CONTACTS

Executive Director Tammy Lewis

Business Office Manger Annamarie Bolyard

Wellness Director Vanessa Humphrey

Maintenance Director Duane Cole

Community Relations Director lamie Richardson

Life Enrichment Director Sandra Birchfield

Memory Care Director Kelly Langrel

Culinary Director Ida Barlow

National Suicide Hotline 988

Alzheimers Association 1-800-272-3900

> **American House** Johnson City 406 E Mountain View Rd Johnson City | TN | 37601 423.218.0005 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.

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

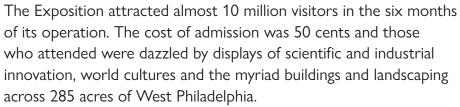
fresh cobbler.

INSPIRING A HAPPIER. HEALTHIER YOU.

JOHNSON CITY

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.



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!

- Family Night
- Entertainment Weekly
- Walmart Shopping
- Lunch Outing
- Scenic Drive
- Sunday Services
- Bible Study with Paul
- Social Events
- Art Class with Ken on Tuesday
- Trivia & Games



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|--|---|---|--|
| | * * * | States of the second s | v 2025 | Activities are subject to change due to sickness, weather cancelation, meeting and so on. Residents Monthly Birthday Paul Renz 7/19 | BIRTHDAYS | |
| AR Activity Room CY Courtyard DR Dining Room M FR Front Room M | ATION KEY LR Living Room LO Lobby ICA Memory Care Activity Room ICD Memory Care Dining Room OUT Outing | OlO29:30aDaily Chronicles & CoffeeAR10:30aBible Study with Paul10:010:30aWord Search Puzzles10:311:00aWalking ClubHAL2:00pArt Class with KenAR4:00pSinging with BrendaLO3:00 | DaDaily Chronicles & CoffeeARDaDaily DevotionARB0aWord Search PuzzlesARB0aLunch OutingOUTD0pWalking ClubCYDpJeopardyAR | 039:30aTea & Daily Chronicles10:00aDaily Devotion10:30aScrabble Words on TV11:30aWalking Club12:00pCookout2:30pBingo & Prizes | 9:30aDaily Chronicles & CoffeeAR9.10:00aDaily DevotionsAR9.10:30aHow many Word can you9.MakeAR9.11:00aWalking ClubCY2:00pEntertainment with BrianLO3:00pMovie EveningLO | 25 230a News Views AR 230a Daily chronicles MC 230a Daily Chronicles MC 230a daily Chronicles MC 230a daily Chronicles MC 230a Walking Club 1:30a Reminiscing LR 230p Hallmark Movie 230p Resident Games AR |
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