



The Fourth of July—also known as Independence Day or July 4th—has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. On July 2, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4th has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues.

The Fourth of July 2021 is on Sunday, July 4, 2021; the federal holiday will be observed on Monday, July 5, 2021.

When the initial battles in the Revolutionary War broke out in April 1775, few colonists desired complete independence from Great Britain, and those who did were considered radical.

By the middle of the following year, however, many more colonists had come to favor independence, thanks to growing hostility against Britain and the spread of revolutionary sentiments such as those expressed in the bestselling pamphlet "Common Sense," published by Thomas Paine in early 1776. On June 7, when the Continental Congress met at the Pennsylvania State House (later Independence Hall) in Philadelphia, the Virginia delegate Richard Henry Lee introduced a motion calling for the colonies' independence.

Amid heated debate, Congress postponed the vote on Lee's resolution, but appointed a five-man committee—including Thomas Jefferson of Virginia, John Adams of Massachusetts, Roger Sherman of Connecticut, Benjamin Franklin of Pennsylvania and Robert R. Livingston of New York—to draft a formal statement justifying the break with Great Britain.

On July 2nd, the Continental Congress voted in favor of Lee's resolution for independence in a near-unanimous vote (the New York delegation abstained, but later voted affirmatively). On that day, John Adams wrote to his wife Abigail that July 2 "will be celebrated, by succeeding Generations, as the great anniversary Festival" and that the celebration .

should include "Pomp and Parade...Games, Sports, Guns, Bells, Bonfires and Illuminations from one End of this Continent to the other." (Continued on page # 8)



STAFF; OUR MISSION;

JULY BIRTHDAYS

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OUR MISSION

We enable seniors to live full and independent lives by providing nutrition and transportation services as well as opportunities to interact with others and socialize in activities throughout the community

Marty Wolbrecht -7/2/1938

Nancy Wall-7/6/1934

Dianne Bennett-7/6/1954

Doris Berkey-7/7/1945

Fred Adams-7/11/1933

Gloria Ross- 7/12/1941

Mary Bassani- 7/16/1926

Linda Hampton- 7/16/1949

Sandra Poirier-7/16/1956

Patricia Fagan-7/19/1943

Shirley Anderson-7/17/1949

Deb Hawk-7/19/1952

Frank Cohara Jr-7/20/1942

Bill Goff-7/29/1953

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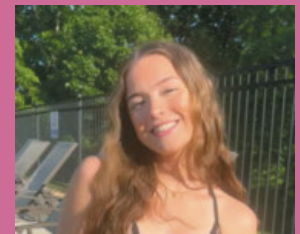
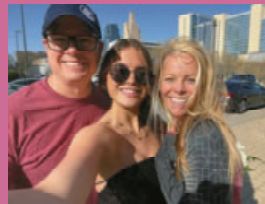
Platte County Senior Center, Kansas City, MO

A 4C 02-1070

This girl gave me the honor of my favorite nickname! I became “mommy” 17 years ago, with the birth of my first baby girl, Noel. The day you become a parent is unlike any other day. Ever. You can never truly be ready for the vault of emotions that come with it. Of course, like they say, the physical pain goes away with her adorable little fingers wrapped around yours and her eyes locking into yours the first time she opens them. But all too soon, time slips away like a thief and then they’re heading off to college. Ahh! Noel is heading into her senior year of high school, taking her senior pics this month (which is nearly a bigger deal than college applications I’m finding out!) Our girl is strong, funny, independent, smart, determined, beautiful and confident, and brings a joy to our hearts like no other. As the oldest sibling, she’s had to go through a lot of “firsts” that the others never will. That makes her both stubborn and gracious! She’s

paved the way to wear whatever she wanted to school including the 2nd grade favorite of a tank top gymnastics leotard, pull on skirt with snow boots on an incredibly warm September day. One of my favorite Noelley stories is the time she decided to “use the bathroom” in the bushes...of our neighbor’s house! Oh my... That girl has my heart more than she’ll ever know. We are so proud of the young woman she has become and cherish every minute we get to spend with this busy, social teenager of ours. Angel Bug, we love you more than everything in the whole wide tomato!!

