to the wounded, with cuts to the feet being among the chief injuries at the concert. Tales of Woodstock births have circulated, but proof is minimal. Whether viewed as inspiring or angering, the Woodstock festival remains a climactic, influential and memorable point in American history.

National Smores Day
August 10, 2017

Cost: Just $7.6 Million!