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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.



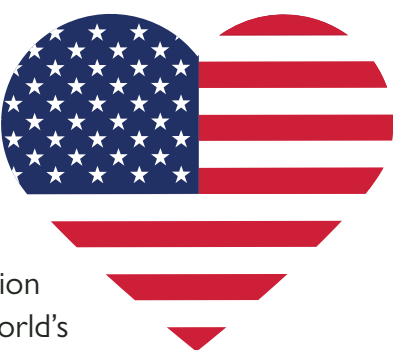
LIVING & WELL  
INSPIRING A HAPPIER, HEALTHIER YOU.

HENDERSONVILLE

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 100<sup>th</sup> 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!

- STARS AND STRIPES FAMILY NIGHT
- ART & DESIGN PHILLY
- BRAINIACS PHILLY
- COOK DEMO FRENCH AMERICAN
- JULY 4 FIREWORKS CBS 5
- BLUEGRASS WHISKEY TASTING
- LONGHORN STEAK HOUSE

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>July 2025</div> 									BIRTHDAYS																																
									GARY R. 7/25 MATHIAS F. 7/29																																
LOCATION KEY						01			02			03			04			FOURTH OF JULY			05																				
<div><div>ARActivity Room</div><div>ALAssisted Living</div><div>ALDAL Dining</div><div>CYCourtyard</div><div>DRDining Room</div><div>HALHallway</div></div> <div><div>LOLobby</div><div>LIBLibrary</div><div>LRLiving Room</div><div>MCMemory Care</div><div>MCAMemory Care Activity Room</div><div>MCDMemory Care Dining Room</div></div> <div><div>MCLMemory Care Living Room</div><div>OUTOuting</div><div>OOutside</div><div>PRMPiano Room</div><div>POPorch</div><div>APTYour Apartment</div></div>						10:00a TRIVIA 11:00a RESIDENT TOWN HALL 1:00p SPINTOPIA GAME 2:30p NAIL AND HAND SPA 4:00p CBS (NEWS)			PRM PRM PRM AR PRM			9:00a WORD SEARCH 10:00a CHARADES 1:00p MUSIC WITH MARSHALL 2:00p MONOPOLY GAME 3:00p BIBLE STUDY WITH GARY			PRM PRM PRM AR			9:00a BOOK TIME 10:00a JAZZERCISE 1:00p BINGO 2:30p WINE TASTING 3:30p PASSPORT			LIB PRM AR OUT PRM			9:00a PUZZLES 10:00a THE PRICE IS RIGHT 1:00p JULY 4 TRIVIA 2:30p JULY 4 COCKTAILS 9:00p FIREWORKS TV (5)			LIB PRM PRM PRM APT			9:00a NU-STEP 10:30a TABLE GAMES 1:00p UNO CARD GAME 2:30p WORD SEARCH 3:00p Bingo 5:30p MOVIE NIGHT			PRM PRM AR APT AR APT								
06			07			08			09			10			11			12																							
9:00a ANIMAL CHARADES 11:00a WORSHIP SERVICE (PASTOR LEE) 1:00p BEAN BAG TOSS 2:00p Word search 3:00p Hallmark movies			PRM PRM AR APT APT			9:00a NEW RESIDENT WELCOME 11:00a DAILEY CHRONICLES 1:00p BOWLING 2:00p CANVAS PAINTING 3:00p LUEY PROGRAM			AR PRM AR AR AR			10:00a YOGA WITH CHRIS 11:00a CAN YOU NAME 5 1:00p SPINTOPIA GAME 2:30p NAIL AND HAND SPA 4:00p CBS (NEWS)			PRM PRM PRM AR PRM			9:00a WORD SEARCH 10:00a CHARADES 12:30p BANANA GRAMS 2:00p MONOPOLY GAME 3:00p BIBLE STUDY WITH GARY			PRM PRM AR AR			9:00a WELLNESS KIM 10:00a JAZZERCISE 1:00p BINGO 2:30p GUESS WHO 5:00p STARS & STRIPES (FAMILY NIGHT)			LIB PRM AR PRM LO			9:00a ACTIVITY WITH SARAH 10:30a BOARD GAMES 1:00p MUSIC WITH MARSHALL 2:30p HAPPY HOUR(DRINKS) 4:00p FRESH AIR TIME			PRM AR PRM PRM CY			9:00a NU-STEP 10:30a TABLE GAMES 1:00p UNO CARD GAME 2:30p WORD SEARCH 3:00p Bingo 5:30p MOVIE NIGHT			PRM PRM AR APT AR APT		
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27			28			29			30			31			<div> happy independence day 4TH OF JULY</div>																										
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All activities subject to change.