Be
kind!!
Tricia



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JULY ACTIVITIES —LUNCH SERVED DAILY AT 11:30

MONDAY

TUESDAY

WEDNESDAY

1 Morning yoga

7:45 Morning yoga
9:00 Socialization
10:30 Chair yoga
12 :00 Games

2 Crafts W/ Garden Village

8:30 Morning Gratitude
9:00 Socialization
10:30 Let's Move
12:30 Crafts W/ Cassi

3 Music Therapy

7:45 Morning yoga
8:30 Morning Gratitude
9:30 Music Therapy
W/ Rachelle
10:30 Let's Move
12:30 Bingo

8 Book Club

7:45 Morning yoga
9:00 Socialization
10:30 Chair yoga
12 :00 Games

9 Painting / Humana

8:30 Morning Gratitude
10:00 Painting
10:30 Lets Move
12:00 Humana presentation
W/ Aaron Litvak

10 Coffee W/ the Law

7:45 Morning yoga
8:30 Morning Gratitude
9:00 Socialization
10:30 Let's Move
12:30 Bingo



15 Morning yoga

7:45 Morning yoga
9:00 Socialization
10:30 Chair yoga
12 :00 Games

16 Movie Day

8:30 Morning Gratitude
9:00 Socialization
10:30 Let's Move
12:00 Movie day

17 Music Therapy

7:45 Morning yoga
8:30 Morning Gratitude
9:30 Music Therapy
W/ Rachelle
10:00 LIHEAPW/ Rene
10:30 Let's Move
12:30 Bingo



22 Morning Yoga

7:45 Morning yoga
9:00 Socialization
10:30 Chair yoga
12 :00 Games

23 Humana

8:30 Morning Gratitude
9:00 Socialization
10:30 Let's Move
12:00 Humana presentation
W/ Jamie Hillbrand

24 Bingo

7:45 Morning yoga
8:30 Morning Gratitude
9:00 Socialization
10:30 Let's Move
12:30 Bingo



29 Morning Yoga

7:45 Morning yoga
9:00 Socialization
10:30 Chair yoga
12 :00 Games

30 WESTON BEND

8:30 Morning Gratitude
9:00 Socialization
10:30 Let's Move
12:00 Weston Bend S.P.

31 Bingo

7:45 Morning yoga
8:30 Morning Gratitude
9:00 Socialization
10:30 Let's Move
12:30 Bingo



JULY ACTIVITIES—LUNCH SERVED DAILY AT NOON

5

THURSDAY

FRIDAY

4 Closed



5 Closed

No meals or Activities

11

8:30 Morning Gratitude
9:00 Socialization
9:30 July Birthdays
10:30 Lets Move
12:00 Commissioner Scott
Coming to speak

12 Morning yoga

7:45 Morning yoga
9:00 Socialization
10:30 Let's Move
12:30 Games

18 Sing Alongs W/ Sharon

8:30 Morning Gratitude
9:00 Socialization
10:30 Let's Move
12:30 Sing Along with Sharon

