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Alzheimers Association 1-800-272-3900

> **American House Oak Park** 703 Madison St Oak Park | IL | 60302 708.622.9426 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

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**

administration and accounting.

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.**

#### **OAK PARK ASSISTED & INDEPENDENT LIVING**

## **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.

#### **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!**

- 7/7 Women's Health Video
- 7/28 Chef Chat & Demo
- 7/29 Cooking w/Ken
- 7/9 AH Actors Guild
- 7/4 4th of July Celebration
- 7/3 Picture Scavenger Hunt
- 7/10 Family Night Celebration.
- Sip & Paint w/ Colleen



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
× ×					BIRTHDAYS	
	* * *	<b>Jul</b>	y 2025	7/1-Nancy K.       7/15-Karen         7/1-Christa B.       7/16-Sandra         7/5-Carol M.       7/16-Mary         7/8-Barbara B.       7/29- Denra         7/12-Bonnie L.       7/15-Kate B.	a S. 7/29- Lisa W. V.	
LOCATI	ION KEY	01	02	03 04	FOURTH OF JULY 05	
<ul> <li>IHM Hemingway's</li> <li>2FF 2<sup>nd</sup> Floor Flex Room</li> <li>2FR 2<sup>nd</sup> Floor Family Room</li> <li>3AS 3<sup>rd</sup> Floor Art Studio</li> <li>4AR 4<sup>th</sup> Floor Activity Room</li> <li>5LB 5<sup>th</sup> Floor Library</li> <li>6CR 6<sup>th</sup> Floor Card Room</li> </ul>	<ul> <li>7FC 7<sup>th</sup> Floor Fitness Center</li> <li>2DB Demo Bistro</li> <li>ILD IL Dining</li> <li>LO Lobby</li> <li>MSL Madison Street Lounge</li> <li>TWP The Wright Place</li> </ul>	10:00aNEURO HIGH IMPACT7FC11:00aNEURO LOW IMPACT7FC1:00pBracelet making w/Elena2FR2:00pShort Story Readers3AS3:30pCampfire Sing-a-Long6CR6:00pMovie: Airport (1975)1HM6:00pChatter MattersMSL	10:00aAb Fitness2FR10:30aBreath Work Meditation2FR11:00aDaily Chronicle2FR1:00pAH Actors Guild5LB2:00pBIBLE Study6CR3:00pWine Down Wednesday w/SaraMSL6:00pWomen's Wednesday MovieChoice1HM	9:15aAscension Church VisitALD10:010:00aMorning Workout2FR10:310:45aDaily News2FR11:011:00aStory Time2FR3:001:00pPicture Scavenger HuntLO6:003:30pUkulele Practice6CR6:00pMovie: Hudson Hawk1HM6:00pChatter MattersMSL	30aFree Mind Fridays7FC10:430aDaily News7FC7FC30pWine Down Celebrations!TWP11:0	45a <b>Mindful Breath Meditations</b> C D0a Daily Chronicles <b>7FC</b> 5p Movie Club Choice <b>1HM</b>
06	07	08	09	10 11	12	
9:00aSpiritual Outing9:30aSunday Morning Prayer1HM10:15aSunday Stretch2FR11:00aDaily Chronicles2FR1:00pHauser Classic Gala Concert1HM2:45pMovie: Residents Choice1HM6:00pMovie: The Man Who KnewToo Much1HM	10:00aHealth Kick Fitness <b>7FC</b> 10:45aDaily Chronicles <b>7FC</b> 11:00aWacky Wordies (A/C) <b>7FC</b> 1:00p <b>Gym Orientation7FC</b> 1:30pWomen's Health Video <b>7FC</b> 2:00pWomen's Health Video Discussion <b>7FC</b> 3:00pTown Hall Meeting <b>1HM</b> 6:00pMen's Monday Movie Choice	10:00aNEURO HIGH IMPACT7FC11:00aNEURO LOW IMPACT7FC2:00pShort Story Readers3AS	10:00aAB Fitness2FR10:45aMindful Meditation2FR11:00aDaily Chronicle2FR1:00pAH Actors Guild5LB2:00pBIBLE Study6CR3:00pWine Down Wednesday Movie6:00pWomen's Wednesday MovieChoice1HM	9:15a         Ascension Church Visit         ALD         10:0           10:00a         Morning Workout         2FR         10:4           10:45a         Daily News         2FR         11:0           11:00a         Positive Reflections         2FR         1:00           1:45p         Movie: Captain America 1HM         3:00           5:00p         Stars & Stripes Family Night         TW           (Hero Edition)         ALD         6:00           7:00p         Movie: Lion         1HM	H5aFree Mind Fridays <b>7FC</b> 10:410aDaily News <b>7FC</b> 11:010p <b>Movie Club Meeting1HM</b> 11:3010pThe Wright Place Social Hour2:4510pKeysen6:00	45a         Daily Chronicles         7FC           D0a         LE Meeting         7FC           Dp         Tech Day!         1HM           5p         Movie Club Choice         1HM
13	14	15	16	17 18	19	
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20	21	22	23	24 25	26	
9:00aSpiritual OutingLO9:30aSunday Morning Prayer1HM10:15aSunday Stretch2FR11:00aDaily Chronicles2FR1:00pPuccini MadamaButterfly Opera1HM3:30pMovie: The HoneymoonersEpisodes1HM6:00pMovie: Camille (1936)	10:45aDaily Chronicles7FT11:00aMemory Exercises7FC1:00pSerenading seniors & Cookies2FR	11:00aNEURO LOW IMPACT7FC1:00pIL Resident Council6CR2:00pShort Story Readers3AS3:30pCampfire Sing-a-Long6CR	10:00aChair Yoga2FR10:45aDaily Chronicle2FR11:00aGuess in 102FR11:00pAH Actors Guild5LB2:00pBIBLE Study6CR3:00pWine Down WednesdayMSL6:00pWomen's Wednesday Movie1HMChoicePaint & Sip w/ ColleenMSL	9:15aAscension Church VisitALD10:010:00aMorning Workout2FR10:410:30aDaily News2FR11:012:30pGarfield Conservatory1:00OutingLO3:003:30pResident Ambassador Meeting 6CR6:006:00pChatter MattersMSL6:00pMovie: Overboard1HM	H5aFree Mind Fridays <b>7FC</b> 10:4D0aDaily News <b>7FC7FC</b> Dp <b>Card Club6CR</b> 11:0DpBirthday Bash Happy hour! <b>TWP</b> 12:3	45a Mindful Breath Meditations C Daily Chronicles 7FC 30p Comedy Plex Outing(Short ays) LO 5p Movie Club Choice 1HM
27	28	29	30	31		
9:00aSpiritual OutingLO9:30aSunday Morning Prayer1HM10:15aSunday Stretch2FR11:00aDaily Chronicles2FR1:30pBingo Club2FR2:45pMovie: Residents Choice1HM6:00pMovie: Frenzy (Alfred1HMHitchcock)1HM	1:00pChef Demo & Chat2DB3:00pWellness U- Mid-Day Workout		10:00aAb Fitness2FR10:30aAL Garden Club2FR11:00aDaily Chronicle2FR1:00pAH Actors Guild5LB2:00pBIBLE Study6CR3:00pWine Down WednesdayMSL6:00pWomen's Wednesday Movie1HM	9:15aAscension Church VisitALD10:00aMorning Workout2FR10:45aDaily News2FR1:00pCaregiver SupportPresentation1HM3:00pResident AmbassadorMeeting6CR6:00pChatter Matters6:00pMovie: A Knights Tale	happy indepen	dence day

All activities subject to change.

Oak Park Assisted & Independent Living

