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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.

STERLING WOODS

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.

FOLLOW US ON FACEBOOK



JULY 2025 EVENTS!

- Art for All Ages 7/7
- Craft & Vendor Show 7/8
- Family Night 7/10
- New Resident Social 7/14
- Wellness U w/Johanna 7/28
- Resident Birthday Party 7/29
- Menu Chat Mtg 7/30
- Town Hall Mtg 7/30

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																													
												Keith D. 7/8 Jennifer P. 7/8 Terri S. 7/11 Yvonne C. 7/17 Betty m. 7/21 Joann A. 7/23 Olivia (HK) 7/28																													
LOCATION KEY			01			02			03			04			FOURTH OF JULY			05																							
<div>CAF Café</div> <div>CHP Chapel</div> <div>DR Dining Room</div> <div>GR Game Room</div> <div>LR Living Room</div> <div>OUT Outing</div> <div>PAT Patio</div> <div>THR Theater</div>			10:00a Meet The New LED 11:00a Word in a word 1:00p Derby Horse Race 2:00p Bingo 3:00p Wii Bowling 6:00p Game Night			CAF CAF THR DR THR THR			10:00a Walk with Me! 11:00a LED Chat Mtg 1:00p July Card Making 2:00p Bingo 3:00p Firework Word Search 6:00p Game Night			PAT CAF CAF DR CAF THR			10:00a Coffee & Chat w/Friends 11:00a Art & Design 1:00p Chair Exercise w/Linda 1:30p Bus to Wally's Frozen Custard 2:00p Sunshine Gardeners 3:00p July Word Search 6:30p Game Night			CAF CAF CAF PAT CAF CAF			10:30a Rosary & Communion 1:00p Wii Bowling 2:00p 4th of July Happy Hour w/ Ron M 3:30p Hangman Word Game 6:00p Game Night			CHP THR DR CAF THR			10:00a Sit & Crochet 11:00a Board Games w/Friends 1:00p Movie Matinee 2:00p Saturday Social 3:00p Bible Study W/ Brenda 6:30p Game Night			CAF CAF THR CAF THR CAF											
06			07			08			09			10			11			12																							
9:00a Virtual Rosary 9:30a St. Malachy Live Stream 11:00a Chronicle 1:00p Popcorn & Movie 2:00p Sunday Service W/ Ray 6:30p Game Night			THR THR CAF THR THR CAF			10:00a Art for All Ages 11:00a July Jeopardy 1:00p Chair Exercise 2:00p Bingo 3:00p Chocolate Social 6:30p Game Night			CAF CAF LR DR CAF CAF			10:00a Trivia 11:00a Movin' & Groovin' w/Kathleen 12:00p Craft & Vendor Show 2:00p Bingo 3:00p Wii Bowling 6:00p Game Night			CAF CAF THR DR THR THR			10:00a Walk with Me! 11:00a Travelogue- New Zealand 12:00p Lunch In- Culver's 1:00p Travelogue Puzzle 2:00p Bingo 3:00p Wine Down Wednesday 6:00p Game Night			PAT LR CAF CAF DR CAF THR			10:00a Coffee & Chat w/Friends 11:00a Arts & Crafts 1:00p Chair Exercise 1:30p Bus to Gabe's 2:00p Sunshine Gardeners 3:00p Virtual Firework Show 5:00p Stars and Stripes Celebration Family Night 6:30p Game Night			CAF CAF LR OUT PAT LR DR CAF			10:30a Rosary & Communion 10:30a Bus to Meijer 1:00p Wii Bowling 2:00p Happy Hour w/ Carl A 3:30p Hangman Word Game 6:00p Game Night			CHP OUT THR DR CAF THR			10:00a Sit & Crochet 11:00a Board Games w/Friends 1:00p Movie Matinee 2:00p Saturday Social 3:00p Bible Study W/ Brenda 6:30p Game Night			CAF CAF THR CAF THR CAF		
13			14			15			16			17			18			19																							
9:00a Virtual Rosary 9:30a St. Malachy Live Stream 11:00a Chronicle 1:00p Popcorn & Movie 2:00p Puzzles w/Friends 6:30p Game Night			THR THR CAF THR LR CAF			10:00a Ladybug Word Search 11:00a Flower Arrangements 1:00p Chair Exercise 2:00p Bingo 3:00p New resident Social 6:30p Game Night			CAF CAF LR DR CAF CAF			10:00a Word in a word 11:00a Wii Bowling 1:00p Derby Horse Race 2:00p Bingo 3:00p Short Stories 6:00p Game Night			CAF THR THR DR CAF THR			10:00a Walk with Me! 11:00a Crossword 1:00p Afternoon Movie 2:00p Bingo 3:00p Snow Cone Social 6:00p Game Night			PAT CAF LR DR CAF THR			10:00a Coffee & Chat w/Friends 11:00a Arts & Crafts 1:00p Noodle Exercise 1:30p Bus to Partridge Creek Mall 2:00p Sunshine Gardeners 3:00p Movie: Ad Vitam 6:30p Game Night			CAF CAF CAF OUT PAT LR CAF			10:30a Rosary & Communion 10:30a Bus to Walmart 1:00p Wii Bowling 2:00p Happy Hour w/Cheryll J 3:30p Hangman Word Game 6:00p Game Night 6:30p Non-Denominational Bible Study			CHP OUT THR DR CAF THR			10:00a Sit & Crochet 11:00a Board Games w/Friends 1:00p Movie Matinee 2:00p Saturday Social 3:00p Bible Study W/ Brenda 6:30p Game Night			CAF CAF THR CAF THR CAF		
20			21			22			23			24			25			26																							
9:00a Virtual Rosary 9:30a St. Malachy Live Stream 11:00a Chronicle 1:00p Popcorn & Movie 2:00p Sunday Service W/ Ray 6:30p Game Night			THR THR CAF THR THR CAF			10:00a Picture This! 11:00a Resident Tea Party 1:00p Chair Exercise 2:00p Prize Bingo 3:00p Milkshake Monday Social 6:30p Game Night			CAF CAF LR DR CAF CAF			10:00a Who Am I? 11:00a Movin' & Groovin' w/Kathleen 1:00p Derby Horse Race 2:00p Bingo 3:00p Wii Bowling 6:00p Game Night			CAF CAF THR DR THR THR			10:00a Walk with Me! 11:00a Trivia 1:00p Pet Therapy 2:00p Bingo 3:00p Wine Down Wednesday 6:00p Game Night			PAT CAF LR DR CAF THR			10:00a Bus to Greentown Casino 11:00a Coffee & Chat w/Friends 1:00p Chair Exercise w/Linda 2:00p Sunshine Gardeners 3:00p Arts & Crafts 6:30p Game Night			OUT CAF CAF PAT CAF CAF			10:30a Rosary & Communion 10:30a Bus to Dollar Tree 1:00p Wii Bowling 2:00p Happy Hour w/ Chet P 3:30p Hangman Word Game 6:00p Game Night			CHP OUT THR DR CAF THR			10:00a Sit & Crochet 11:00a Board Games w/Friends 1:00p Movie Matinee 2:00p Saturday Social 3:00p Bible Study W/ Brenda 6:30p Game Night			CAF CAF THR CAF THR CAF		
27			28			29			30			31			<div>happy independence day</div> <div>4TH OF JULY</div>																										
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