19 Morning Yoga

7:45 Morning yoga
9:00 Socialization
10:30 Let's Move
12:30 Games

25 Visiting Nurse

8:30 Morning Gratitude
9:00 Socialization
10:00 Visiting Nurse/**Glucose**
12:00

26 Morning Yoga

7:45 Morning yoga
9:00 Socialization
10:30 Let's Move
12:30 Games



MON, WED & FRI

8:00 Yoga

2ND MONDAY

10:00 Book Club

1st Tuesday

12:30 Crafts w/ Garden
Village

Last TUESDAY

12:00 Weston Bend State
Park

EVERY WEDNESDAY

12:30 Bingo

1st & 3rd WEDNESDAY

9:00 Music Therapy w/
Rachelle Soundscaping

2ND WEDNESDAY

9:00 Coffee w/the Law

4th Wednesday

Gratitude W/ Bonnie

1ST THURSDAY

10:00 Celebration of
monthly birthdays

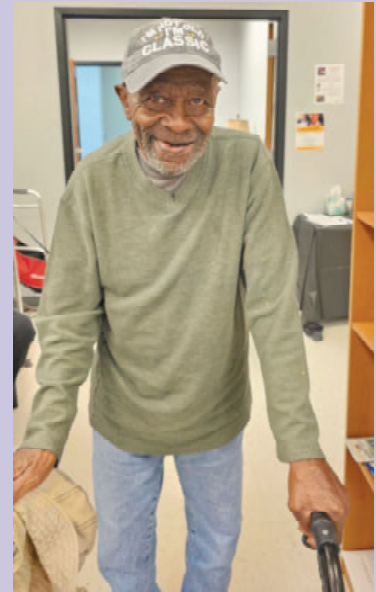
3rd THURSDAY

12:30 Sharon Austin
Gospel Singalongs

4TH THURSDAY

10:00 Terri Nickel
Visiting Nurse
Association

FATHER'S DAY CELEBRATION



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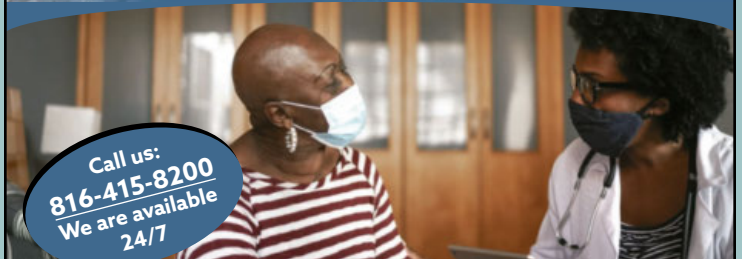
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Assured Healthcare is locally owned and operated in Liberty, MO, and serves many counties across Missouri. We understand the importance and the desire for our clients to maintain their independence and stay in their homes. Our clients as well as our employees feel that our mission embodies a family-centered environment and each of our services are designed to help our clients feel at home.

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DAD JOKES

7

Ladies, if He can't appreciate fruit jokes.

You need to let that mango

Go to bed, the cows are sleeping in the field,
its pasture bed time.

I'm starting a flight company exclusively for bald people,
Its called...Receding Airlines

Puns make me numb.

math puns make me number

When does a joke become a dad joke?

When the punch line becomes apparent

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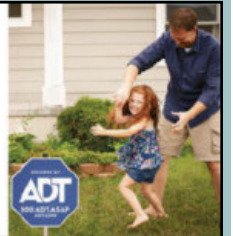
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On July 4th, the Continental Congress formally adopted the Declaration of Independence, which had been written largely by Jefferson. Though the vote for actual independence took place on July 2nd, from then on the 4th became the day that was celebrated as the birth of American independence.

Early Fourth of July Celebrations: In the pre-Revolutionary years, colonists had held annual celebrations of the king's birthday, which traditionally included the ringing of bells, bonfires, processions and speechmaking. By contrast, during the summer of 1776 some colonists celebrated the birth of independence by holding mock funerals for King George III as a way of symbolizing the end of the monarchy's hold on America and the triumph of liberty.

Festivities including concerts, bonfires, parades and the firing of cannons and muskets usually accompanied the first public readings of the Declaration of Independence, beginning immediately after its adoption. Philadelphia held the first annual commemoration of independence on July 4, 1777, while Congress was still occupied with the ongoing war.

George Washington issued double rations of rum to all his soldiers to mark the anniversary of independence in 1778, and in 1781, several months before the key American victory at the Battle of Yorktown, Massachusetts became the first state to make July 4th an official state holiday.

After the Revolutionary War, Americans continued to commemorate Independence Day every year, in celebrations that allowed the new nation's emerging political leaders to address citizens and create a feeling of unity. By the last decade of the 18th century, the two major political parties—the Federalist Party and Democratic-Republicans—began holding separate Fourth of July celebrations in many large cities.

Fourth of July Fireworks: The first fireworks were used as early as 200 BC. The tradition of setting off fireworks on the 4 of July began in Philadelphia on July 4, 1777, during the first organized celebration of Independence Day. Ship's cannon fired a 13-gun salute in honor of the 13 colonies.

The Pennsylvania Evening Post reported: "at night there was a grand exhibition of fireworks (which began and concluded with thirteen rockets) on the Commons, and the city was beautifully illuminated." That same night, the Sons of Liberty set off fireworks over Boston Common.

Fourth of July Becomes a Federal Holiday: The tradition of patriotic celebration became even more widespread after the War of 1812, in which the United States again faced Great Britain. In 1870, the U.S. Congress made July 4th a federal holiday; in 1941, the provision was expanded to grant a paid holiday to all federal employees.

Over the years, the political importance of the holiday would decline, but Independence Day remained an important national holiday and a symbol of patriotism.

Falling in mid-summer, the Fourth of July has since the late 19th century become a major focus of leisure activities and a common occasion for family get-togethers, often involving fireworks and outdoor barbecues. The most common symbol of the holiday is the American flag, and a common musical accompaniment is "The Star-Spangled Banner," the national anthem of the United States.

SAVE THE DATE

9



ATTENTION SENIORS!

"A Day At The Farm"

Thursday, September 19, 2024

Platte Senior Services, Inc., is inviting all seniors to our annual event! We will gather at the Weston Red Barn Farm from **9:00 AM to 2:00 PM** on **Thursday, September 19, 2024**. The farm is located off Hwy 273 on Wilkerson Road. Bring your old, unused or unneeded medications to be properly disposed of by the Platte County Sheriff's Department.



