#### CONTACTS

**Executive Director**BARRY JAMES
BRENTWOODED@AMERICANHOUSE.COM

#### **Wellness Director**

Kaylin Anderson wellnessdirector@americanhouse.com

#### **Life Enrichment Director**

Georgette Valentin brentwoodlifeenrichment@americanhouse.com

National Suicide Hotline 988

Alzheimers Association 1-800-272-3900



#### American House Brentwood

5436 Edmondson Pike Nashville | TN | 37211 615.432.4653

AmericanHouse.com



## MEET SKIP ... JUST DON'T CALL HIM A WAR HERO

Donald of American House Wildwood doesn't consider himself a war hero. But the native of Buffalo, New York, better known in his community as Skip, has a Bronze Service Star medal that says otherwise. During the Korean War, he was stationed on the 38th Parallel. One night in the trenches, he sensed something wasn't right. He started firing his weapon, catching the attention of his fellow soldiers. Flares went airborne and it was later learned Skip prevented an enemy attack, keeping the men in his company out of harm's way.



Skip may downplay his contributions but still has plenty of things to say about his life and times. He has been working on an autobiography that now stands at 600 pages. After the war, Skip went to work in his father's tailor shop while he attended night school and earned a diploma in business administration and accounting.

He went on to work for a family-owned trucking company for the next 23 years. Skip later became CEO and President at Woodland Leasing. He retired in 1996 and has been at American House since November 2023 and considers moving in the best decision he's ever made. The entire staff is like family to him, especially Life Enrichment Director Shelly Lofton. Skip says he couldn't ask for a better life than the one he's living now.





YOU ARE ONLY YOUNG ONCE, BUT YOU CAN STAY IMMATURE INDEFINITELY. ~ OGDEN NASH



### A BRAIN AND HEART SUPERFOOD

Blueberries are one of the healthiest fruits for you, especially as you age. Just one serving of blueberries can help meet your daily fiber requirement, which is vital for controlling blood sugar level, maintaining proper bowel health and lowering blood pressure and cholesterol levels. Blueberries also contain vitamin C and vitamin K, both of which are needed to boost your immune system and help your blood clot properly.

Blueberries also have many benefits that help older adults feel better throughout the aging process. This includes reducing inflammation, improving cognitive function, vision and skin health, while helping manage diabetes.

Blueberries naturally taste the best during the summer months, but you can also incorporate frozen blueberries into your diet. Some of the best ways to enjoy blueberries year-round is by mixing them into smoothies, on top of salads or yogurt or baked into a fresh cobbler.



**BRENTWOOD ASSISTED LIVING** 

**JULY 2025** 

# **AMERICA'S FIRST WORLD'S FAIR**

The Philadelphia World's Fair of 1876, better known as the Centennial Exposition, was an event on an epic scale. The fair was constructed in West Fairmount Park to showcase the United States' industrial achievements on the 100th anniversary of the Declaration of Independence. It was also the first World's Fair held in America. President Ulysses S. Grant presided over the opening ceremonies on May 10, 1876.

The Exposition attracted almost 10 million visitors in the six months of its operation. The cost of admission was 50 cents and those who attended were dazzled by displays of scientific and industrial innovation, world cultures and the myriad buildings and landscaping across 285 acres of West Philadelphia.

Two of the biggest highlights of the Centennial Exposition were the first public demonstration of Alexander Graham Bell's telephone and the hand and torch of the Statue of Liberty—the first time any part of it was seen in America. The Exposition also introduced the typewriter, sewing machine, root beer, popcorn, the band aid and the banana to audiences in the U.S.





## **JULY 2025 EVENTS!**

- Family Night stars&
- Resident Birthday Party
- Resident Welcoming Party
- Christmas In July
- Independence Day
- Hotdog Day
- Gorgeous Granma Day

## A DAY FOR FIREWORKS

The Fourth of July, also known as Independence Day or July 4th, has been a 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 2nd, 1776, the Continental Congress voted in favor of independence, and two

days later delegates from the 13 colonies adopted the Declaration of Independence. Since 1776, 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.



