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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.





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.



EAST I 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!

- 7/1 4th of July Celebration
- 7/4 Independence Day
- 7/8 Feel the Beat w/ Carol
- 7/10 FN:Philadelphia 5-7pm
- 7/11 Wellness Bingo
- 7/15 Cooking Demo/Menu Chats
- 7/18 Resident Council
- 7/21 Wellness Education
- 7/23 Life Enrichment Chats
- 7/29 Resident Birthday Party

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 | |
|--|--|--|---|--|--------------------------|--|---|--|--|---|--|---|---|--|---|---|--|---------------------------------------|
| | * * | | * | * * * | | | | | <u></u> | 2025 | 7/17 7/27 | Cheryl H. Celeste J. Jeraldine S. | | BIRTHDAYS | | | | |
| | * | LOCATI | ON KEY | | | OI 10:00a | Tuesday Trivia | LIB | 02 10:15a | Word Games LIB | 03 10:00a | Penny M. Seated Exercise FIT | 04 10:00a | FOURTH OF JULY Dice Games | LIB | 05 10:00a | Seated Exercise | FIT |
| CHP CTR DR FS | Atrium Chapel Craft Room Dining Room Fireside Theater Fitness Center | HAL Hallway GGR Green (LIB Library L Lounge LAD Lower I LBC Lower I | Golf Room Level AD | O Outside PAT Patio PR Puzzle Room SUR Sign Up Required | | 11:00a 11:00p 2:00p 2:00p 6:00p 6:00p | Rosary Audio Nova Hearing Center Cards w/Friends 4th pf July Celebration Game Night Fireside Chat | CHP | 11:00a 2:00p 3:00p 3:00p 6:00p | Rosary CHP Cards w/Friends PR Wii Open Bowling L Wine Down Wednesdays Fireside Chat A | 10:00a 10:00a 11:00a 1:00p 1:00p 2:00p 6:00p | Bus to Banks Rosary CHP Bus to Meijer BP Checks w/AdvisaCare L Cards w/Friends Fireside Chat A | 11:00a 11:30p 2:00p 2:00p 6:00p | Rosary General Store Open Resident's Choice Cards w/Friends Fireside Chat | CHP LBC LIB PR A | 11:00a 1:00p 2:00p 2:00p 6:00p | Rosary Popcorn Social 7 Card Match Cards w/Friends Fireside Chat | CHP L LIB PR A |
| 9:30a 10:00a 11:00a 1:00p 2:00p 3:00p 6:00p 6:00p | Mass/Communior Seated Exercise Rosary Sunday Movie Cards w/Friends Left Right Center Fireside Chat Tenzi Dice Game | FIT CHP FS PR LIB A | 10:00a 11:00a 11:00a 1:30p 2:00p 3:00p 6:00p 6:00p | Hair Salon Open Rosary General Store Open Cards w/Friends Engaged Senior Rummikube Fireside Chat | LBC PR FS | 08 10:00a 11:00a 1:00p 2:00p 2:30p 6:00p 6:00p | Tuesday Trivia Rosary Ceramics w/Sue Cards w/Friends Feel the Beat w/Carol Game Night Fireside Chat | LIB CHP LAD PR A LIB A | 10:15a LIB 11:00a 2:00p 3:00p 3:00p 6:00p | Who, What, Where am I? Rosary CHP Cards w/Friends PR Wii Open Bowling L Wine Down Wednesdays O Fireside Chat A | 10:00a 11:00a 2:00p 5:00p 6:00p | Seated Exercise Rosary Cards w/Friends FN: World Fair: Philly Fireside Chat FIT CHP PR PR A | 10:15a 11:00a 1:00p 1:30p 2:00p 3:00p 6:00p | Games w/ Angela Rosary Wellness Bingo General Store Open Cards w/Friends Water Wars Fireside Chat | LIB CHP LAD LBC PR O A | 10:00a 11:00a 1:00p 2:00p 2:00p 6:00p | Seated Exercise Rosary Popcorn Social 7 Card Match Cards w/Friends Fireside Chat | FIT CHP L LIB PR A |