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BINGO

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Reservations Required - Cost is \$5.00

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JULY MENU

11



2024

(816)270-4100 MENU for PSSI MOW/Home-Delivered Meals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Patty Cheese Swiss Potatoes O'brien Broccoli Trop. Fruit Mix Ham.Bun WhlGrn Miracle Whip	2 Beef stew w/veggies Tossed Salad Banana Corn Muffin (Whl/Grn) Ranch Dressing Short Bread Cookies	3 Beef Hot Dog Green Beans/frzn Potato Salad Watermelon Hot Dog Bun Whl/Grn	4 HAPPY 4TH OF JULY!! 	5 CLOSED NO LUNCH SERVED
8 Riblette/BBQ-Sauce Peas &Carrots Coleslaw/Vin. Dressing Hamburger Bun (WG)	9 Chicken Parmesan Penne pasta (whl grn) Broccoli Salad/Tom/Car Banana WG Wht Bread	10 Fish Coleslaw-creamy Sweet Potatoes Tropical Fruit Mix White WG Bread	11 Chicken Diced/Seasoned Chddr Cheese -RF Salad Tom/Carrots Chuckwagon Corn Apples (Stewed) Tortilla Whole Wheat Ranch Dressing Taco Sauce	12 Bar-B-Que Beef Potato Salad Calif Blend Banana Hambgr. Bun (WG)
15 Meatloaf Gravy (Brown)Low So. Fiesta Vegetables Mashed Potatoes Pears/Strawberries Wheat Dinner Roll	16 Chicken Strips Sweet Potato Wedges Salad Tom/Carrots Orange Multigrain Bread Graham Crackers 1000 Island Drsng. Honey Mustard	17 Beef-Mac Casserole Green Beans/frzn Vanilla Wafers Banana Pudding Pears White Bread	18 BBQ Chicken Carrots Potato Salad Trop. Fruit Mix Hamburger Bun (WG)	19 Mexican Taco Salad Shredded Cheddar Lettuce/D Tomatoes Pinto Beans Orange Nacho Light Chips Taco Sauce
22 Fish (Breaded) Green beans/frzn Coleslaw w/vin.dress. Tropical Fruit Mix Mac & Cheese	23 Sloppy Joe Potato Salad Scandinavian Veggies Peaches/Strawberries WG HB Bun	24 Eggs Scrambled Sausage Links/Turkey Hash browns Applesauce WG Biscuit Oatmeal Square	25 Beef Pattie American Cheese Salad Tom/Carrots Steak Fries Banana Hambgr. Bun (WG) Salad Dress. (1000)	26 Chicken Oven Fried Gravy (LS Chicken) Mashed Potatoes Green Beans White Cake Stwbr. Ice Cream White (WG) Bread
29 Seas. Chicken Breast Potatoes Au Gratin Broccoli Pineapple man-o-mix WG Wheat Bread Oatmeal Raisin Cookie	30 Chicken Fried Steak Gravy(country)LS Mashed Potatoes Green Beans Citrus Fruit Mix Wheat Roll/WG	31 Turkey-Deli Cheese Swiss Salad Tom/Carrots Potato Salad Orange White (WG) Bread Must/Mayo French Dressing	YOU MUST CALL 816.270.4100 BY 11 AM THE BUSINESS DAY BEFORE TO ORDER/CANCEL A MEAL	*Margarine & 1% Milk served w/all meals

Menu is subject to change; substitutions may be made if approved by dietician.

Ingredients

- 1 lb. casarecce, penne, or any short pasta
- 2/3 c. plus 1 tbsp. olive oil, divided
- 1/3 c. white balsamic vinegar
- 2 garlic cloves, grated
- 1 tsp. kosher salt
- 1/4 tsp. ground black pepper
- 4 c. cherry tomatoes, halved
- 16 oz. small mozzarella balls or pearls
- 1 c. chopped fresh basil, plus more for garnish

Red pepper flakes, for garnish (optional)



Directions

- 1) Cook pasta according to package directions. Drain, and rinse with cold water. Return pasta to pot and toss with 1 tablespoon olive oil. Set aside.
- 2) Meanwhile, whisk together the remaining 2/3 cup oil, vinegar, grated garlic, salt, and pepper in a large bowl until combined. Add tomatoes and mozzarella to dressing and toss to coat. Let marinate while the pasta cools, about 15 minutes.
- 3) Add cooled pasta to tomato mixture and toss to coat. Stir in the basil. Garnish with more basil and red pepper flakes, if you like.