

CONTACTS

National Suicide Hotline
988

Alzheimers Association
1-800-272-3900

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.



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LIVING WELL
INSPIRING A HAPPIER, HEALTHIER YOU.

KINGSPORT ASSISTED LIVING

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!

- Red, White & Blue BBQ
- Signature Family Dinner
- Chill & Grill Picnic
- Fun Fest Parade
- Christmas in July
- Gorgeous Glemma Fashion Show
- Community Bingo Tournament
- ONE World Cooking Demo
- July Birthday Celebration

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></div><div>July 2025</div></div>												BIRTHDAYS								
LOCATION KEY					01		02		03		04		FOURTH OF JULY		05					
<div><div>AR</div>Activity Room</div> <div><div>ALL</div>AL Living Room</div> <div><div>ALD</div>AL Dining Room</div> <div><div>DR</div>Dining Room</div> <div><div>LIB</div>Library</div> <div><div>LR</div>Living Room</div> <div><div>MCD</div>Memory Care Dining Room</div> <div><div>MCL</div>Memory Care Living Room</div> <div><div>OUT</div>Outing</div> <div><div>O</div>Outside</div> <div><div>PAT</div>Patio</div> <div><div>PO</div>Porch</div>					10:30a Balloon Volleyball <div>LR</div> <div>11:00a Choir Practice with Teresa <div>LR</div></div> <div>1:30p Sunshine & Sips (Happy Hour) <div>PO</div><div>2:30p Burst My Bubble <div>PO</div></div><div>3:30p TP Challenge <div>PO</div></div></div>		10:00a Book Lovers <div>LR</div> <div>11:00a Morning Devotions with Melissa & Parker <div>LR</div></div> <div>11:30a Lunch Outing: Galaxy Pizza <div>Out</div></div> <div>2:30p UFO Target Practice <div>LR</div></div> <div>3:30p Bingo + Exercise <div>LR</div></div>		10:00a Music by Shepards Way <div>ALL</div> <div>11:00a Roll With It <div>LR</div></div> <div>2:30p Patriotic Pull <div>PO</div></div> <div>3:30p American Trivia <div>PO</div></div> <div>5:00p Red, White & Blue BBQ <div>PO</div></div>		10:00a Mug Club Coffee Social <div>LR</div> <div>11:00a Puzzle Gurus <div>LR</div></div> <div>2:00p Movie of the Day: Independence Day <div>LR</div></div> <div>2:30p POPcorn Cart <div>LR</div></div> <div>8:00p NBC's Macy's 4th of July Firework Spectacular <div>LR</div></div>		9:30a Coffee Chronicles <div>LR</div> <div>10:30a Rummy Card Game <div>LR</div></div> <div>1:00p Manager's Choice <div>LR</div></div> <div>2:00p Puzzle Time <div>LR</div></div> <div>5:00p What's News? <div>LR</div></div>							
06			07		08		09		10		11		12							
9:30a 2nd Cup of Coffee <div>LR</div> <div>11:00a Sunday Service (TV) <div>LR</div></div> <div>1:00p Manager's Choice <div>LR</div></div> <div>2:00p Blackjack Card Game <div>LR</div></div> <div>5:00p News Ninjas <div>LR</div></div>			11:00a Let's Walk <div>LR</div> <div>11:30a Move It or Lose It with Lindsay <div>LR</div></div> <div>12:00p Boots & Buckles Luncheon (Men) <div>LR</div></div> <div>2:30p Courtney's Ice Cream Truck <div>O</div></div> <div>3:30p Bingo <div>LR</div></div>		10:30a Balloon Volleyball <div>LR</div> <div>11:00a Choir Practice with Teresa <div>LR</div></div> <div>1:30p Music by the Pinebrook Pickers <div>LR</div></div> <div>2:30p Dominoes <div>LR</div></div> <div>3:30p Adult Coloring <div>LR</div></div>		10:00a Salute to Veterans <div>LR</div> <div>11:00a Volleyball <div>LR</div></div> <div>1:00p Outing: Shopping at Target <div>Out</div></div> <div>2:30p Red, White & BREW (Happy Hour) <div>LR</div></div> <div>3:30p Bingo + Exercise <div>LR</div></div>		10:00a Sunshine Gardeners <div>PAT</div> <div>11:00a Arts & Crafts: Star Painting <div>LR</div></div> <div>3:30p Patriotic Face Painting <div>DR</div></div> <div>5:00p Signature Family Dinner: Stars & Stripes Celebration <div>DR</div></div> <div>6:00p Piano Tunes by Patty Quarles <div>LR</div></div>		10:00a Skip-Bo Card Game <div>LR</div> <div>11:00a Cards with Christy <div>LR</div></div> <div>1:00p Movie of the Day: Top Gun <div>LR</div></div> <div>1:30p POPcorn Cart <div>LR</div></div> <div>2:30p Music by Curt Mathson <div>LR</div></div> <div>3:30p Bingo <div>LR</div></div>		9:30a Coffee Chronicles <div>LR</div> <div>1:00p Manager's Choice <div>LR</div></div> <div>2:00p Dominoes <div>LR</div></div> <div>3:00p Crossword Puzzles <div>LR</div></div> <div>5:00p What's News? <div>LR</div></div>							
13			14		15		16		17		18		19							
9:30a 2nd Cup of Coffee <div>LR</div> <div>11:00a Sunday Service (TV) <div>LR</div></div> <div>1:00p Manager's Choice <div>LR</div></div> <div>2:00p Yahtzee <div>LR</div></div> <div>5:00p News Ninjas <div>LR</div></div>			11:00a Let's Walk <div>LR</div> <div>11:30a Chair Zumba <div>LR</div></div> <div>1:30p U.S. History Word Search <div>LR</div></div> <div>2:30p Courtney's Ice Cream Truck <div>O</div></div> <div>3:30p Bingo <div>LR</div></div>		10:30a Balloon Volleyball <div>LR</div> <div>11:00a Choir Practice with Teresa <div>LR</div></div> <div>1:30p Music by Steel Creek Band <div>LR</div></div> <div>2:30p Sunny Day Delights (Happy Hour) <div>PO</div></div> <div>3:30p Activity Planning Committee <div>PO</div></div>		11:00a Velcro Ball <div>PO</div> <div>12:00p Grill & Chill Picnic <div>PO</div></div> <div>1:30p July Birthday Party <div>LR</div></div> <div>2:00p Karaoke with Gay & Brenda <div>LR</div></div> <div>3:30p Bingo + Exercise <div>LR</div></div>		10:00a Mug Club Coffee Social <div>LR</div> <div>11:00a Morning Devotions with Melissa & Parker <div>LR</div></div> <div>11:30a Lunch Outing: Picnic @ South Holston Dam <div>Out</div></div> <div>2:00p Movie of the Day: Braveheart <div>LR</div></div> <div>2:30p POPcorn Cart <div>LR</div></div>		10:00a Puzzle Gurus <div>LR</div> <div>11:00a Bingo <div>LR</div></div> <div>1:00p Music by the Country Classics <div>LR</div></div> <div>2:00p Family Connection <div>LR</div></div> <div>5:30p Fun Fest Parade in Downtown Kingsport <div>LR</div></div>		9:30a Coffee Chronicles <div>LR</div> <div>1:00p Manager's Choice <div>LR</div></div> <div>2:00p Chinese Checkers <div>LR</div></div> <div>3:00p Old Maid Card Game <div>LR</div></div> <div>5:00p What's News? <div>LR</div></div>							
20			21		22		23		24		25		26							
