

CONTACTS

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National Suicide Hotline
988

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.



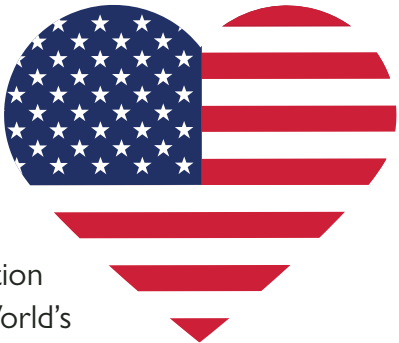
LIVING WELL
INSPIRING A HAPPIER, HEALTHIER YOU.

CARPENTER

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.

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JULY 2025 EVENTS!

- Karaoke Night
- Family Night - Stars & Stripes
- Resident Town Hall
- Cooking Demo w/ the Chef
- Happy Hour & Music FRIDAYS
- Bunch Brunch Outing TUESDAYS
- Meijer Outing WEDNESDAYS

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		
<div><div>July 2025</div><div></div></div>									BIRTHDAYS											
									Kim O. 7-4 Linda S. 7-4 Elizabeth V. 7-6 Susan S. 7-6 Matt V. 7-13 David D. 7-15			Nancianna G. 7-26 Jane W. 7-26 Tom B. 7-27 Tim D. 7-31								
LOCATION KEY			01			02			03			04			FOURTH OF JULY			05		
<div>ART Art Studio BR Billiards Room CAF Café CHP Chapel/Movie Room DR Dining Room FIT Fitness Center</div> <div>LO Lobby LIB Library OUT Outing S Salon THR Theater</div>			10:30a Morning Exercise LO 11:00a Music Trivia LO 11:30a Brunch Bunch Outing OUT 1:30p Art & Design ART 2:30p Movie Matinee THR 6:00p Social Clubs- Games & Groups LIB			10:30a Morning Exercise LO 11:00a Trivia Cards LO 1:00p Meijer's Outing OUT 2:00p Wellness U w/ Readycare CAF 3:00p Wheel of fortune CAF 6:00p Social Clubs- Games & Groups LIB			10:30a Morning Exercise LO 11:00a Morning News LO 1:30p Life Enrichment Chat CAF 2:30p Thursday BINGO! DR 6:00p Social Clubs- Games & Groups LIB			10:30a Band Exercises LO 11:00a Trivia Cards LO 2:00p New Resident celebration CAF Happy Hour CAF 3:00p Live entertainment-Wagner LO Duo LO 6:00p Social Clubs- Games & Groups LIB			10:00a Coffee Social CAF 11:00a Resident Run Exercises LO 2:00p Joy Group LIB 3:00p Resident Bingo DR 4:00p Catholic Services w/ Scott CHP					
06			07			08			09			10			11			12		
10:00a After Breakfast Club CAF 11:00a Chair Yoga CAF 2:00p Open Art Room LO 3:00p Ann Arbor Baptist Church CHP Service w/ Suresh CHP 6:00p Card Clubs LIB			10:30a Morning Exercise LO 11:00a Jeopardy CAF 1:00p Bible Study CHP 2:00p American House Karaoke LO Night LO 6:00p Social Clubs- Games & Groups LIB			10:30a Morning Exercise LO 11:00a Music Trivia LO 11:30a Brunch Bunch Outing OUT 1:30p Art & Design ART 2:30p Movie Matinee THR 6:00p Social Clubs- Games & Groups LIB			10:30a Morning Exercise LO 11:00a Trivia Cards LO 1:00p Meijer's Outing OUT 2:30p Kyle Schippa Travels CAF 6:00p Social Clubs- Games & Groups LIB			10:30a Morning Exercise LO 11:00a Morning News LO 2:30p Thursday BINGO! DR 5:00p Family Night- Stars & Stripes CAF Celebration LO 6:00p Live entertainment- Mike L. LO			10:30a Band Exercises LO 11:00a Trivia Cards LO 2:00p Happy Hour CAF 3:00p Live Entertainment- Kevin LO Devine LO 6:00p Social Clubs- Games & Groups LIB			10:00a Coffee Social CAF 11:00a Resident Run Exercises LO 2:00p Joy Group LIB 3:00p Resident Bingo DR 4:00p Catholic Services w/ Scott CHP		
13			14			15			16			17			18			19		
