

CONTACTS

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Marie Gunter
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National Suicide Hotline
988

Alzheimers Association
1-800-272-3900



**American House
Murfreesboro**
3211 Memorial Blvd
Murfreesboro | TN | 37129
615.410.4691
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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.



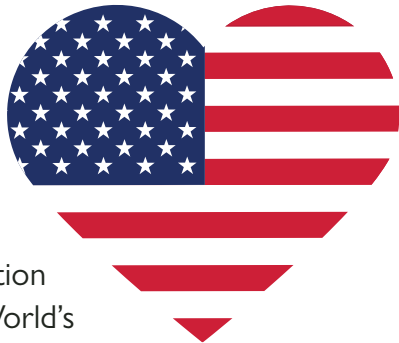
LIVING WELL
INSPIRING A HAPPIER, HEALTHIER YOU.

MURFREESBORO 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!

- Live Music Thursday's at 3pm
- Beauty Shop open on Tuesday's
- Family Night
- Cooking Demo
- Art & Design
- Fun & Games
- Weekly Bus Outings

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>July 2025</div>								BIRTHDAYS																			
								Frances C. 7-7 Linda T. 7-8 Waynel W. 7-14																			
LOCATION KEY				01		02		03		04		05															
<div>AR Activity Room</div> <div>DR Dining Room</div> <div>F Foyer</div> <div>LIB Library</div> <div>LO Lobby</div> <div>OUT Outing</div> <div>S Salon</div>				10:00a Chair Exercise 11:00a Gardening 1:00p Let's weigh In 2:30p Pastor Jim 6:00p Game Shows		AR AR AR LO LO		9:00a Chair Yoga 10:00a Movie Matinée: Part 1 1:00p Walking Club 2:00p Bingo 3:00p Popcorn and a Movie Matinée : Part 2 6:00p Game Shows		AR LIB AR AR AR LO LO		10:00a Gospel Gal 11:00a Meditation & Relaxation 2:00p Courtyard Gardening 2:30p "Happy Hour" 3:00p Music provided by Music For Seniors 6:00p Game Shows 6:00p Bible Study with Sister Felicia		F AR AR LO LO LO		9:30a Scenic Drive 1:00p Game of Choice 2:00p Bingo 3:00p Tia Chi 6:00p Game Shows		OUT AR AR LO LO		10:00a News & Coffee 11:00a Stretch & Strengthen 2:00p Puzzle Time 4:00p Word Search & Crossword Challenge 5:00p ChitChat 6:00p Game Shows		LO					
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10:00a News & Coffee 11:00a Chair Aerobics 2:00p Puzzle Time 4:00p Word Search & Crossword Challenge 5:00p ChitChat 6:00p Game Shows		AR LO		9:30a Bus Outing! Wal-Mart 11:00a Who? What? Where? Trivia 1:00p Chapel Service 2:00p Bingo 2:30p Nail Care 6:00p Game Shows		OUT LO LIB AR S LO		10:00a Chair Exercise 11:00a Gardening 1:30p Snack and Chat w/Bailey 2:30p Pastor Jim 4:00p Country Store 6:00p Game Shows		AR AR LO LO AR LO		9:00a Chair Yoga 10:00a Movie Matinée: Part 1 10:30a Wellness U! 1:00p Walking Club 2:00p Bingo 3:00p Popcorn and a Movie Matinée : Part 2 6:00p Game Shows		AR LIB AR AR AR LO		10:00a Gospel Gal 11:00a Meditation & Relaxation 2:00p Courtyard Gardening 3:00p Music provided by Music For Seniors 4:00p Happy Hour 5:00p Family Night 6:00p Bible Study with Sister Felicia		F AR AR LO LO DR LO		9:30a Scenic Drive 1:00p Game of choice w/ snacks 2:00p Bingo 3:00p Tia Chi 6:00p Game Shows		OUT AR AR LO LO		10:00a News & Coffee 11:00a Stretch & Strengthen 2:00p Puzzle Time 4:00p Word Search & Crossword Challenge 5:00p ChitChat 6:00p Game Shows		LO	
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All activities subject to change.