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Alzheimers Association 1-800-272-3900



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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.

Quote of the Month

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.

INSPIRING A HAPPIER. HEALTHIER YOU.

CEDARLAKE INDEPENDENT LIVING/ASSISTED LIVING

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.

FOLLOW US ON FACEBOOK

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.



JULY 2025





JULY 2025 EVENTS!

- Patriotic Celebration
- Bible Study 101
- Patriotic Craft
- Birthday Social
- Welcome Home Brunch
- Gorgeous Gma Day
- Drum Circle/Mike Arturi
- Stars & Stripes Family Night
- Weekly Happy Hours
- Grief Support Group/Wisdom



SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
			*	* * *		× Ju		Tu	ly 2025			7/1 Ron C 7/14 June C 7/14 Margaret D 7/18 Donna W 7/21 Harold R 7/22 Liz T		BIRTHDAYS 7/23 Ingrid B 7/23 Carolyn D 7/25 Laverne F 7/30 Sheila S						
	LOCATION KEY					OI			02		0		03		04 FOURTH OF JULY			05		
	 A&C Arts & Crafts Roc B Bistro B&C Blue Spruce & Cee BSD Blue Spruce Dinin CDR Cedar Room CMR Community Room 	dar Room g Room	HW LIB OUT	Fireside Lounge Health & Wellness Library Outing Outside		12:00a 10:00a 11:00a 1:30p 1:30p 2:30p 3:45p 4:15p	DOOR DECOR CONT America Says Alter Brewing & Kitchen Total Body Workout St. Charles Paddlewheel Jeopardy Candy Bar Bingo Chapel with Pastor Loy BYOB (Bible) 101	EST CMR OUT CMR OUT CMR CMR CMR CMR	9:00a 10:00a 1:00p 1:30p 2:30p 4:00p 5:00p	Walk Club Tripoli Wii Bowling Men's Poker Kings in the Corner Bingo Grief Support Group	O CMR CMR A&C FSL CMR LIB	9:00a 10:00a 11:00a 12:00p 12:00p 1:00p 1:30p 3:30p	Meijer 25 Words or Less Total Body Workout Patriotic Lunch Switchback Entertain Dollar Tree Euchre Rummikub	OUT CMR B&C BSD OUT A&C CMR	9:00a 10:00a 10:30a 11:00a 2:00p 2:00p 2:30p 4:00p	Walk Club Patriotic Fruit Kabobs Play Nine Balloon Volleyball Wii Bowling Ladies Chit Chat Corner Kings in the Corner Bingo	O CMR CMR FSL CMR FSL CMR	10:00a 11:00a 1:00p	Card Games Chat/Daily Chronicle Balloon Volleyball Wii Bowling Mexican Train Rummikub Movie \"Independence Da	BSD LIB FSL CMR BSD BSD BSD
06 10:20a 10:30a 1:30p 2:00p 2:00p 3:00p	St. Mary's Mass Daily Chronicles Non-Denomination Svc Front Porch Ice Cream Rummikub Candy Bar Bingo	O BSD CMR	07 10:00a 11:00a 1:00p 2:00p 2:30p 3:00p 4:00p	Large Crossword Puzzle Balloon Volleyball Play Nine Catholic Communion Kings in the Corner Pastor Bill Group Wii Bowling	CMR FSL CMR CMR FSL A&C CMR	08 10:00a 11:00a 11:30a 1:30p 2:30p 3:45p 4:15p	Life Enrichment Mtg Total Body Workout Grace/Yorkville Wheel of Fortune Candy Bar Bingo Chapel with Pastor Loy BYOB (Bible) 101	CMR CMR OUT CMR CMR CMR	09 9:00a 10:00a 1:00p 1:30p 2:30p 4:00p	Walk Club Scattergories Wii Bowling Ambassador Meeting Kings in the Corner Bingo	O CMR CMR A&C FSL CMR	10 9:00a 10:00a 11:00a 1:00p 1:30p 3:30p 5:00p	Meijer 25 Words or Less Total Body Workout Walmart Euchre Rummikub Stars/Stripes Family Night	OUT CMR CMR OUT A&C CMR BSD	11 9:00a 10:00a 11:00a 2:00p 2:00p 2:30p 4:00p	Walk Club Welcome Home Brunch Balloon Volleyball Wii Bowling Ladies Chit Chat Corner Kings in the Corner Bingo	O CDR FSL CMR FSL CMR	10:00a 11:00a 1:00p 2:00p	Card Games Chat/Daily Chronicle Balloon Volleyball Wii Bowling Mexican Train Rummikub Movie \"Lincoln\"	BSD LIB FSL CMR BSD BSD CMR
13			14			15			16			17			18			19		