| 9:30a 10:00a 11:00a 1:00p 2:00p 3:00p 6:00p 6:00p | Mass/Communior Seated Exercise Rosary Sunday Movie Cards w/Friends Left Right Center Fireside Chat Tenzi Dice Game | FIT CHP FS PR LIB A | 1:30p | Hair Salon Open Rosary General Store Open Cards w/Friends Engaged Senior Rummikube Fireside Chat | LBC PR FS LIB | 10:00a 11:00a 2:00p 2:00p 2:00p 3:00p 6:00p 6:00p | Tuesday Trivia Rosary Cards w/Friends Cooking Demo Menu Chats Feel the Beat w/ Carol Game Night Fireside Chat | LIB CHP PR DR DR A LIB | 10:30a 11:00a 1:00p 2:00p 2:00p 3:00p 6:00p | Morning Walks Rosary CHP Name 5 Game Cards w/Friends Happy Hour w/ Tom S. Wii Open Bowling Fireside Chat A | 10:00a 10:00a 11:00a 11:00p 2:00p 6:00p | Bus to Kroger Seated Exercise Rosary CHP Ice Cream Drive Cards w/Friends Fireside Chat A SUR FIT CHP SUR A | 18 10:15a 11:00a 1:00p 1:30p 1:30p 2:00p 6:00p | | LIB CHP DR LAD LBC PR A | 10:00a 11:00a 1:00p 1:00p 2:00p 2:00p 6:00p | Seated Exercise Rosary Popcorn Social Art & Design 7 Card Match Cards w/Friends Fireside Chat | FIT CHP L CR A PR A |
| 9:30a 10:00a 11:00a 1:00p 2:00p 3:00p 6:00p 6:00p | Mass/Communion Seated Exercise Rosary Sunday Movie Cards w/Friends Left Right Center Fireside Chat Tenzi Dice Game | FIT CHP FS PR LIB A | 2:00p 3:00p 5:30p | Hair Salon Open Rosary General Store Open Cards w/Friends Entertainment w/ Joe A Wellness Education GBFHT Church Service Rummikube Fireside Chat | LBC PR A. A LIB | 10:00a 11:00a 2:00p 2:00p 3:00p 6:00p 6:00p | Tuesday Trivia Rosary Cards w/Friends Engaged Senior Welcome Social Game Night Fireside Chat | LIB CHP PR FS A LIB | 10:30a 11:00a 2:00p 2:00p 3:00p 3:00p 6:00p | Morning Walks Rosary Cards w/Friends PR Life Enrichment Chats Wii Open Bowling Wine Down Wednesdays Fireside Chat A | 24 10:00a 10:00a 11:00a 12:00p 2:00p 6:00p | Bus to Dollar Store Seated Exercise FIT Rosary CHP Milestone Lunch OutingSUR Cards w/Friends PR Fireside Chat A | 25 10:15a 11:00a 1:30p 1:30p 2:00p 6:00p | | LIB CHP LAD LBC PR A | 26 10:00a 11:00a 1:00p 2:00p 2:00p 6:00p | Seated Exercise Rosary Popcorn Social 7 Card Match Cards w/Friends Fireside Chat | FIT CHP L LIB PR A |
| 9:30a 10:00a 11:00a 1:00p 2:00p 3:00p 6:00p 6:00p | Mass/Communior Seated Exercise Rosary Sunday Movie Cards w/Friends Left Right Center Fireside Chat Tenzi Dice Game | FIT CHP FS PR LIB A | | Hair Salon Open Rosary General Store Open Cards w/Friends Engaged Senior Rummikube Fireside Chat | LBC PR FS LIB | 10:00a 11:00a 2:00p 2:00p 3:30p 6:00p 6:00p | Tuesday Trivia Rosary Cards w/Friends Res. Birthday Party Afternoon Walks Game Night Fireside Chat | LIB CHP PR A O LIB A | 30 10:15a 11:00a 2:00p 3:00p 3:00p 6:00p | Dice Games LIB Rosary CHP Cards w/Friends PR Wii Open Bowling L Wine Down Wednesdays O Fireside Chat A | 31 10:00a 10:00a 11:00a 12:00p 2:00p 6:00p | Seated Exercise FIT Bus to Aldi's SUR Rosary CHP Bus to Cracker Barrel Cards w/Friends PR Fireside Chat A | | happoy in | lego | end H OF JULY | lence do | y |