9:30a 2nd Cup of Coffee <div>LR</div> <div>11:00a Sunday Service (TV) <div>LR</div></div> <div>1:00p Manager's Choice <div>LR</div></div> <div>2:00p Sudokus <div>LR</div></div> <div>5:00p News Ninjas <div>LR</div></div>			11:00a Let's Walk <div>LR</div> <div>11:30a Move It or Lose It with Lindsay <div>LR</div></div> <div>12:00p Southern Belle's Luncheon (Women) <div>LR</div></div> <div>2:30p Courtney's Ice Cream Truck <div>O</div></div> <div>3:30p Bingo <div>LR</div></div>		10:30a Balloon Volleyball <div>LR</div> <div>11:00a Choir Practice with Teresa <div>LR</div></div> <div>1:30p Dart Practice <div>LR</div></div> <div>2:30p Do You Remember? <div>LR</div></div> <div>3:00p Music by Jessica LeQuieu <div>LR</div></div>		10:30a Morning Tea Time <div>LR</div> <div>11:00a Glossy Glamour Nail Painting <div>LR</div></div> <div>1:30p Glamorous Makeup & Photo Shoot <div>LR</div></div> <div>2:30p Gorgeous Glamma Fashion Show <div>LR</div></div> <div>3:30p Award Ceremony <div>LR</div></div>		10:00a Bingo Store <div>LR</div> <div>11:30a Lunch Outing: Cook Out <div>Out</div></div> <div>1:30p Summer Days Word Scrabble <div>LR</div></div> <div>2:30p Bean Bag Toss <div>LR</div></div> <div>3:30p Bingo + Exercise <div>LR</div></div>		10:30a Hot Cocoa Social <div>LR</div> <div>11:00a Christmas Movie of the Day: Miracle on 34 St <div>LR</div></div> <div>1:30p Gingerbread Cookie Decorating <div>LR</div></div> <div>2:30p Christmas Bingo <div>LR</div></div> <div>2:30p Christmas Karaoke <div>LR</div></div>		9:30a Coffee Chronicles <div>LR</div> <div>10:30a Adult Coloring <div>LR</div></div> <div>1:00p Manager's Choice <div>LR</div></div> <div>2:00p Uno Card Game <div>LR</div></div> <div>3:00p Chess <div>LR</div></div> <div>5:00p What's News? <div>LR</div></div>							
27			28		29		30		31		<div><div></div><div>happy independence day</div><div>4TH OF JULY</div></div>									
9:30a 2nd Cup of Coffee <div>LR</div> <div>11:00a Sunday Service (TV) <div>LR</div></div> <div>1:00p Manager's Choice <div>LR</div></div> <div>2:00p One World Cooking Demo: French-American <div>LR</div></div> <div>2:00p Jenga <div>LR</div></div> <div>5:00p News Ninjas <div>LR</div></div>			10:30a One World <div>LR</div> <div>11:00a Town Hall / Resident Council Meeting <div>LR</div></div> <div>1:30p Food Committee <div>LR</div></div> <div>2:30p Music by Justin Mychals <div>LR</div></div> <div>3:30p Bingo <div>LR</div></div>		10:30a Balloon Volleyball <div>LR</div> <div>11:00a Choir Practice with Teresa <div>LR</div></div> <div>1:30p Courtney's Ice Cream Truck <div>O</div></div> <div>2:30p Spice Girls Cooking Club: Personal Pizzas <div>LR</div></div> <div>3:30p Music Requests / Sing-Along <div>LR</div></div>		11:00a Chair Exercise <div>LR</div> <div>11:30a Wellness U <div>LR</div></div> <div>2:30p Name That Resident <div>LR</div></div> <div>3:30p Music by Brian Burchfield <div>LR</div></div> <div>5:30p Community Bingo Tournament <div>LR</div></div>		10:00a Bowling <div>LR</div> <div>11:30a Lunch Outing: Hot Dog Hut <div>Out</div></div> <div>2:30p Tropical Treats (Happy Hour) <div>PO</div></div> <div>3:30p Cheeto Ball Head <div>LR</div></div> <div>4:00p CUPS <div>LR</div></div>											