10:20a 10:30a 1:00p 1:30p 2:00p 2:00p 3:00p	St. Mary's Mass Daily Chronicles Gus/Healing Hearts Non-Denomination Svc Front Porch Ice Cream Rummikub Candy Bar Bingo	CMR O BSD	10:00a 11:00a 1:00p 2:00p 2:30p 3:00p 4:00p	Large Crossword Puzzle Balloon Volleyball Play Nine Catholic Communion Kings in the Corner Pastor Bill Group Wii Bowling	CMR FSL CMR CMR FSL A&C CMR	1:30p 2:00p 2:30p	The Price is Right Total Body Workout Dragon Light Jeopardy Barb's Patriotic Craft Candy Bar Bingo Chapel with Pastor Loy BYOB (Bible) 101		9:00a 10:00a 1:00p 2:30p 2:30p 4:00p 6:00p	Walk Club Tripoli Wii Bowling Bday Social/Dave Kings in the Corner Bingo Bunco	O CMR CMR BSD FSL CMR CMR	9:00a 10:00a 11:00a 1:00p 1:30p 2:00p 2:00p 3:30p 3:30p	Meijer 25 Words or Less Total Body Workout Kohl's Euchre Resident Council Fox/Maint Indep Rummikub Menu Chat	OUT CMR CMR OUT A&C BSD CMR CMR CDR	9:00a 10:00a 11:00a 1:30p 2:00p 2:00p 2:30p 4:00p	Walk Club Play Nine Balloon Volleyball Beanbag Baseball Wii Bowling Ladies Chit Chat Corner Kings in the Corner Bingo	O CMR FSL O CMR B FSL CMR	10:00a 11:00a 1:00p 2:00p	Card Games Chat/Daily Chronicle Balloon Volleyball Wii Bowling Mexican Train Rummikub Resident Happy Hour	BSD LIB FSL CMR BSD BSD BSD
20			21			22			23			24			25			26		
10:20a 10:30a 1:30p 2:00p 2:00p 3:00p	St. Mary's Mass Daily Chronicles Non-Denomination Svc Front Porch Ice Cream Rummikub Candy Bar Bingo	O BSD CMR	10:00a 10:30a 11:00p 2:00p 2:30p 3:00p 4:00p	Large Crossword Puzzle Book Club Balloon Volleyball Play Nine Catholic Communion Kings in the Corner Pastor Bill Group Wii Bowling	CMR LIB FSL CMR CMR FSL A&C CMR	10:00a 11:00a 11:30a 1:30p 1:30p 1:30p 2:30p 3:45p 4:15p	July Trivia Total Body Workout Empire Burgers/Brews Wheel of Fortune Naperville Riverwalk Cookie Dough Creations Candy Bar Bingo Chapel with Pastor Loy BYOB (Bible) 101	CMR CMR OUT CMR OUT CMR CMR CMR	2:30p	Walk Club Gorgeous Gma Day/Mary H Scattergories Hollywood Casino Wii Bowling Current Events Drum Circle/Mike Kings in the Corner Cook Demo/French	O CMR OUT CMR A&C CMR FSL CDR	9:00a 10:00a 11:00a 1:00p 1:30p 3:30p 6:00p	Meijer 25 Words or Less Total Body Workout Aldi Euchre Rummikub Bonfire	OUT CMR CMR OUT A&C CMR O	11:00a 2:00р 2:00р	Walk Club Play Nine Balloon Volleyball Wii Bowling Ladies Chit Chat Corner Kings in the Corner Bingo	O CMR FSL CMR B FSL CMR	10:00a 11:00a 1:00p 2:00p 2:00p	Card Games Chat/Daily Chronicle Balloon Volleyball Wii Bowling Mexican Train Rummikub Movie \"Flags/Fathers\"	BSD LIB FSL CMR BSD BSD CMR
27			28			29			30			31								
10:20a 10:30a 1:30p 2:00p 2:00p 3:00p	St. Mary's Mass Daily Chronicles Non-Denomination Svc Front Porch Ice Cream Rummikub Candy Bar Bingo	CMR O BSD CMR	10:00a 11:00a 1:00p 2:00p 2:30p 3:00p 4:00p	Large Crossword Puzzle Balloon Volleyball Play Nine Catholic Communion Kings in the Corner Pastor Bill Group Wii Bowling	CMR FSL A&C	10:00a 11:00a 11:30a 1:30p 2:30p 3:45p 4:15p	Trivial Pursuit Total Body Workout O'Malleys/Aurora Jeopardy Candy Bar Bingo Chapel with Pastor Loy BYOB (Bible) 101	CMR CMR OUT CMR CMR CMR	9:00a 10:00a 12:00p 1:00p 2:00p 2:30p 4:00p 6:00p	Walk Club What's the Scoop DOOR DECOR WINNER Wii Bowling Carnival Food Challenge Kings in the Corner Bingo Bunco	O CMR B&C CMR FSL CMR CMR	9:00a 10:00a 10:30a 11:00a 1:00p 1:30p 2:30p 3:30p 5:00p	Meijer 25 Words or Less AL Town Hall Total Body Workout Jewel Euchre IL Town Hall Rummikub Happy Hour/Kenny Liss	OUT CMR CDR CMR OUT A&C BSD CMR BSD	\sim	happy in	sepo depo	end H OF JULY	lence day	5

All activities subject to change.

