



**KINSHIP POINTE**  
*McCook*

1500 E 11th Street • McCook, NE 69001 • (308) 345-2100

**“This Month  
 In History”**  
 JULY

**1903:** Cyclists compete in the first Tour de France. Maurice Garin was the first to cross the finish line in Paris.

**1914:** A dance craze begins after the fox trot is performed at a club in New York City.

**1926:** Showing a fish swimming in the Florida Keys, the first underwater color photo is taken by a National Geographic magazine photographer.

**1937:** Cheap, filling and needing no refrigeration, the canned meat product Spam is introduced.

**1946:** The bikini swimsuit debuts at a fashion show in Paris.

**1958:** President Dwight D. Eisenhower signs the Alaska Statehood Act, allowing the territory to become the 49th state.

**1960:** Harper Lee’s “To Kill a Mockingbird” is published and quickly becomes a bestseller. The novel was awarded the Pulitzer Prize a year later.

**1988:** Sprinter Florence Griffith Joyner, nicknamed Flo-Jo, sets the world record for the women’s 100-meter. Her record of 10.49 seconds still stands today.

**2002:** Major League Baseball’s All-Star Game ends in a 7–7 tie after 11 innings because both teams run out of pitchers.

**2018:** In an effort to reduce environmental pollution, Starbucks announces it will stop providing disposable plastic straws in its stores by 2020.



Residents were a big help in beautifying our community with flowers!

**Stay Mentally Sharp**

Besides keeping their bodies fit and strong, aging adults want to keep their brains fit, too. To keep the brain flexible and active, read the newspaper, do crosswords and other word and number puzzles and regularly engage in stimulating conversations. Managing stress and maintaining a balanced diet rich in fish oils and dark green vegetables makes for a more agile brain as well.

Joining in fun activities at Kinship Pointe can help also! Planting flowers (above), out for dinner trips (below) and local trips to museums and historical sites (right) are just a few great ways to engage and keep mentally fit!



Going out to dinner to one of our favorite restaurants-Taste Of Texas!

July 2024



**Resident Birthdays**

Raymond Kelley-1st Erma Hinze-3rd  
 Marry Gibbens-11th Ruby Stock-20th  
 Robert Hazlitt-21st Joyce McLeland-23rd

**Associate Birthdays**

Judy McCune-8th Sandi Fischer-14th



We had a wonderful tour of the George Norris Home!