SUNDAY		MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		SATURDAY	
July	20	) <b>25</b>								Danit John Dwa John	ta, S. 7/7 M. 7/14 yne P. 7/10 M. 7/14	Teresa	d, W. 7 ı, S. 7/2 y, J. 7/2	7			
	ry Care ry Care Activ ry Care Dinin ry Care Living	S Salon APT Your ity Room Apartment ng Room		01 10:00a 10:30a 2:00p 3:00p 4:00p	Build Strength Searching For July Bingo Madness Fancy Nails Phase 10 Card Board	LO AR DR AR AR	02 10:00a 10:30a 3:00p 3:00p 6:00p	Build Strength Crosswords Fun! Jenga game Friend & Feud w/ Snacks Lipscomb Singers	LO AR AR AR LO	03 10:00a 10:30a 2:00p	Build Strength Devotional Time Balloons TIC TAC TOE AH Cinema Rummikub Game	LO AR DR AR AR	9:00a 10:00a 11:00a 2:00p 3:00p	Frist Art Museum O Leap Frog Game	D5 AR 10:0 10:3 UT 2:00 AR 3:00 CY 6:00	p Bingo p Scrabbles Board Game	I A A
2:00p puzzles & Socialization / S:30p Cool Down Sunday!	07 e 10:00a 10:30a 11:00a 2:00p 3:00p 6:00p	Increase Endurance L.U.E.Y: Trivia Walmart Trip Bingo Club Men Club/Coloring Dart Game	LO AR OUT DR AR AR	10:00a 10:30a 2:00p 3:00p 6:00p	Increase Endurance Broadcast Animal Show Aromatherapy Fancy Nails Hand & Foot Game	LO AR AR AR AR	10:00a 10:30a 3:00p 3:00p 6:00p	Increase Endurance Chat & Cocoa Friend & Feud w/ Snacks Axes Game Lipscomb Singers	LO AR AR AR LO	9:00a <b>FPO</b> 10:00a 10:30a 2:00p 3:00p 5:00p	Stars & Stripes Celebrate Increase Endurance Pet Therapy w/ Claire Trivia Time Dining Room Decor. Family Night Event	LO AR AR DR DR	9:00a 10:00a 10:30a 2:00p 3:00p	Blueberry Smoothies <b>Bingo w Marcia</b>	12   DR	Oa Bible Study w/Mary p Bingo p Scrabbles Board Game	I I I
1:00p Hallway Stroll w/ Liz 2:00p puzzles & Socialization 3:30p <b>Cool Down Sunday!</b>	14 10:00a 10:30a 10:30a 2:00p 3:00p 3:00p	Enhance Flexibility L.U.E.Y: June IQ Bingo Madness Guys Talk/Drinks Bowling			Enhance Flexibility Town Hall Meeting Toss the Ball/Prize Fancy Nails Dart Game	LO DR AR AR AR	16 10:00a 2:00p 3:00p 3:00p 6:00p	Enhance Flexibility Evis Show. w/ Leer Hot Dog Social Calendar Meeting Lipscomb Singers	LO DR AR DR LO	17 10:00a 10:30a 2:00p 3:00p 3:30p	Enhance Flexibility Community Outreach Cooking Demo/ Chef Chef Menu Meet. Rummikub	LO OUT DR DR AR	11:00a 2:00p	Whiteboard Game Juicy Seafood Water Coloring	19 LO 10:0 AR 10:3 UT 2:00 AR 3:00 AR 6:00	Oa Bible Study w/Mary p Bingo p Scrabbles Board Game	
1:00p Hallway Stroll w/ Liz 2:00p Ice Cream Social 3:30p Cool Down Sunday!	2I LO 10:00a 10:30a 10:30a 2:00p 3:00p PT 6:00p	Daily Phys. Activity L.U.E.Y: Birthday Puz. High Tea Party Guys Talk Rummikub Game	LO AR DR AR AR	10:30a 2:00p 3:00p	Daily Phys. Activity Wheel Of Fortune Human slot machine Fancy Nails beans Bag Game	LO AR LO AR AR	7:00a 9:00a 10:00a 10:30a 3:00p 3:30p 6:00p	Dress as a Grandma Gorgeous Grandma Day Daily Phys. Activity Random Trivia Friend & Feud w/ Snacks Popsicles Social Lipscomb Singers	DR FPO LO AR AR AR	10:30a 2:00p 3:00p	Daily Phys. Act What Am I? Malibu Bay BREEZE AH Cinema Rummikub	LO AR AR AR AR		Build Strength Christmas Puzzles Christmas Crafts	26 AR 10:0 10:0 AR 10:3 AR 2:00 AR 3:00 6:00	0a <b>Build Strength</b> 0a Bible Study w/Mary p Bingo p Scrabbles Board Game	
27	28 -O 10:00a	Seated Workout	LO	<b>29</b> 10:00a	Seated Workout	LO	<b>30</b> 10:00a	Seated Workout	LO	<b>31</b> 10:00a	Seated Workout	LO					