10:00a After Breakfast Club CAF 11:00a Chair Yoga CAF 2:00p Open Art Room LO 3:30p Fellowship Bible Church Service CHP w/ Matt CHP 6:00p Card Clubs LIB			10:30a Morning Exercise LO 11:00a Jeopardy CAF 2:00p Movin n Grovin LO 3:00p Group Games w/ Friends LO 6:00p Social Clubs- Games & Groups LIB			10:30a Morning Exercise LO 11:00a Music Trivia LO 11:30a Brunch Bunch Outing OUT 1:30p Art & Design ART 2:30p Movie Matinee THR 6:00p Social Clubs- Games & Groups LIB			10:30a Morning Exercise LO 11:00a Trivia Cards LO 1:00p Meijer's Outing OUT 1:30p Dietary Meeting DR 3:00p One World Cooking DR Demonstration w/ the Chef DR 6:00p Social Clubs- Games & Groups LIB			10:30a Morning Exercise LO 11:00a Morning News LO 2:00p Town Hall DR 2:30p Thursday BINGO! DR 6:00p Social Clubs- Games & Groups LIB			10:30a Band Exercises LO 11:00a BP Clinic w/ Readycare LIB 11:00a Trivia Cards LO 2:00p Happy Hour CAF 3:00p Live entertainment- Billy LO McAllister LO 6:00p Social Clubs- Games & Groups LIB			10:00a Coffee Social CAF 11:00a Resident Run Exercises LO 2:00p Joy Group LIB 3:00p Resident Bingo DR 4:00p Catholic Services w/ Scott CHP		
20			21			22			23			24			25			26		
10:00a After Breakfast Club CAF 11:00a Chair Yoga CAF 2:00p Open Art Room LO 3:30p Hope Community Church CHP 6:00p Card Clubs LIB			10:00a Men's Club w/ Michael LIB 10:30a Morning Exercise LO 11:00a Jeopardy CAF 1:00p Bible Study CHP 2:00p Philadelphia Trivia CAF 3:00p Live Entertainment - Paul LO Richie LO 6:00p Social Clubs- Games & Groups LIB			10:30a Morning Exercise LO 11:00a Music Trivia LO 11:30a Brunch Bunch Outing OUT 1:30p Art & Design ART 2:30p Movie Matinee THR 6:00p Social Clubs- Games & Groups LIB			10:30a Morning Exercise LO 11:00a Trivia Cards LO 1:00p Meijer's Outing OUT 3:00p Art for all Ages CAF 6:00p Social Clubs- Games & Groups LIB			10:30a Morning Exercise LO 11:00a Morning News LO 1:30p Darts LO 2:30p Thursday BINGO! DR 6:00p Social Clubs- Games & Groups LIB			10:30a Band Exercises LO 11:00a Trivia Cards LO 2:00p Happy Hour - July LO Birthday CAF 3:00p Live entertainment - Lee LO Piper LO 6:00p Social Clubs- Games & Groups LIB			10:00a Coffee Social CAF 11:00a Resident Run Exercises LO 2:00p Joy Group LIB 3:00p Resident Bingo DR 4:00p Catholic Services w/ Scott CHP		
27			28			29			30			31			<div><div></div><div>happy independence day</div><div>4TH OF JULY</div></div>					
10:00a After Breakfast Club CAF 11:00a Chair Yoga CAF 2:00p Open Art Room LO 3:00p Ann Arbor Baptist Church CHP 6:00p Card Clubs LIB			10:30a Morning Exercise LO 11:00a Jeopardy CAF 2:00p Movin' n Grovin' LO 3:00p Group Games w/ Friends LO 6:00p Social Clubs- Games & Groups LIB			10:30a Morning Exercise LO 11:00a Music Trivia LO 11:30a Brunch Bunch Outing OUT 1:30p Art & Design ART 2:30p Movie Matinee THR 6:00p Social Clubs- Games & Groups LIB			10:30a Morning Exercise LO 11:00a Trivia Cards LO 1:00p Meijer's Outing OUT 1:30p Bowling LO 3:00p Wheel of fortune CAF 6:00p Social Clubs- Games & Groups LIB			10:30a Morning Exercise LO 11:00a Morning News LO 1:30p Word in a word CAF 2:30p Thursday BINGO! DR 6:00p Social Clubs- Games & Groups LIB								